

Mindful and Free - Privacy & Anti-Bullying Policy

Effective Date

August 31, 2025

1. Introduction

At Mindful and Free (“we,” “our,” or “us”), your privacy and well-being are very important to us. This policy outlines how we collect, use, and safeguard your personal data, and sets clear expectations for respectful engagement within our community.

2. Information We Collect

We may collect the following types of information:

- Personal Information: Name, email address, or other details you voluntarily provide when subscribing, commenting, or contacting us.
- Non-Personal Information: Browser type, IP address, device details, and browsing activity collected automatically.
- Cookies & Tracking: We use cookies and analytics tools to improve functionality and measure engagement.

3. How We Use Your Information

We use collected information to:

- Provide and personalize content.
- Respond to comments, questions, and inquiries.
- Send newsletters and updates (if you subscribe).
- Monitor performance and improve user experience.
- Ensure site security and respectful engagement.

We do not sell or rent personal information to third parties.

4. Cookies & Analytics

Mindful and Free uses cookies and third-party analytics to track visitor interaction and site performance.

- You may disable cookies in your browser settings.
- Some features may not function without cookies.

5. Third-Party Services

We may partner with trusted third-party providers (such as analytics tools, email platforms, or advertising networks) to support site performance and communication. These services may collect limited, non-identifiable user data.

6. Data Protection & Security

We implement reasonable safeguards to protect personal data from unauthorized use, loss, or disclosure. However, no method of online transmission is completely secure.

7. Your Rights

Depending on your location, you may have the right to:

- Access, update, or request deletion of your personal data.
- Withdraw consent for communication.
- Opt out of marketing by unsubscribing from emails.

For requests, please contact us using the details below.

8. Children's Privacy

Mindful and Free does not knowingly collect data from children under 13. If such information is collected, we will delete it immediately.

9. Anti-Bullying & Community Conduct Policy

We are committed to maintaining a safe, supportive, and respectful environment for all readers and participants.

- Zero Tolerance for Bullying: Harassment, hate speech, intimidation, or personal attacks in comments, emails, or interactions related to Mindful and Free will not be tolerated.
- Respectful Communication: We encourage thoughtful, kind, and constructive dialogue. Disagreements are natural but must remain civil.
- Protecting Vulnerable Voices: Comments or content that demean or target individuals or groups based on race, gender, sexuality, disability, religion, or other identities will be removed.
- Accountability: We reserve the right to moderate, restrict, or block users who engage in bullying, harassment, or abusive behavior. Bullying causes harm both online and offline, and our goal is to ensure Mindful and Free remains a community of encouragement, mindfulness, and growth.

10. Updates to Policy

We may revise this Privacy & Anti-Bullying Policy from time to time. Updates will be posted on this page with the revised effective date.