

GrindHer Community Guidelines

Last Updated: October 15, 2026

GrindHer is a space built exclusively for lesbian and queer women. These guidelines help keep the community safe, respectful, and authentic.

1. Be Authentic

Your profile must represent the real you. Government ID verification is required and must list your sex as Female. Do not use misleading photos or impersonate others.

2. Respect Others

Treat users with respect. Harassment, hate speech, threats, or unsolicited explicit content are not allowed. Respect boundaries.

3. Safety First

Never pressure anyone to meet or share personal information. Report harmful behavior. Do not dox others. Meet in public if meeting offline.

4. Prohibited Content and Behavior

Not allowed: content involving minors, hate speech, scams, violence, attempts to bypass ID verification, or illegal content.

5. Reporting and Enforcement

Use Block and Report tools. Our team reviews reports. Consequences range from warnings to permanent bans. We may cooperate with law enforcement.

6. Membership

All users, including Premium and Elite members, must follow these guidelines.

7. Contact

Safety Team: safety@grindher.app (replace with your actual email)

Help us keep GrindHer a safer, more authentic space for queer women.