

## [AnonymouslyUrs.net](#)

### **SMS Messaging Policy**

[AnonymouslyUrs.net](#) sends one-to-one SMS notifications containing a secure web link to view an anonymous encouragement message.

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### **How It Works**

- For each encouragement message, you may receive one SMS notifying you that it is available.
  - Only one notification SMS is sent unless you opt in by replying YES.
  - Message content is viewed on our website via secure link.
  - **SMS messages never include the full message content or images; all encouragement messages are viewed on our secure website.**
  - Reply YES to receive future encouragement notifications by text.
  - Reply STOP at any time to opt out. (STOP only affects text messages and does not affect any email subscriptions you may have with [AnonymouslyUrs.net](#).)
  - Reply HELP for assistance.
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### **Message Frequency**

Message frequency varies.

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### **Charges**

Message and data rates may apply.

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### **Opt-Out**

Reply STOP to unsubscribe. You will receive a confirmation message and no further texts will be sent.

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### **Privacy**

SMS opt-in data and consent will not be shared with third parties. For more information, see our Privacy Policy and Terms of Use.

**Privacy Policy:** [Link](#)

**Terms of Use:** [Link](#)

**SMS Messaging Policy:** [Link](#)

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**Last Updated:** February 16, 2026