

**strive** Australia EDFA  
Eating Disorders Parents and Carers Support Group

GROUP RULES

*for the benefit, safety and privacy of all members*

- 1) Membership - Adult Caregivers Carers Only. The Facebook group is for parents, partners, adult siblings, extended family members or friends (residing in Australia) who care for or support an individual living with an eating disorder. All three membership questions must be answered and confirmation of your agreement to the Group rules is required. EDFA reserves the right to deny or cancel membership of a carer if deemed to be in violation of membership criteria or Facebook Group rules.
- 2) Membership - Caregivers working in the ED sector. Caregivers who also work in the eating disorders sector or carer space, are required to self-declare their role and provide additional information to assist EDFA, including details of any past, existing or potential conflicts of interest, whether financial, professional or competitive. Caregivers working in the sector, who also have a direct financial relationship with any member of the group, are not able to participate.
- 3) Naming of individual services or clinicians. There is to be no negativity or criticism when naming individual services or clinicians. Defamatory or offensive posts or comments are not permitted.
- 4) Professional, financial or competitive gain. The **strive** Facebook groups should never be used for professional, financial or competitive gain. Such use is in violation of the rules and will result in removal from the group.
- 5) Respect everyone's privacy. Being part of this group requires mutual trust. What's shared in the group must stay in the group. Members who share group content with non-members will be immediately removed from the group.
- 6) No hate speech, bullying or profanities. Bullying of any kind is not allowed, and degrading comments about things such as race, religion, culture, sexual orientation, gender or identity will not be tolerated. Offensive language, comments, photos and material are not permitted and could place EDFA in breach of Facebook Community Standards resulting in closure of the group.
- 7) Trigger warnings on sensitive content. We ask that #TW or #TriggerWarning is placed at the top of any post referring to suicide, self-harm, overdose or death to forewarn members of the sensitive nature of the content. Specific or graphic details of these traumatic events should not be included.
- 8) No weight details or photos of your loved one. No mention of specific body weights or photos of your loved one, to protect the privacy of those we're caring for. The content could also be triggering for others. We encourage positive images of scenery, self-care and uplifting carer experiences.
- 9) Support, encouragement, optimism and hope. Positive posts are intended to provide reassurance and hope of recovery. Please do not make negative comments on positive posts.
- 10) Seek professional support. As carers, we cannot provide professional advice, or promote individual treatments or therapies. Members are free to discuss all treatment or therapeutic options, but decisions about treatment and therapeutic options should be made in partnership with a medical professional. Should you suspect that you, or a loved one, may need additional help, speak to your local healthcare practitioner without delay.