**Real Life Trails of ADHD, Autism, and Bipolar - Website Rules**

**General Rules:**

1. **Respect and Kindness**: Treat all members with respect and kindness. We are here to support each other.
2. **No Hate Speech**: Hate speech, discrimination, or any form of harassment will not be tolerated.
3. **No Self-Harm or Harm to Others**: Posts that promote self-harm or harm to others are strictly prohibited.
4. **Privacy**: Respect the privacy of other members. Do not share personal information without consent.
5. **Issues and Concerns**: If you encounter any issues or have concerns, please email the site owner at [RLTAABManagement@gmail.com](mailto:RLTAABManagement@gmail.com).

**Posting Rules:**

1. **Relevant Content**: Ensure that your posts are relevant to the topics of ADHD, Autism, and Bipolar.
2. **No Spam**: Avoid posting spam or irrelevant links.
3. **Constructive Discussions**: Engage in constructive discussions. Disagreements are okay, but they must be respectful.

**Discussion Group Rules:**

1. **Be Supportive**: Offer support and understanding to fellow members.
2. **Stay On Topic**: Keep discussions focused on the group's themes.
3. **Report Issues**: Report any inappropriate behavior to the site owner.