Community Page Submission Guidelines

We've created the Community Page as a space for positivity and encouragement for those living with and managing Type 1 Diabetes and we would like all submissions to reflect this.

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DigiBete has a responsibility to ensure that only 'acceptable' content is shared on the community page. 'Acceptable' content would include pictures, photographs, written work, articles, poems, films, links to blogs & vlogs or artwork.

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By following these simple guidelines, we can ensure this is a safe place for the Type 1 community

All submissions should be related to living with Type 1 Diabetes and should:

- ☑ Be respectful to our community.
- ☑ Be relevant, of benefit to the Type 1 community, and help to inspire others.
- ☑ Be inoffensive – please display common sense and think about what you are posting. Any submissions that may bring harm or might cause offence will not be used and should not be sent.
- ☑ Submissions containing offensive, political, racial, sexual or religious slurs, insults or obscenities are not acceptable and will not be included.
- ☑ All submissions require individuals to be appropriately dressed.
- ☑ Be clinically accurate where possible, (following current national or international recommendations or consensus opinion) and use safe and appropriate language.
- ☑ Diabetes doctors, nurses and teams should not be identified by name and should be described as 'my doctor/nurse/team' if they are to be mentioned.
- ☑ When showing parts of the body when giving for example, an injection or showing pump sites, the image should be cropped so that the individual cannot be identified.
- ☑ Please respect copyright laws - if it is not your own image then please don't use it.

Any suggestions of additions and changes to the community page are welcomed and will go through our approval process before being actioned.

How to send your submissions:

☑ When sending your submission, please tell us all about what it is you are sending and why it is important to you. Don't forget to let us know your name so that we can mention you on the page.

☑ If you are sending artwork, images or links to blogs and vlogs then please email them to **hello@digibete.org** and put 'Community Page Submission - Your Name' in the subject line.

☑ If you are submitting a film that is too big to send by email then you can try using WeTransfer, Hightail or Box which are file-sharing sites. They are free and easy to use. Please send them to **hello@digibete.org** and put 'Community Page Submission - Your Name' in the subject header.

☑ When we receive your submission it will be checked by our team and, if it is all okay, it will be featured on the community page.

This page is intended to be a safe and positive space for the Type 1 community.

Thank you and we're looking forward to receiving your submissions

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