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<table>
<thead>
<tr>
<th>common terms</th>
<th></th>
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<tbody>
<tr>
<td>Parley</td>
<td>a post that may contain text, images, videos, gifs, or links.</td>
</tr>
<tr>
<td>Echo</td>
<td>to share a parley, usually someone else’s, on your profile.</td>
</tr>
<tr>
<td>Comment</td>
<td>feedback on one’s parley or comment.</td>
</tr>
<tr>
<td>Upvote</td>
<td>an action indicating approval of one’s parley or comment.</td>
</tr>
<tr>
<td>Downvote</td>
<td>an action indicating disapproval of one’s comment.</td>
</tr>
<tr>
<td>Feed</td>
<td>also referred to as the home page, this section lists parleys—in real-time—of the accounts you follow. You may additionally see promoted parleys, also known as ads.</td>
</tr>
</tbody>
</table>
what you can parley or comment

Parler’s user agreement and community guidelines explain what you can and cannot do. Parler does not tolerate spam, trolling, or illegal activity. Sensitive content, such as nude artistic expression, requires the use of a sensitive filter.

Posting the following may earn you strikes:

- unsolicited ads
- slander
- libel
- threats
- fighting words—statements made to inflict injury or to incite an immediate breach of peace.
- blackmail
- bribery
- obscenity—depending on level, may require use of the not-safe-for-work filter
- impersonation
- plagiarism
- trademark infringement
- copyright infringement
- doxing
verified Parler citizens

A verification badge confirms the Parler Citizen is a real person, even if they do not use their legal name.

During Parler’s relaunch, new verifications are not being processed. We will announce when this feature returns.
navigation

Parler’s browser version (desktop and mobile web) uses left-hand navigation. By default, you’ll see:

- **Feed**—home page
- **Notifications**
- **Messages**
- **Discover**—takes you to a feed of featured and popular parleys.

Clicking the “show more” link will reveal:

- **Settings**
- **Moderation**
- **Help Desk**—coming soon
- **Feedback**—to report issues or ask questions.
- **Logout**

In the app, footer navigation includes links to Home, Discovery, Notifications, and Search.
editing your profile

You may want to change your profile photo, background image, display name or bio.

In the browser version:

1. Visit your profile page.
2. Click the gear icon on the right of your profile.
3. Edit your name, display name or description. You can also click your profile photo or background photo area to upload new images.
editing your profile

In the app:
1. Tap your profile icon in the top left.
2. Tap Settings.
3. Tap Edit Profile.
4. Edit your name, display name or description. You can also tap your profile photo or background photo area to upload new images.
If you’re already using Parler, take a look at your settings anyway in case you missed a few steps.

To get to your settings:

- **On desktop**—click Settings in the left column. You may need to click ...show more first.
- **In the app**—tap your profile picture (if you don’t have one yet, tap the circular user icon in the top left). Then tap Settings and Privacy.
settings

Private Account—you can set your account to private or public. Only approved followers can see what’s posted in a private account.

Email notifications—you can opt to receive all updates or only critical emails. Additional settings for the types of notifications you receive are set in the Notifications area.

Disable Private Messaging—by default you can send and receive private messages. If you’d like to disable this feature, slide the toggle to ON.
settings

Security
Here you can change your password or turn on two-factor authentication. You can also update your phone number, which is used to provide an additional layer of security to your account.

If you can’t recall which email address you used to sign up for Parler, click the “Remind me” button at the bottom. We’ll send an email to the address on file.

Notifications
Parler lets you decide what triggers a notification, which alerts you via the browser, smartphone, and/or email.

Note: App notifications can affect a smartphone's battery life, so consider which ones are important to you.

Notification settings are configured at the account level. Changes you make here affect what you’ll be notified about regardless of how you access Parler.
You can customize Parler with the primary accent color of your choosing. This color will be applied to buttons, links and other elements. What you select here will be applied to your profile page but will not change how other people’s profiles appear.
interface color

You can also toggle between light mode and dark mode. Dark mode does not update the entire color scheme, but rather alternates standard dark and light elements, including text.
language

Parler supports various languages. What you select here will update the navigation, buttons and platform-specific elements. It will not translate other people’s parleys and comments.

In the app—language is selected in the bottom left after tapping your profile picture.
badge selector

If you have previously earned badges, such as one for a verified account, you can select which ones display on your profile.

Note: During the relaunch, Parler is not performing Parler Citizen verifications.
deleting your account

To permanently delete your Parler account, visit **Settings > Delete Account**
**Parleying**

Parler gives you 1,000 characters to speak freely. You can upload images and video, create meme-style parleys (app only), inject emoji and gifs, and share links to content across the web.

