**Community Guidelines**

**Effective Date:** April 1, 2025

At **Midlife Ponderings**, we love fostering a supportive, insightful, and engaging community. These **Community Guidelines** set expectations for respectful and meaningful interactions across our website, blog, and social media platforms.

By participating in discussions, commenting, or engaging with our content, you agree to follow these guidelines.

**1. Be Respectful & Kind**

✔ Treat others with **respect and kindness.**  
✔ Healthy discussions are encouraged, but **harassment, hate speech, or bullying** will not be tolerated.  
✔ No **personal attacks, discrimination, or offensive language** based on race, gender, age, religion, or background.

**2. Stay On-Topic & Add Value**

✔ Comments and discussions should be **relevant** to the topic of the post.  
✔ Feel free to share personal experiences, insights, and thoughtful opinions.  
✔ Spam, self-promotion, or off-topic discussions will be removed.

**3. No Spam, Self-Promotion, or Unsolicited Links**

❌ No excessive **self-promotion**, affiliate links, or business advertisements.  
❌ No **link-dropping** to unrelated websites, promotions, or social media accounts.  
✔ If you'd like to collaborate or promote something relevant, please **contact us first** for approval.

**4. Constructive Criticism Over Negativity**

✔ We welcome **different viewpoints** and constructive feedback.  
❌ **Trolling, overly negative criticism, or hostile debates** are not allowed.  
✔ If you have concerns, feel free to reach out privately rather than engaging in public disputes.

**5. Protect Privacy – Yours & Others’**

✔ Do **not share** private or personal information—yours or anyone else’s.  
✔ This includes **email addresses, phone numbers, addresses, or private messages.**  
✔ If you see a comment that violates privacy, please report it to us.

**6. No Plagiarism or Copyright Violations**

✔ Any content, quotes, or references should **give proper credit** to the original creator.  
✔ Do not copy, steal, or misrepresent others' content as your own.

**7. Moderation & Enforcement**

✔ We reserve the right to **edit, delete, or disable comments** that violate these guidelines.  
✔ Users who repeatedly break the rules may be **banned or blocked** from participating.  
✔ If you see a comment or post that violates these guidelines, please **report it to us.**

**8. Disputes & Conflict Resolution**

✔ If a disagreement arises, handle it **maturely and respectfully.**  
✔ If necessary, **contact us privately** to address concerns rather than escalating publicly.

**9. Changes to These Guidelines**

✔ We may update these guidelines as needed. The latest version will always be available on our website.

**10. Contact Us**

If you have any questions or need to report a violation, contact us at **Geri@midlifeponering.com.**