

For Tips & Tools to create great youth competitive environments & experiences and to find practical, early-step mental health services resources, visit theBMSproject.org.

Player Social Media Usage Pledge

OVERVIEW: Social media can be thoughtlessly hurtful and contribute to casting negative impressions on you personally, as well as on your team, your teammates, your family and your sport. Social media can also result in legal consequences in some instances of misuse. College coaches monitor potential recruits' social media activities.

Please initial the boxes below to acknowledge your commitment to supporting positive competitive experiences. STAND TALL, STAND PROUD and ABIDE by the following PLEDGE:

I (Print Name) _____ understand and appreciate that social media can be used in either a positive or negative manner. I hereby pledge to never intentionally engage in social media usage in an abusive manner, and to abide by the guidelines prescribed below:

Initials

I will not post or repost online statements that reflect poorly on me, my family, my teammates or my organization.

I will not post or repost photos and/or other questionable images/depictions of others that by my posting reflect poorly on me, my family, my teammates or my organization and possibly cause harm to others.

I will discourage my family members, acquaintances and teammates from engaging in cyber bullying, or other forms of derogatory comments, intimidation and/or personal threats in any form.

I will report to my parents and/or coach(es) any instance of online activities that I become aware of that are negative in nature.

I will advise and discourage family members, acquaintances and teammates from engaging in cyber exchanges of insults, incrimination, or negative posts regarding teammates, opponents and/or the sports in which I am engaged and/or other non sports related events/activities.

I will attempt to reasonably avoid participation in social media forums that routinely promote/espouse negativity and/or unbecoming behavior/acts inconsistent with mature, responsible behavior.

The Pledge above has been read, initialed, and agreed to.

Print Name: _____ **Signature:** _____ **Date:** _____



EMERGENCY
In a crisis, call "911" immediately
If considering self-harm, call "988"
The National Suicide Intervention Lifeline

SEXUAL ASSAULT
To speak to a counselor
Call (800) 656-4673
RAINN

CHILD ABUSE
To report suspected child abuse,
Call or text (800) 422-4453
Childhelp National Child Abuse Hotline