

COMMUNITY GUIDELINES

Effective Date: **March 30, 2026**

1. Introduction and Scope

Welcome to SoDo.

SoDo is a digital platform designed to help adults set goals, build habits, log progress, and share personal development journeys within a supportive online community. These Community Guidelines govern all user behaviour and content shared through the SoDo mobile application and website (collectively, the “**Platform**”).

By creating an account or using SoDo, you agree to follow these Guidelines. These rules apply to all users, including individuals who post content, interact with others, comment on posts, or passively view content.

SoDo reserves the right to remove content, restrict features, suspend accounts, or permanently terminate access if these Guidelines are violated.

SoDo has zero tolerance for objectionable content and abusive users. Users who violate these Guidelines may have content removed, features restricted, accounts suspended, or access permanently terminated.

2. Age Restriction – 18+ Only

SoDo is strictly intended for individuals who are at least eighteen (18) years old. You are not permitted to create an account, access, or use the Platform if you are under 18.

By using the Platform, you represent and warrant that:

- You are 18 years of age or older; and
- You have the legal capacity to enter into a binding agreement.

We do not knowingly permit minors to create accounts. If we discover that a user is under 18, we will suspend or permanently remove the account.

3. Purpose of the Community

SoDo is designed to promote:

- Personal accountability
- Structured accountability through selected accountability partners

- Habit formation
- Goal tracking
- Constructive motivation
- Healthy productivity
- Positive peer interaction

The Platform is not designed to promote comparison, shame, unrealistic standards, or harmful behavioural practices. Content that undermines these objectives may be removed.

4. User-Generated Content Responsibility

Users may create and share content including:

- Goal declarations
- Habit progress logs
- Text posts
- Images or media
- Comments
- Profile information
- Public updates within the social feed

All such content is considered User-Generated Content (“UGC”).

You are solely responsible for any content you upload, publish, or share. SoDo does not pre-screen all content but reserves the right to review, moderate, and remove content at its discretion.

5. Respectful Conduct and Prohibited Behaviour

SoDo is a community built on respect and accountability. The following behaviours are strictly prohibited:

Harassment and Abuse

You may not harass, threaten, intimidate, bully, shame, or target another user. This includes:

- Personal attacks
- Derogatory remarks
- Repeated unwanted contact
- Hostile or demeaning comments
- Attempts to humiliate or publicly embarrass someone

We maintain a zero-tolerance approach toward targeted harassment.

Hate Speech and Discrimination

Content that promotes hatred, discrimination, or hostility based on protected characteristics, including race, ethnicity, religion, nationality, gender, sexual orientation, disability, or similar status, is strictly prohibited.

Users engaging in hate-based conduct may be permanently removed without warning.

Harmful or Dangerous Content

SoDo does not permit content that encourages or glorifies:

- Self-harm or suicide
- Eating disorders or extreme dieting
- Unhealthy body standards
- Dangerous physical challenges
- Substance abuse
- Criminal activity

Because SoDo centres around habits and personal development, we closely monitor content that could promote extreme or unsafe behaviours disguised as “discipline” or “motivation.” We may remove content that promotes medically unsafe practices, starvation, excessive physical strain, or other harmful behaviours.

Misrepresentation of Professional Advice

SoDo is not a medical, legal, financial, or psychological advisory platform.

Users must not:

- Present themselves as licensed professionals without verification
- Provide medical or mental health advice as authoritative guidance
- Promote unverified “cures” or treatment claims

If you are a licensed professional, you must clearly disclose your credentials and avoid creating misleading impressions.

Illegal Activities

You may not use SoDo to:

- Promote criminal behaviour

- Engage in fraud or scams
- Sell illegal goods or services
- Infringe intellectual property rights
- Coordinate unlawful conduct

We reserve the right to cooperate with law enforcement where required.

6. Authenticity and Platform Integrity

SoDo is built on genuine progress, transparency, and responsible accountability, including accountability relationships between users.

Users must:

- Provide accurate registration information
- Avoid impersonating individuals or organisations
- Avoid creating multiple deceptive accounts
- Refrain from falsely reporting progress or manipulating accountability features

Users acting as accountability partners must engage respectfully and may not use the accountability feature to harass, shame, pressure, or coerce other users.

Artificial engagement, bot activity, or false performance representation undermines community trust and may result in suspension.

7. Privacy and Personal Information

Users must respect the privacy of others.

You may not:

- Share another person's private contact details
- Post screenshots of private conversations without consent
- Publish identifying personal data of another user
- Engage in doxxing or exposure of personal information

Any violation of user privacy may result in immediate account termination.

8. Commercial Activity and Promotion

SoDo is not a marketplace unless explicitly authorised.

Users may not:

- Post unsolicited advertisements
- Share affiliate links
- Promote products or services in comments or feed posts
- Engage in spam-based marketing
- Recruit users for unrelated businesses

Unauthorised commercial use may lead to removal and suspension.

9. Intellectual Property Rights

You may only post content that:

- You created yourself; or
- You have legal rights to use; or
- Is properly licensed.

Copyright infringement will result in content removal and may lead to account termination.

By posting content, you grant SoDo a limited, non-exclusive license to display, reproduce, and distribute your content within the Platform solely for operational purposes.

10. Moderation and Enforcement

SoDo uses a combination of automated systems and human review to maintain safety.

We reserve the right to:

- Remove content
- Restrict visibility
- Issue warnings
- Temporarily suspend accounts
- Permanently terminate accounts
- Restrict features
- Report illegal activity to authorities

Moderation decisions are made in good faith to protect the community.

Repeated violations or severe misconduct may result in immediate permanent removal without prior notice.

Moderation actions may be triggered by user reports, user blocking events, internal review, or other safety processes.

11. Reporting Violations

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Users may report violations through in-app reporting tools or official contact methods listed on <https://sodo-app.com>. We review reports confidentially and take appropriate action. Abuse of the reporting system may itself result in penalties.

Users may also block other users using the in-app blocking tools available on user profiles. Blocking is intended to immediately protect a user's experience by removing or limiting the blocked user and that user's content, interactions, or visibility within the Platform. Blocking may also trigger internal review for possible violations of these Guidelines or the Terms of Use.

12. Mental Health Disclaimer

While SoDo promotes productivity and habit formation, it does not provide medical or psychological treatment.

If you are experiencing emotional distress, mental health crisis, or thoughts of self-harm, you should immediately seek assistance from licensed professionals or emergency services in your jurisdiction.

13. Account Suspension and Termination

SoDo may suspend or permanently terminate accounts for:

- Violations of these Guidelines
- Fraudulent activity
- Platform abuse
- Security risks
- Repeated policy violations

Termination may occur without prior warning in cases involving serious misconduct.

14. Changes to These Guidelines

We may update these Community Guidelines to reflect legal requirements, safety improvements, or platform evolution.

Continued use of SoDo after updates constitutes acceptance of the revised Guidelines.

15. Contact Information

For questions regarding these Community Guidelines, please contact us through the official communication channels listed on: <https://sodo-app.com> or write to us at sodomobileapp@gmail.com