



## Lydia.com User Guide

### Welcome to Lydia.com

Lydia.com is designed to feel like four women meeting for morning coffee — warm, thoughtful, and respectful.

This guide will help you:

- Create an account
- Log in
- Read posts
- Write a post
- Comment respectfully
- Stay safe online

Take your time. There is no rush here.

### 1. Creating an Account

Step 1: Go to [www.lydia.com](http://www.lydia.com) using your internet browser.

Step 2: Click 'Sign Up' or 'Create Account.'

Step 3: Enter your name, email address, and choose a password.

Step 4: Check your email and click the confirmation link if requested.

You are now registered.

### 2. Logging In

- Go to [www.lydia.com](http://www.lydia.com)
- Click 'Log In'
- Enter your email and password
- Click 'Submit'

If you forget your password, click 'Forgot Password' and follow instructions.

### 3. Reading Posts

- Scroll down the homepage to see posts
- Click a title to read
- Use your browser's back button to return

You are welcome to simply read and reflect.

#### **4. Writing a Post**

- Log in
- Click 'New Post' or 'Create Post'
- Add a title
- Write your thoughts in the text box
- Review your words before publishing

Remember: If you would not say it kindly face-to-face, please do not post it.

#### **5. Commenting**

- Scroll to the bottom of a post
- Type in the comment box
- Click 'Post Comment'

Comments should always be respectful and constructive.

#### **6. Staying Safe Online**

Do:

- Protect your password
- Think before sharing personal information
- Report inappropriate content

Avoid:

- Sharing your home address
- Sharing financial information
- Clicking suspicious links

#### **7. Reporting a Problem**

If you see offensive or inappropriate content, look for a 'Report' or 'Contact Us' button.

You may also email the support address listed on the website.

Your safety matters.

#### **A Gentle Reminder**

Lydia.com is built on warmth, civility, and trust.

Before posting, imagine four women sharing coffee.

That spirit guides everything here.