

# OAC Community Discussion Forum

## Rules and Guidelines:

### DO:

1. Treat this Forum the way you would a public setting. It is a shared community for all of us to enjoy and find value in.
2. Keep behavior in the Forum clean, civil and open-minded. Content should not be: abusive, disruptive, vulgar, hateful, harassing, fraudulent, threatening or profane. Read the OAC Community Respect Pledge before joining a conversation.
3. Always strive to improve the discussion by posting your own topics, replying to others and adding something new to talk about.

4. Make your participation count by engaging in productive, interesting conversation that others can effectively respond to and engage with.
5. If you see a problem, flag it and let a moderator know. All of us share the responsibility of keeping the Forum civil, respectful and efficient.
6. Keep the Forum tidy by selecting the right category for your topic, sticking to the conversation and avoiding cross-posting.
7. Come back often and find new conversations to join!

### DON'Ts:

1. **Posting of Spam of any kind is not permitted.** Spam is defined as any commercial, advertisement or promotional materials beyond what is relative to the OAC. The OAC does not permit individuals or companies promoting products and services, nor does it permit direct message to any Community Members with pitches for promotion of products and services.
2. **This Forum is not a place to seek or provide medical advice.** All medical decisions and advice should be sought under the care of a licensed healthcare professional and should not be done within the OAC's Forum. The OAC does not permit medical advice being given publicly on the Forum, nor via direct message.
3. **Do not post private information** like bank account or phone numbers, emails or physical addresses. You may message other users directly in this Forum, adhering to the stated rules and guidelines.

By entering the Forum, members are agreeing to adhere to the listed rules and guidelines of OAC's Member Discussion Forum. It is important that the Forum is able to foster respectful and courteous dialogue, free from self-promotion or medical advice. The OAC reserves the right to suspend/deactivate access to the Forum for any member that is found in violation of the above rules/guidelines.