The following Guidelines are written with the intent to aid our Disabled and Chronically Ill Social Media Staff in managing our social media accounts by limiting overload, as well as to ensure those seeking DASP help through Social Media interaction attain the best reach Possible. These guidelines are, in part, based on Quyet Paw's Bluesky Mutual Aid Community Document, which includes further helpful tips and additional MA thread poster listings.

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1. **Post only one post per need. If you have an update, delete the previous post and replace it.**

To reduce Clutter in the thread we ask that only one post per need be shared. Users are welcome to cross post needs from others who do not have the means to join the thread on their own, but please check to ensure they are not already included by another user first.

2. **Include alt text with all images or tag #Alt4Me in the original reply.**

Alt text helps our Visually Disabled community members participate in the thread and ensures they know what they are sharing by enabling the screen readers typically used by the visually impaired to "read" the images posted in the thread. If you have need to request the help of Alt4Me volunteers, please replace your original reply with a new one containing the correct alt text once a volunteer has responded.

3. **Links to the fundraiser must be included in the reply to the thread if not present in a quoted post.**

Requiring donors to click more than once on your post reduces the likelihood that they will donate. Ensuring your paylinks are in the reply you post in our threads, or directly visible in the post you quote when replying, helps to prevent donors from scrolling away due to not being able to find your links.

4. **Do Not tag or DM the DASP for Boosts.**

Our staff are often in need themselves and find excessive notifications asking for help outside out threads to be triggering or overwhelming. Please be respectful of the time, energy, and mental health of our staff when seeking help and Only post your need in our MA Threads.

5. **Repost and Like the thread to spread it. Share it with others so they can post in it.**

Mutual Aid works best when we work in community rather than as individuals. Sharing the thread for others to see and take part is in the bare minimum, while returning regularly to share the needs of your fellow Mutual Aid Seekers is best.

6. **Do not post graphic images or images of underdressed children in the thread.**

While Images do often help ensure the reach of a post, these images are often triggering to staff and viewers, as well as endangering to children and often fed into AI used to create CSAM. Please understand that all replies with such images will be immediately hidden once discovered and asked to be re-posted without the offending images. Failure to do so within 24hrs of warning or repeat offences will result in bans from our threads via blocks.”Graphic” images include any images of persons or animals being harmed, or showing injuries or visual symptoms of illness that may trigger the viewer.