

Compassion U Community Guidelines

These Community Guides were last updated on June 23, 2025.

This community is built on the values of compassion, kindness, inclusivity, and respect. Whether you're here to deepen your practice, connect with others, or explore new ways of thinking or acting in alignment with your values, you belong here. These guidelines exist to help us create a space where everyone feels safe and supported. Together, we're co-creating this community. Here is what we ask:

Live the Compassion We Practice

We're here to cultivate compassion, within ourselves and with others. We ask you to show up with kindness, empathy, and curiosity, and that you value the different perspectives and lived experiences of the members of the community.

- Help cultivate a welcoming and safe environment.
- Do your best to practice kindness and empathy in every interaction.
- Offer peer support, not judgement.
- Consider your intention, and how your message may be received, before speaking or posting your comments to the community.
- Never make personal attacks on other community members.

Every Voice Matters

We value diverse perspectives. Everyone learns more and benefits when we engage in conversations with respect and openness; listening to understand others, not just to formulate our reply.

- Listen actively and respond mindfully.
- Allow for and accept different perspectives and lived experiences.
- Make space for quieter voices
- Avoid interrupting, dominating conversations, or dismissing others.

Keep This a Brave & Safe Space

This is a community for learning, connection, growth, and, perhaps for some, healing. We ask all members to lead with care. Disrespect or discrimination of any kind is not acceptable. Be mindful of sharing sensitive topics but don't shy away from respectfully stating your point of view.

- Protect the emotional wellbeing of yourself and others while encouraging them to speak their truth.

- Encourage open-mindedness and learning and avoid debate for the sake of debate.
- Activating or upsetting topics should be approached with discernment and care. Consider telling listeners in advance if you are going to bring up something disturbing or unsettling.
- Take a break from the community, or refrain from posting, when needed. Self-care can be compassion, for yourself and for others too.
- No hate speech, bullying, or harassment of any kind.

Respect Boundaries and Privacy

Stories shared here are shared in trust with a supportive community and honor personal boundaries, your own and others'.

- Ask permission of others before offering advice.
- What's shared in community spaces stays in community spaces. Do not share, screenshot, or repost someone else's personal story or information (whether shared during a live session or written in the Compassion Community) without their permission.

Stay Grounded in Our Shared Purpose

This space is for connecting around compassion and compassion training, not for selling, spamming, or unrelated content. Keep contributions aligned with the purpose of Compassion U: inner work, meaningful dialogue, and mutually supported growth.

- Do not post advertisements for products or services.
- Do not engage in political campaigning.

Co-Create and Care for This Community

If anything feels unclear or uncomfortable, please let us know. Use the reporting tools with care and honesty. We want your honest feedback to help us grow. Let's build a space we're all proud to be part of.

- Model the kind of community you want to be part of.
- Send us constructive feedback to help us grow.
- Flag content that violates these guidelines.

By participating in this community, you agree to uphold these guidelines. Violations may result in moderation or removal to protect the integrity of the community. The Compassion Center reserves the right to edit or remove any content from its site at its own discretion.

We reserve the right to terminate your access, or suspend any third party's access, to all or part of the Site, without notice, for any conduct or posting of any content that (a) we believe is harmful to any Site user, the Center, our affiliates, our suppliers or licensors or any other third party; or (b) we believe is inconsistent with the mission or philosophy of the Center and its programs.

Grounds for Community Removal/Ban

An individual may be removed or banned from the Compassion U Community for:

- Repeated violations of community guidelines after warnings.
- Harassment, bullying, or targeted attacks against other members.
- Sharing, reposting outside the platform, or leaking private/confidential information.
- Hate speech, discriminatory remarks, or inflammatory behavior.
- Commercial spam or using the space for self-promotion without permission.
- Malicious behavior intended to disrupt the community or its values.