



1 RESPECT

Our platform is a safe space for our members and it is our collective responsibility to make sure everyone on IBDLyfe feels safe and secure in interacting with each other.

2 OPINIONS

The diversity of our community is what makes our platform strong. We have the beautiful opportunity of learning from people who share an interest in the IBD experience but may be different from us otherwise. Therefore, please respect other peoples' opinions and give others an opportunity to learn from yours.

3 EMPOWERMENT

We built IBDLyfe with help from members within the IBD community, integrating connection to other members, helpful resources, and open paths of discussion to empower people living with IBD, and care partners.

4 CONNECTING WITH OTHERS

One of the core values of our platform is to bring people living with IBD together with others in their community. When reaching out to someone, please respect their time and use the connection for learning from them or helping them in your respective IBD journeys.

5 POSITIVITY

We encourage our members to share real stories, both good and challenging, about living with IBD. We are building our platform to create empathy within the community and also to enable constructive brainstorming for solutions together. Please use discussion spaces like the Forum to seek help and provide it to others on the platform in a supportive manner.

6 MEDICAL ADVICE

Understanding that every human is unique means every IBD journey is unique and individual too. Please refrain from giving medical advice on the platform as that is not the focus of IBDLyfe. What works for you could have an adverse effect on somebody else.