You can create a parley multiple ways.

**In the browser version:**
- From the home page, click in the Parley... field at the top of the screen.
- Click the New Parley button in the left-hand column. In mobile web, this will appear as a simple icon.

**In the browser version:**
- Click the + circle icon in the lower right of the screen
Tips for Parleys

- Parler searches based on hashtags, so you’ll want to use them if you want people who don’t follow you to see your parley.
- Hashtags are made in the format of the # symbol, immediately followed by a word or phrase (with no spaces). For example: #crafting or #graphicartist.
- Some hashtags are more popular than others. To find the best hashtag to use, search for specific keywords.
- To cancel a parley, click the X in the upper write of the parley screen. Canceled parleys cannot be recovered.
- Please review your parley carefully before posting. Parleys cannot be edited.
parleying

Inserting Emoji
To insert emoji, click or tap the emoji icon in the lower right. Once you’ve selected the emoji you want to use, click or tap the emoji icon again to close the emoji selection window.
parleying

Attaching external links
To display a preview to an external video or web page, simply paste the link into your parley. Parler will handle the rest.

Creating a slideshow
Parler supports multiple graphics, videos and links in the same parley. It will create a slideshow automatically.

Inserting animated gifs
Parler uses Giphy for gif support. Just tap the Giphy icon to search for your favorite gif to include.

Creating meme-style images (app only)
You can create meme-style graphics on-the-fly. These are based on a photo (you can take one through the app or pull one from your phone’s library). Once the background is selected you can type text atop it.

Labeling content as NSFW
When posting content that’s not safe for work (NSFW), be sure to check the box next to “Sensitive Content.” Failing to do so can earn your account strikes.
making comments

You can comment on your and others’ parleys. You can also reply to comments.

To comment, simply click or tap the comment icon beneath the parley.

While comments can include links and hashtags, they are not searchable. However, if someone clicks or taps a hashtag within a comment, it will take them to that hashtag’s feed.

If you’re not able to comment on a parley, it may be because the original Parler Citizen restricted commenting to verified users.
comment notifications

By default, you’ll receive a notification whenever someone comments on your parley or replies to one of your comments. You can turn this function on or off via your Settings > Notifications.
echoing parleys

The share of a parley is called an echo. To echo a parley, click or tap the megaphone icon beneath the parley. You'll be able to write something about the parley before you echo it to the world.

Since an echo is a parley itself, you can use hashtags to make it come up in search.
moderation tools

Each person has control over who can interact with their parleys. You can configure rules or address comments as they are made.

In the browser version:
• Click Moderation in the left-hand menu.

In the app:
• Tap your profile picture
• Tap Moderation.
• Tap Settings.
**moderation tools**

**Real-time Comment Moderation**
Here you can approve, deny or mute comments. Denying will delete the comment, while mute will “shadow ban,” whereas the commenter sees the comment, but no one else does.

If you want to see which comments you’ve approved, denied, muted or marked as spam, use the buttons at the top of the screen.
moderation tools

Word Filters
You can automate what happens to comments on your parleys based on specific words. For example, if you want to automatically deny any comment that uses a foul word, you can set the action to Deny. You’ll need to type each word or phrase individually and add it to the list.

Likewise, you can auto approve comments that contain specific words or phrases.

You can use word filters to automatically ban other users from seeing your parleys. You also won’t see theirs.
moderation tools

Moderation Settings

Spam Flagging: You can tell Parler to mark comments as spam if it receives 1 or 5 reports from other people on Parler. “More reports than votes” means the comment has more reports than it does votes. “Five reports with a negative score” means the comment has at least five reports and more downvotes than upvotes.

Spam Action: You control what happens once a comment is marked as spam. Options include deleting or muting the comment and muting or blocking the commenter.
moderation tools

Reviewing Blocked and Muted People
You can view who you’ve blocked and muted and opt to unblock or unmute them.

Archived

Blocked Members

Muted Members
**Moderation Tools**

You can take actions on parleys and comments directly.

Click or tap the down arrow in the top right of the comment or parley.

**Mute**—you’ll no longer see the person’s parleys or comments.

**Block**—you’ll no longer see the person’s parleys or comments, and they cannot see yours.

**Unfollow**—the person’s parleys will no longer appear in your feed.

**Report**—click or tap to report the parley or comment for terms violation.

**Subscribe**—receive notifications whenever this person parleys.

**Promote This Parley**—if available, you’ll be able to promote the parley via the ad network.
**moderation tools**

**Share Parley**—get the URL to the parley or embed code so you can place it on a website.

**View Parley**—opens the parley in its own window.

**Comment moderation**—quick actions to approve, deny, or mute.
For further information, please contact:

support@parler.com