



AutismTN “The Spectrum Connection” Community Values & Guidelines

This member-led peer support group fosters belonging, connection, and resource-sharing for LGBTQIA2S+ Autistic adults in Middle Tennessee and beyond.

Participation Agreement

This participation agreement applies to all TSC meetups both online and in person.

- Create a space that is inclusive, welcoming, and kind to all.
- Share from your own experience.
- Do not judge or invalidate other people’s experiences even when there is disagreement.
- Maintain confidentiality.
- Own your impact as much as your intent.
- Take space and make space.
- Give the benefit of the doubt and ask questions to clarify.
- Remember that everyone comes to AutismTN gatherings with different experiences and backgrounds.

Community Values

- Kindness
- Acceptance
- Community Care & Support
- Resource Sharing
- Belonging
- Safety
- Mutual Respect
- Accountability
- Accessibility
- Consent
- We include everyone. We value and celebrate the diversity of the LGBTQIA2S+ Autistic community and recognize how our Autistic identity intersects with other parts of our identity. We recognize that in our society, some identities have privilege while others have been marginalized. We try to create a space where everyone feels like they belong.



- We protect each other and care about each other's privacy. What happens in our meetings stays in our meetings. We do not discuss members' personal information/situations to people outside of the group.

If you see something that goes against our Community Guidelines, contact the facilitator via email or in the [Share a Concern form](#). All concerns will be handled by the facilitator confidentially.

Conflict

When there is a conflict, try to call people in instead of out. That means we get curious about peoples' intentions and give each other the benefit of the doubt. If you need help with a conversation, fill out the [Share a Concern form](#) and/or email the facilitator, Leah Quazi, at leah@autismtn.org.

If someone is not comfortable with a conversation and they ask for it to end, it needs to end immediately. If you find a request to stop a conversation unfair, fill out the [Share a Concern form](#) and/or email the facilitator, Leah Quazi, at leah@autismtn.org.

If you do not honor another member's request, the following actions may be taken:

- 1st time: warning
- 2nd time: removed from Discord for one week
- 3rd time: private Zoom meeting with Leah and either a 2-week suspension from Discord, final warning, or removal
- Three different group member complaints = automatic 2-week suspension from Discord and private Zoom meeting with Leah.

Non Discrimination Policy

AutismTN does not tolerate hurtful language, hostility, discrimination, abuse, marginalization, stigmatized language or insulting behavior on the grounds of race, ethnicity, religion, background, skin color, religious belief, cultural practice, gender identity, sexuality, socioeconomic class, language, disability, co-occurring neurodivergence and/or mental health experiences/diagnoses, immigration status, veteran status, or age. AutismTN does not accept sexism, racism, homophobia, biphobia, transphobia, body shaming (any body type), antisemitism, Islamophobia, fascism, age discrimination, ableism, and/or any other intersectional forms of discrimination. This policy applies to all AutismTN community groups, including The Spectrum Connection.'

Trigger Warning List

Please use care and give a warning when possible when discussing the following topics. All of the topics below were submitted by group members.

Abuse	Discrimination	Diet Culture	Medical/Body	Cultural	Mental Health
Child abuse	Ableism	Body Shaming	Blood	A.I. content/use	Negative talk
Emotional abuse	Biphobia	Calories	Bodily elimination	Substance Use	Religious Trauma
Eugenics	Fatphobia	Eating Disorders	Bodily fluids	Cheating on a partner	Self-harm
Gaslighting	Functioning Labels	Fatphobia	Body shaming	Divorce	Suicidality
Grooming	Hate Speech/Slurs	Weight loss	Cancer	Furries (profile pictures ok)	
Manipulation	Homophobia		Death	JK Rowling	
Murder	Racism		Fingernails/ Toenails	Sexually explicit/ erotic content	
Physical abuse	Transphobia		Medical Procedures	True Crime	
RAMCOA			Migraines/ Neurological Events	Mentions of "going to hell"	
Sexual abuse			Miscarriages		
Stalking			Needles		
Yelling			Teeth		
Violence					

This is a living document that is updated as needed.

Last update: March 4, 2026