What do you think could make an online space more positive or supportive for people sharing difficult experiences?

1.) Gulam: The ability for people to share their thoughts anonymously with support.

2.) Kyley: The space being healthy. The ability to share without criticism and people feeling like what they share matters and make a difference.

3.) Kamilla: The more support there is in a online community the better a person feel son the other side on any screen. Less criticism and more supports is what people look for when online.

How useful do you think technology could be in supporting people who want to share their stories anonymously?

1.) Gulam: We could create an AI model that can converse with people and provide emotional support.

2.) Kyley: It makes it easy for them to record and share their stories and the ability to highlight the more specific and healthier aspects.

3.) Kamilla: It makes it more comfortable for someone to share and feel more open and share.

What might encourage more people to talk about their health experiences online?

1.) Gulam: Ensuring people's privacy would encourage them to share their experiences more comfortably.

2.) Kyley: Understanding the why and the impact individuals are trying to have. Breaking down the barriers of feeling their stories may not be as important. Using some examples to create an understanding.

3.) Kamilla: The reassurance that people can open up and be who they are. And the more patience a person has makes a person more comfortable to share their thoughts and feelings. For there to be a place where someone can just share their thoughts at any time needed is great and helps many without knowing that.