

# Community Guidelines (Summary) - MMOTW

Follow these rules when using MMOTW or posting in the anonymous community.

- Be kind and constructive. No harassment, hate, bullying, or threats.
- Do not post images of minors or third parties without consent.
- No nudity or sexually explicit content.
- No medical or diagnostic claims; MMOTW is for well-being only.
- No spam, scams, multi-level marketing, or paid reviews.
- Use anonymous posting responsibly-remove identifiable details.
- No before/after images, no body-shaming, no diet/weight-loss claims, no idealized beauty standards.
- Respect platform policies (including TikTok's policies) when sharing or promoting.