

Ambys

For you, whatever your mood.

Community Guidelines

Last Updated: April 23, 2025

Welcome to **Ambys** — a safe space to feel, express your genuine feelings, share them and find new friends and soulmates. Whether you're feeling on top of the world or in need of a little light, this is your space. To keep things supportive and respectful, please follow these community guidelines:

1. Be Kind and Respectful

- Treat every user with compassion and empathy.
- Remember that everyone is sensitive and vulnerable. Like you.
- No bullying, harassment, hate speech, or discrimination of any kind will be tolerated.
- Remember: **real** people are behind every post. Kindness matters.

2. Honor Emotional Honesty

- Share your mood authentically, whether it's joyful, anxious, sad, or anything in between.
- Avoid judging or dismissing others for how they feel.
- Encouragement and support go a long way.

3. Maintain a Safe Space

- Do not post content that promotes self-harm, suicide, or violence.
- If you're struggling or see someone in crisis, use the app's support features or reach out to appropriate resources.

4. Respect Privacy

- Don't share private messages, personal information, or anything that violates someone else's confidentiality.
- What's shared in confidence should stay private.

5. Stay on Topic

- Use mood tags and themes appropriately to help others connect with your experience.
- Avoid spam, unrelated promotions, or off-topic content.

6. Uplift, Don't Shame

- Refrain from criticizing others' coping mechanisms or emotional expressions.
- Suggest, don't shame — what works for you may not work for everyone.

9. Celebrate the Full Range of Emotion

- Joy, grief, love, anger, anxiety, excitement — every emotion has a place here.
- Every mood deserves support.
- This is your emotional landscape. Let it be what it is.

10. Just Be YOU

You deserve it.

Our Community Standards exist to make sure everyone can use our platform safely and respectfully. They're part of our broader **User Agreement**, which includes our **Terms of Service** and **Privacy Policy**.

By using **Ambys**, you're agreeing to follow these guidelines. If they don't sit right with you, **Ambys** might not be the right fit — and that's okay.

At their core, our Community Standards are about treating others how you'd like to be treated. If you wouldn't want it done to you, don't do it to someone else. Still unsure? Here's what's definitely not okay:

What's Not Allowed

1. Bullying, Abuse & Harassment

Content that bullies, threatens, or harasses anyone — user or not — has no place on Ambys social app.

2. Child Sexual Exploitation

Absolutely zero tolerance. Any content that involves or promotes the exploitation of children is strictly forbidden.

3. Hateful Content

No hate speech or content targeting individuals or groups based on race, ethnicity, religion, gender, sexuality, or any other protected trait.

4. Illegal Activity

Don't share anything that promotes or facilitates illegal actions.

5. Intellectual Property Violations

Respect the work of others. Don't post content you don't own or have permission to use.

6. Non-Consensual Nudity

Sharing private images or nudity without consent is not only against our rules — it's against the law in many places. Zero tolerance here too.

7. Private Information

Don't share someone else's personal details without their permission — that includes names, addresses, phone numbers, or any non-public info.

8. Suicide & Self-Harm

We don't allow content that encourages, glorifies, or promotes self-harm or suicide.

9. Violent Content

No threats, glorification of violence, or encouragement of harm.

Reporting a Violation

If you come across something that breaks these rules, report it directly in the app using our built-in tools. You can also report through our web form <https://ambys.app/>. When needed, our Support Team may reach out to you using your contact info (like your username, name, or email).

If you're reporting something outside the app, take a screenshot of the content or profile and include that when you contact us.

What Happens Next?

Once a report is submitted, our team will review it. If we determine something violates our standards, we may take action — including removing content or restricting access, temporarily or permanently.

We also reserve the right to monitor how the app is being used and step in when necessary to keep Ambys a safe, respectful space. Our decisions on these matters are final.

If you believe we made a mistake, you can appeal by contacting us. We're always open to listening.

That's it! Thanks for being part of a community that values honesty, respect, and realness. Let's keep Ambys a space where everyone feels safe being themselves. 💙