

MSJ Girls Volleyball Program Social Media Guidelines

We aim to create a safe and respectful environment for everyone involved. You are representing not just yourself, but also MSJ Girls Volleyball, your teammates, coaches, parents, and family. We understand that you may have disagreements and concerns regarding your experience or with other people, which is normal. However, there are constructive and destructive ways to handle those concerns. These guidelines are intended to help you make mature, thoughtful, and constructive choices when dealing with your concerns.

Remember that anything posted on the internet, especially on social media, will be available forever on the web. It is common for universities and employers to research what applicants have posted on social media, even if it was 5-10 years ago. We want you to be successful during the club season as well as in the future, and practicing these guidelines will help keep you on that path.

Safe Social Media Habits:

1. Never assume that a message or post is private, even if the settings are private. Anyone can post a screenshot on the internet of what you say.
2. Do not give out personal contact information to someone you do not know personally.
3. Never post on social media when you are feeling emotional. There is a good chance that this type of impulsive post will have a negative outcome.
4. Do not engage with someone who is posting derogatory comments about you, your team, or the club. Report it to your coaches and they will take care of it.
5. Think twice before reposting another person's message or photo. Once you repost, you will be associated with that person and his/her post.
6. If anyone makes you feel uncomfortable, then immediately tell an adult (parent, coach).

Inappropriate/Negative Posts:

Violating these 2 guidelines will result in a suspension from team functions or expulsion from the team with no refund, depending on the severity of the situation.

1. Do not post inappropriate and/or negative comments regarding your teammates, your coaches, parents, teammates parents, or other teams.
2. Do not post inappropriate photos or comments that are sexual, violent, disrespectful, or defaming in nature.

Player Name _____

Date _____

Player Signature _____

Parent Name _____

Date _____

Parents Signature _____