



Tiffany Moon Foundation for Abduction Recovery
www.tiffanymoonfoundation.org

Online Support Group Rules

Welcome, Survivor.

Thank you so much for being here. Each person here has survived the traumatic ordeal that is abduction. Sharing support for each other makes us all stronger, and we are so honored that you have reached out to us, and that we will have the opportunity to share a supportive environment with you. The ultimate goal of this group is to provide a safe, calm environment of peers in which to heal, share, and feel understood. In order to achieve our goal of safety and comfort for everyone, we ask that you follow these guidelines.

We understand that mistakes happen, and we hope that you will understand when we make mistakes. If any of the group rules makes you uncomfortable, or if we or anyone else in the group says or does anything that makes you feel unsafe or uncomfortable visiting or sharing in this group at any time, please send a private message to one of the administrators; we want to resolve any issues to ensure that everyone is comfortable. In turn, we will also understand if a non-threatening rule is accidentally broken, and we will discuss it with you; repeated rule-breaking after this kind of discussion will result in removal from the group. We do consider some rules to be moral absolutes, such as the privacy of this group and not sharing members' names or anything that is posted here with anyone; any violation such as this, which threatens other members' safety, will result in immediate removal, and any other appropriate action.

While we hope for everyone to feel free to express their true feelings and share information and resources, we ask for your cooperation in ensuring that this is a safe, calm, nurturing environment focused on healing for abduction survivors. We have already lived through enough; this is our safe space for healing. Thank you for taking responsibility for our group, our shared space.

With care,

The Administrative Team
Tiffany, Catt and Flo

1. Members:

This group is for survivors of abduction and kidnapping. As much as we love the support of others, such as friends, partners, advocates and leaders of abduction-related organizations, we need this private space for safely connecting with peers. You, personally, must have been abducted or kidnapped to belong to this group.

The administrative team will attempt to screen each new member before adding anyone to the group. After we add you, for the comfort of other members, we ask that you share a bit about yourself with the group; if you are not yet ready to share your abduction experience with others, please simply make a small statement that helps us to understand that you are also an abduction survivor. For example, "Hi, my name is Tiffany, and I was kidnapped by my stepfather when I was a child." If you do not want to answer questions about your post, please feel free to say so, and not to respond. We only want to know that you are also a survivor because it makes us feel safer to know that you are a peer.

Anyone who is found not to be an abduction survivor, never posts and/or will not confirm that he or she was abducted when asked privately will be removed from the group. We will make every effort to communicate and to

ensure that no one is removed wrongly (especially because coming forward is so difficult), and that communication with administrators is open after a removal in case of mistake or an inability of the survivor to explain his/her experience at the time.

Those interested in sharing their personal advocacy work or the work of their related organizations should contact Tiffany Moon privately, outside of this group. We would be happy to work with you via the Tiffany Moon Foundation for Abduction Recovery (www.facebook.com/TiffanyMoonFoundationforAbductionRecovery), and to have you promote the existence of this group for survivors through your advocacy or organization.

2. Privacy:

The privacy of this group, its members and what is shared here is absolute. Some of us are still in danger from our abductors or have other reasons for the necessity of having our identities protected and hidden. Much of what we are sharing is extremely difficult emotionally and mentally, and our stories are each unique and personal. Some of us are authors, artists or creators of copyrighted materials and trademarked information that we share here in safety. Any survivor stories that are posted in this group are the intellectual property of that survivor. As such, no post may be duplicated and no testimony shared without the express permission of the person you wish to quote or copy from. This is also true of documents, artwork, blogs, copyrighted resources, projects, posts and comments.

The sharing of names, stories, posts, comments, information or intellectual property of others from this group, without explicit, case-by-case permission is strictly prohibited. Any violation such as this, which threatens other members' safety, will result in immediate removal, and any other appropriate action, including banning, Facebook reporting and reporting to the FBI and other authorities.

