

## Seekingcommunity.ca Submission Guidelines

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Most comments and submissions to Seekingcommunity.ca are not pre-moderated. That means that the comments go up immediately and we don't have an opportunity to read them before they are published. This is a community and so we ask that you moderate yourselves and ensure your contributions adhere to our guidelines. Comments that violate our submission guidelines may be removed from the site.

If you feel a contribution has broken the guidelines, please [contact us](#) to report the problem and our site administrator will investigate your concern.

For all comments and submissions, please avoid:

- Racist, sexist and offensive language.
- Personal attacks and defamatory statements.
- Breaking copyright rules (that includes copying and pasting excerpts from other sites without permission and attribution).
- Violating someone's privacy.
- Threats or suggesting committing a criminal act.
- Posting your message in all CAPS (this makes it difficult to read and in online speak is considered yelling).
- Posting commercial promotions.

By submitting your content, you grant us the non-exclusive right to use your content royalty-free.

Some longer submissions, like recipes and movie reviews, are pre-moderated. That means that we read them before they are published. We will do our best to get them up promptly. We cannot guarantee that every contribution will be published. We may also edit the submissions for length, size or clarity.