

## Community Guidelines

Welcome to The Trenches community. Our goal is to allow users to express themselves freely as long as it doesn't offend others. Everyone is held to the same standard. We're asking you to be considerate, and abide by our community guidelines both in your sessions as well as before and after them.

Below is a list of our community policies. If you violate any of these policies, you might be removed from The Trenches. We encourage you to report any behavior that violates our policies.

### Harassment, Violence of Physical Harm

Do not engage, or encourage others to engage, in any targeted abuse or harassment against any other member. This includes sending any unsolicited sexual content, and reports of stalking, threats, bullying, or intimidation, are taken very seriously.

Physical assault, coercion, and any acts of violence are strictly prohibited.

If you feel at any point uncomfortable or that a mentor/mentee crosses the line in any way as mentioned above please report this behavior to us immediately.

### Hate Speech

We like freedom of speech, but not hate speech. So any content or behavior that promotes, advocates for, or condones racism, bigotry, hatred, or violence against individuals or groups based on factors like (but not limited to) race, ethnicity, religious affiliation, disability, gender, age, national origin, sexual orientation, or gender identity is not allowed.

### Private Information

Don't publicly broadcast any private or confidential information, yours or anyone else's, that is shared in your sessions. We operate under a [Chatham House Rules](#) policy. The sessions allow you to express and discuss opinions, even controversial ones without risk of stalling careers, job dismissal and with clear separation from the opinion and view of your employer. This is not about sharing industry gossip. If we find private or confidential information shared is being used to the advantage or detriment of an employer, client or person you will be removed from The Trenches immediately.

### Resources for Help, Support, or Advice

While we wish to provide a service where you can seek advice our mentors and employees are not equipped to give professional advice on mental or physical health treatments or diagnosis.

In the case that you find yourself in a conversation as a mentor or mentee that you feel incapable or ill equipped to provide advice and support on please see the below resources to direct yourself or the mentee/mentor in conversation to:

**Lifeline**

13 11 14 | <https://www.lifeline.org.au/>

**Beyond Blue**

1300-22-4636 | [www.beyondblue.org.au](http://www.beyondblue.org.au)

**RUOK**

13 11 14 | <https://www.ruok.org.au/>

**National Sexual assault support**

1800 RESPECT | [1800respect.org.au/](http://1800respect.org.au/)

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1800 RESPECT | [1800respect.org.au/](http://1800respect.org.au/)

**Victorian: Centers Against Sexual support**

1800 806 292 | [casa.org.au](http://casa.org.au)

Available 24/7 - Face-to-face, telephone and online support services

**NSW Health Sexual Assault Services**

[health.nsw.gov.au](http://health.nsw.gov.au)

Directory of support services in New South Wales