3. Peer support:

This is a peer support group. While Tiffany is a minister, we are not mental-health professionals, and as much as we care about you, we are not equipped emotionally or physically to prevent you from harming yourself. While you are encouraged to express all of your very real emotions and situations (as long as you also respect and maintain the calm, safe environment we all need), we are unable to help you physically, and we may find it distressing that we can't help you if you say that you are thinking of harming yourself. We may also find this distressing if we then don't hear from you for a period of time. Please do not post comments indicating that you may hurt yourself. Instead, please seek help from a professional or a known hotline:

Access & Crisis Line: (888) 724-7240
National Suicide Hotline: (800) SUICIDE
National Depression Hotline: (800) 273-TALK
RAINN: (800) 656-HOPE

5. Types of posts:

In this space, please take responsibility for your behavior, your behavior toward others, and the information you post. Please limit your posts to information, personal stories and shares, and healing resources that are abduction-related. Aggressive behavior, solicitation, advertising, off-topic posts, and stories of current abductees in danger are not permitted here.

*Trigger warnings: Due to the sensitive nature of many of the posts in this group, as a survivor, please be aware that some of the content here may be triggering to you. Take time to yourself, check in with your feelings, and reach out for support if you need to. You have the right to leave a conversation if it is becoming harmful to you. Please contact the administrators if there is another member who is causing you distress. If you think that a post you are making may be triggering to others, please post a "Trigger Warning" at the beginning of it; this allows other members the opportunity to skip over the post if they don't feel they are in the right mindset to read something triggering at that moment of time.

*Language and aggressive behavior: Please refrain from using all capitals, extra punctuation, and from swearing. An entire word in capitals for EMPHASIS is alright, but entire posts in caps give the impression of shouting, which can be scary and triggering for many people; the same is true of swearing. In the same way, extra exclamation points imply shouting, and extra question marks imply panic. Please use “I statements” and ask questions as often as possible, and avoid giving advice unless it is asked for. While we are here to hold the space for you during all of your challenges, including those times when you are angry, please also be considerate of our need for a calm, safe atmosphere. Aggressive, demanding or demeaning language is not acceptable here.

*Off-topic posts: Please share current events and information only as they relate to you, how you are feeling, and how the information might be relevant to abduction survival and healing. If a current event is affecting you because of your experience and/or resulting disabilities and feelings, please share and let us be there for you, or if information about a current event might be related to all of our experiences as abductees and the feelings and needs we have, please share that also. Please do not post information about unrelated, current events; there are many tragedies in the world today; it is distressing for us to see them.

*Current abductions: This is a safe space for people who have survived abduction. Hearing about current abductees in danger is particularly distressing to us. Please do not post pictures or information of current abductees in danger unless it specifically relates to you and how you are feeling.

*Soliciting and advertising: No soliciting is permitted in this group. As with stories of abductees currently in danger, pleas for monetary help make us feel helpless and distressed. If you are an abduction survivor who is also an advocate, social worker or organization director, and you are fundraising or seeking monetary aid, please do not share that information here; instead, contact Tiffany Moon privately about potentially partnering and sharing that information through the Foundation for Abduction Recovery. Additionally, if you are an executive or a member of another organization, please do not use your posts here as an opportunity to advertise your group or organization. Sharing information about or from your organization that may be helpful to all of us as survivors is appreciated, but sharing your group name or Website in support conversation may make others feel impersonal and used, and ultimately makes this group an unsafe place. If you are interested in sharing information about your group or organization, please instead contact Tiffany privately to discuss partnering publicly, outside of this forum.

*Private conversation: Please be cautious and use good judgment about private messages, telephone calls and Facebook friendships with other group members. While we truly encourage you to connect with each other, especially when you feel a personal connection, many groups have experienced hurt feelings and difficult consequences of private relationships. Please be responsible, respectful, and if you do experience a problem with another member, contact an administrator, especially if a private conflict or situation would prevent you from returning to group.

6. Indemnity:

This group is a service of the Tiffany Moon Foundation for Abduction Recovery. While we care for you and consider it our moral responsibility to do whatever we can for you, we cannot be held legally responsible for your mental health or safety. By using this service, you agree that you are 100% responsible for your own actions, health and safety, and you agree to indemnify and release from responsibility Tiffany Moon, the group administrators and members, the Tiffany Moon Foundation for Abduction Recovery, and its officers for any action or harm, physical, mental or emotional, real or imagined, that you may experience while using or as a result of using this group.

Thank you again for being here, for sharing, and for taking responsibility for our safe place.

***501c3 is pending donations needed for the filing fee. An EIN is filed, and donations are deposited to a bank account in the organization’s name and directed toward basic living expenses.**