



SOCIAL MEDIA GUIDELINES FOR STUDENT ATHLETES

THROUGH SOCIAL MEDIA, more individuals than ever before are monitoring you, including **GlenOak fans, members of the media, opposing teams, players or fans**, and others. Remember that you have an audience!

DO:

- ✓ Set your security settings so only your friends can see your accounts.
- ✓ Understand that the people you have listed as followers or friends are a reflection on you.
- ✓ Think before you post, tweet, or re-tweet. How will it affect you?
- ✓ Talk to your coaches about how to use social media to your advantage.
- ✓ Ask questions if you are not sure what you are doing is OK.

DON'T:

- Post-offensive language, personal attacks, or racial comments.
- Post when you are emotional, like right after a game. You are more likely to say something you will regret.
- Accept friend or follow requests if you are not sure whom they are coming from.
- Talk about opponents or athletes from other schools.
- Post or tweet while you are in class.

