

# Online Behaviour Guide

## **XR's Regenerative Culture**

We owe each other a duty of care to make our presence on our communications platforms a comfortable and beneficial experience. This includes a healthy focus on mutually supporting through:

- Self care – how we take care of our own needs
- Mutual care – how we take care of each other
- Interpersonal care – how we take care of the relationships we have, being mindful of how we affect each other
- Community care – how we take care of our development as a community

## **Etiquette and Standards for Posts**

When posting messages we recommend that contributors:

- Be respectful – people are different; we all have strengths and weaknesses and different backgrounds – consider your audience
- Use 'I' statements
- Practice compassion by putting themselves in others' shoes
- Take the time to read, re-read, and reconsider before posting

When using the chat channels and forums, we ask all contributors to have care for the community, offering a harassment-free space for all to participate, embracing our unique differences. We then cultivate this respect for each other, both within project spaces and in the wider public arena where we represent the XR community.

## **Positive Behaviours**

- Use welcoming and inclusive language
- Be respectful of differing viewpoints and experiences
- Be willing to engage with feedback (constructive criticism)
- Focus on what might most be in service of the community as a whole
- Cultivate curiosity and an empathic awareness towards other community members

## **Negative Behaviours**

- Avoid sexism, racism, classism, and any other prejudices
- Be aware that we all have things to learn and we all make mistakes
- Avoid making assumptions and be open to listening and learning if challenged

- Do not employ harassment, either public or private, including trolling insulting/derogatory comments, bullying, personal or political attacks
- Do not publish others' private information without explicit permission
- Avoid conduct which could reasonably be considered inappropriate in a professional setting

### **Maintaining good behaviour falls to all of us**

If we find a post that strays from the above guidelines, it's up to each of us to feed back our concerns, initially to the originator of the post and, if necessary, to a Moderator/Group Admin, by Direct Message. Either way, we should be sensitive with any language, but, as our regenerative statement says: "[we have] cultures of respect and listening, in which people deal with conflicts when they arise, feeding back quickly and talking about disagreements and issues without blaming and shaming." If you find a post that you believe needs moderation, reply directly to it and explain why and, if appropriate, suggest to the poster a potentially more acceptable way of making their point.

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