



Miscarriage Association's private 'Pregnant after Loss, 0-13 weeks' Facebook group rules

This is the Miscarriage Association's private 'Pregnant After Loss, 0-13 weeks' Facebook group, set up specially for anyone who is 0-13 weeks pregnant after miscarriage, ectopic or molar pregnancy. It's a place to share your thoughts and to offer support, understanding and friendship to help each other through what can be a very anxious time.

We are a UK charity and we ask that you follow our group rules, to make this a safe and helpful space:

1. You are pregnant after a loss or losses. This group is only for people who are currently pregnant (or whose partner is currently pregnant) after a previous loss or losses. Please join our general private Facebook group for support with miscarriage, ectopic or molar pregnancy - www.facebook.com/groups/208106969238866
2. Be thoughtful and considerate when you post and avoid comments that others might find hurtful, distressing or offensive. Do offer each other support, understanding and friendship at what might be a difficult time.
3. Post pictures in comments only. If you want to share a picture, please mention it in a post first and then include it in a comment, so people can choose whether to view it. If you are able to 'nest' your picture in the comments by commenting first and then replying to your comment with the picture, this means it is even less likely to show up in people's feeds unexpectedly. The only permitted pictures in a main post are those posted by the Miscarriage Association or previously agreed to by one of the admins.
4. Don't post screenshots of posts or private messages from inside or outside this group. These may break data protection law and they are also unfair.
5. Don't give medical advice or recommend particular treatments, though sharing your own experience is fine.
6. Don't use this group to advertise other organisations without checking first with the admins.
7. Please always include a content warning if you are posting for support for a loss. Some who are very anxious about their pregnancy find it difficult to read people's experiences of loss in this group. You are also always welcome in our main private support group: www.facebook.com/groups/208106969238866
8. Look after yourself. Be very, very cautious about sharing your phone number or any other contact details even in a direct message. People are not always who they seem.
9. Don't share group posts or content with anyone outside of the group. This is a private group and aims to be a safe space for all members. If you are concerned about a post or the person posting, please report the matter to one of our admins – but be aware that they are not online 24/7. Even so, please do not share posts or content with anyone outside of the group, even if you are concerned for someone's welfare.
10. If you have any questions please don't hesitate to contact us (01924 200799, info@miscarriageassociation.org.uk, 09.00 – 16.00 UK time).

Thank you.

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