



# Terms of Use

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## 1. Acceptance of Terms

By using Shield and Sanity's website or services, you agree to these terms. If you do not agree, please do not use our services.

## 2. Not Legal Advice

Shield and Sanity does not provide legal advice or act as a substitute for a lawyer, therapist, or court official. We offer educational and strategic tools to help you navigate high-conflict family dynamics. You are responsible for any decisions you make based on the materials or support provided.

## 3. User Agrees Not To:

- Submit false or harmful information
- Use our services to harass, threaten, or intimidate others
- Misrepresent your identity or situation

## 4. Intellectual Property

All content, tools, and written materials provided by Shield and Sanity are owned by us. ***You may not reproduce or distribute our materials without written permission.***

## 5. Service Limitations

We reserve the right to decline service to any user at our discretion. Our tools are best-effort and do not guarantee specific legal or emotional outcomes.

## 6. Liability

Shield and Sanity is not liable for any legal outcomes, emotional distress, or damages resulting from the use of our services. You use our platform at your own discretion and risk.

## 7. Contact

For questions or concerns, email us at: [GetShielded@ShieldAndSanity.com](mailto:GetShielded@ShieldAndSanity.com)