

Terms & Conditions

Last updated: May 2025

Welcome to Stories of Mental Strength and Persistence.org ("Site", "we", "our"). By accessing, browsing, or submitting any content to this Site, you agree to the following Terms & Conditions ("Terms"). Please read them carefully. If you do not agree, do not use the Site. Our separate Privacy Policy, which includes our policy on children's information, forms part of these Terms.

1. Eligibility

You must be at least 16 years old to submit content. By submitting, you confirm you meet this age requirement.

2. Submission Guidelines

When you share a story:

- You retain full ownership of any story or content you submit to this Site. By submitting, you grant us a royalty-free, non-exclusive, worldwide license to edit (for clarity), publish, and display your story anonymously or under a submitted pen name on the Site. This license allows us to make the story publicly available while you are free to reuse or publish it elsewhere at any time.
- You agree we may edit for clarity, length, or sensitivity while preserving the original meaning.
- You will not include personal identifiers (e.g., full names, addresses, contact details—yours or others').
- You affirm the story is your own original work and does not infringe another's rights.
- You acknowledge that we reserve the right to decline or remove any submission that we determine to be inappropriate, offensive, harmful, promotional, plagiarized, or otherwise misaligned with the purpose of this platform.

3. Content Review and Publication

All submissions are reviewed before publication. Not all stories will be published. Publication decisions are at our sole discretion, and we are not obligated to provide feedback or explain a refusal.

4. Authenticity and Verification

Stories are personal accounts. We do not verify their accuracy. The Site does not provide therapy, medical advice, or crisis intervention. Please seek professional help if you are in crisis.

5. Privacy

We do not collect or display personal information unless explicitly provided and permitted. Your email address (if submitted) will only be used to notify you of platform updates or

respond to your submission. We do not sell or share your contact information with third parties.

6. Children's Information

This Site is not directed to children under 16, and we do not knowingly collect or store personal information from anyone under 16. If you are a parent or guardian and believe your child has provided personal information, please contact us so we can delete it. Individuals under 16 must not submit content or provide personal data. Only people 16 years or older may submit stories or interact with any feature that collects personal information.

7. Use of Site Content

All content on this site is protected by copyright. You may not reuse, repost, or reproduce submitted stories or content without explicit permission from the platform administrators. Reproducing or redistributing stories or Site materials without prior written permission is prohibited.

8. Community Conduct

You agree not to:

- Post or distribute harmful, abusive, or discriminatory content through any means on or related to this Site;
- Use the Site for commercial purposes, self-promotion, or spam;
- Attempt to bypass moderation or impersonate others.

9. Termination of Access

We may suspend or terminate your access, or remove any content, at any time and for any reason, without notice.

10. Third-Party Links

The Site may link to external resources. We do not control or endorse third-party sites and are not responsible for their content or practices.

11. Disclaimer of Warranty; No Medical Advice

The Site and its content are provided "as is" and "as available" without warranties of any kind. Stories are unverified personal narratives and are not a substitute for professional medical or mental-health advice. We make no claims regarding the completeness, reliability, or outcomes of any personal stories published.

12. Limitation of Liability

To the fullest extent permitted by law, we are not liable for any direct, indirect, incidental, or consequential damages arising from your use of the Site or reliance on its content.

13. Governing Law and Jurisdiction

These Terms are governed by the laws of the State of Ohio, United States, without regard to conflict-of-law principles. Any action arising under these Terms shall be brought exclusively in the state or federal courts located in Ohio, and you consent to their jurisdiction.

14. Informal Resolution; Arbitration

Before filing a legal claim, you and we agree to attempt to resolve any dispute informally in writing within 30 days. If unresolved, the dispute shall be submitted to binding arbitration in Ohio, unless you opt out by emailing us within 30 days of accepting these Terms. Either party may seek injunctive relief in court for intellectual-property misuse or unauthorised access to the Site.

15. Changes to These Terms

We may update these Terms at any time without prior notice. Changes take effect when posted on this page. Continued use of the Site after changes means you accept the revised Terms.

16. Contact Us

Questions? Contact us via the website contact form or email us.

By using this Site or submitting a story, you acknowledge that you have read, understood, and agree to these Terms & Conditions.