

RECREATE & RISE COMMUNITY GUIDELINES

Last updated: 29 May 2026

1. Purpose of These Guidelines

These Community Guidelines apply to Recreate & Rise online community spaces, including the Inner Circle membership, private group spaces, group mentoring programs, Zoom discussions, online forums, Facebook groups if used, and any related member or participant community areas (Community Spaces).

Recreate & Rise supports women navigating divorce, loss and major life transitions. Our Community Spaces are designed to be supportive, respectful, constructive and emotionally safe. By joining or participating in any Community Space, you agree to follow these Guidelines.

2. Respectful Participation

All members and participants must treat others with respect, care and courtesy. Different views and experiences are welcome, but personal attacks, shaming, bullying, intimidation, harassment, aggressive language or discriminatory behaviour are not permitted.

We ask members to contribute in a way that supports reflection, growth and constructive conversation. This is not a space for attacking, mocking or humiliating another person, including former partners, family members, other members, facilitators or guests.

3. Confidentiality and Privacy

Confidentiality is essential. Members may share personal stories, sensitive experiences and private information. You must not share, repeat, copy, screenshot, record, photograph, download or distribute another member's personal information, story, image, comment, voice, video or participation without their express permission and the written permission of Recreate & Rise where applicable.

You must not identify other members outside the Community Spaces or disclose that they are participating in Recreate & Rise unless they have clearly consented.

4. No Professional Advice Between Members

Members may share lived experience, encouragement and general support. However, members must not provide or present themselves as providing legal, financial, medical, psychological, counselling, mental health, family law or crisis advice within the Community Spaces.

If a member needs professional support, they should seek advice from an appropriately qualified professional. Recreate & Rise may remove content that appears to provide unsafe, inappropriate or unqualified advice.

5. Recreate & Rise Is Not a Crisis Service

Recreate & Rise provides education, mentoring, personal development content and community support only. It is not a therapy, counselling, psychology, medical, legal, financial, crisis support or emergency support service.

If you are in immediate danger, experiencing a crisis, or require urgent support, please contact emergency services in your location or an appropriate crisis support service. Community Spaces are not monitored as an emergency response channel.

6. Keep Content Constructive and On Purpose

Please keep posts, comments and discussions aligned with the purpose of Recreate & Rise, including rebuilding identity and confidence after divorce or loss, emotional leadership, resilience, midlife reinvention, personal growth, boundaries, self-leadership, grief, healing and creating a new life chapter with purpose.

Posts that are repetitive, graphic, inflammatory, defamatory, unsafe, excessively distressing without context, or likely to destabilise the group may be removed at the discretion of Recreate & Rise.

7. No Hate Speech, Discrimination or Harmful Content

Hate speech, discrimination, vilification, threats, abusive language, sexually explicit material, illegal content, incitement to violence, or content that targets a person or group based on protected characteristics is not permitted.

We may remove content and members immediately where we reasonably consider the behaviour unsafe, harmful, unlawful or inconsistent with the values of Recreate & Rise.

8. No Spam, Self-Promotion or Unsolicited Contact

Do not use Community Spaces to advertise, recruit, sell, promote services, promote affiliate links, request clients, fundraise, collect leads, send unsolicited direct messages, or invite members into external groups or programs without written permission from Recreate & Rise.

Relevant recommendations may be allowed at our discretion, but self-promotion and repeated promotional content are not permitted.

9. Recording, Screenshots and Use of Content

You must not record live sessions, take screenshots, copy posts, download content, or share community material outside Recreate & Rise unless we have given written permission and all identifiable members have consented.

Any Recreate & Rise resources, session recordings, workbooks, prompts, frameworks, templates, videos, posts and materials are provided for personal use only and must not be copied, shared, republished, taught, adapted, distributed or used for commercial purposes without written permission.

10. Member Responsibility

You are responsible for your own decisions, wellbeing, participation, actions and outcomes. Participation in a Community Space may involve reflection on personal or emotional matters. Please participate at a level that feels appropriate for you and seek professional support where needed.

Recreate & Rise does not guarantee any particular emotional, personal, financial, legal, relationship or life outcome from participation in any Community Space.

11. Moderation and Administration Rights

Recreate & Rise may moderate, edit, decline, move or remove posts, comments, discussions or content at its discretion. We may also issue reminders, warnings, suspend access, remove members from Community Spaces, or terminate membership where conduct is unsafe, disruptive, unlawful, harmful, confidentially breaching, or inconsistent with these Guidelines or the values of Recreate & Rise.

Where possible, we will seek to act fairly and proportionately. However, immediate removal may occur where we consider it necessary to protect members, the community, Recreate & Rise, or the integrity of the space.

12. Reporting Concerns

If you see content or behaviour that concerns you, please do not argue with or publicly challenge the person involved. Contact Recreate & Rise privately so the matter can be reviewed.

Reports can be sent to connect@recreateandrise.com. Please include relevant details such as the date, platform, member name if known, screenshots if appropriate, and a brief explanation of your concern.

13. Relationship With Other Terms

These Guidelines operate alongside the Recreate & Rise Membership Terms, Program Terms, Website Terms of Use, Privacy Policy, Website Disclaimer, and Refund and Cancellation Policy. If there is any inconsistency, the more specific terms for the relevant service, program or membership will apply to the extent of the inconsistency.

14. Updates to These Guidelines

We may update these Guidelines from time to time to reflect changes in our services, platforms, community needs or legal obligations. The updated version will be made available on our website or within the relevant Community Space.

15. Acknowledgement

By joining or participating in a Recreate & Rise Community Space, you acknowledge that you have read, understood and agree to follow these Community Guidelines.