



PRIVACY POLICY

This is the privacy policy relative to the iSmart application ("iSmart") developed by Pierrich Plusquellec, Sonia Lupien and the Centre for Studies on Human Stress, with the support of the *Centre de recherche de l'Institut universitaire en santé mentale de Montréal* ("us"), which describes, where applicable, the collection and processing of personal information belonging to users of iSmart ("you").

By using iSmart and its content, you acknowledge having read and understood this privacy policy.

1. NO AUTOMATIC OR MANDATORY COLLECTION AND PROCESSING OF DATA

You are not obligated to provide any personal information in order to use iSmart or its content.

Furthermore, we do not display any advertising on iSmart. Lastly, we will not collect any information for the purposes of contacting you.

2. WHAT HAPPENS TO INFORMATION YOU CHOOSE TO PROVIDE

2.1 When you use iSmart

iSmart gives users the option of providing, on a voluntary basis: **(i)** their birth year; **(ii)** their gender; **(iii)** the first three characters of their postal code; **(iv)** their country of residence; and **(v)** their professional occupation.

If you choose to provide this optional information, then we commit to:

- preserving its confidentiality;
- compiling it in such a way as not to be able to identify you and;
- utilizing it only in this form, for scientific research and teaching purposes (by the researchers responsible for the project and their collaborators) and for the compilation of statistics to be used in the development of iSmart, and this, in order to provide a list of all available methods that support the management of chronic stress. None of these operations will be done for the purpose of identifying you, or in such a way as to identify you.

If you change your mind, and decide that you do not want information to be compiled, you can delete the information you have provided or delete iSmart.

2.2 Questions and comments

If you contact us, we will have access to the information you share with us, including your contact information, and any question you ask or comment you make. This information will be collected so that we can respond to you, and, as needed, react to a given situation.

3. TECHNOLOGY FEATURES

Certain technology features used in iSmart are linked to general information about your device, so as to ensure the consistency and security of your session. These technical features are necessary so that iSmart can function properly, and will automatically be erased if you delete iSmart. Don't hesitate to [contact us](#) with any questions you may have.

4. SECURITY FEATURES

We have implemented the measures that can reasonably be expected to be in place to preserve the security and confidentiality of all personal information. We store this information in a form that does not allow us to identify you. As well, our platforms and servers are hosted in Canada. **The technology we are using in this application is up to standard, however, iSmart and its content – like any technology – is not infallible and is not immune to unforeseen events. You need to be aware of the fact that there is risk related to the use of any technology. We cannot guarantee that your access to, or use of, iSmart or its content will never result in the interception of data or some other event beyond our control.**

5. QUESTIONS

You can communicate with [us](#) if you have any questions about our privacy practices.

6. HYPERLINKS

iSmart and its content include links to other resources that may be of assistance. These links are provided for informational purposes, among others to facilitate your access to extra support in dealing with intimidation. However, please keep in mind:

- that these resources are not controlled by us;
- that we do not regularly verify their content; and
- we cannot guarantee the validity of their content.

These resources are governed by their own terms of use and privacy policies. We do not assume any liability in connection with them. The choice to use these links is yours alone.

7. ADDITIONAL TERMS

8.1 Entire agreement.

This privacy policy constitutes, along with the [Terms of Use](#), the totality of the rules applicable to your use of iSmart and its content. Please note that this policy as well as the [Terms of Use](#) can be downloaded from the [iSmart website](#).

8.2 Modifications

We have the right to modify this privacy policy. You will be notified of any modifications in advance. We will assume that you accept these modifications if you access or continue to use iSmart or its content; if you are not in agreement with these changes, you must stop using iSmart or remove it from your device before they come into effect.

8.3 Applicable laws, and disputes.

iSmart, its content and its privacy policy are subject to the laws in force in Quebec, notwithstanding any principle that could lead to the application of outside laws. Any dispute will be submitted to the courts of the province of Quebec, which will have sole authority to rule on it.

8.4 Getting in touch.

Here is our contact information, if you would like to get in touch with us:

Address : 7331, Hochelaga Street, Montréal (Québec) H1N 3V2

Email : ismart2k12@gmail.com

Tel : (514) 251-4015 extension 3396

We will follow up on any communication as quickly as possible, and at the very latest within the delays set out by applicable laws.

In case of emergency, you must communicate directly with emergency services, using 911.