



## Social Media Usage Pledge

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

**STAND TALL, STAND PROUD and ABIDE by the following Pledge!**

I \_\_\_\_\_ understand and appreciate that social media can be used in either a positive or a 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 on-line 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 on-line 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 pledges above has been read, understood and is agreed to. Date: \_\_\_\_\_



For Advocate Tips & Tools to create great youth sports' competitive environments & memories, as well as to provide early-step mental services advice visit our website at

[www.TheBMSProject.org](http://www.TheBMSProject.org)

## SUICIDE WARNING SIGNS

### Adolescents. Teens and Young Adults

- Unusual frequent outburst of anger, aggression, or hostile behavior.
- Social isolation and withdrawal.
- Giving away belongings.
- Withdrawing from participation in things they like to do.
- Losing interest in using their phone.
- Making suicidal statements or considering details pertaining to one's death.
- Being preoccupied with death and dying in conversational expressions and/or writing.
- Alternating between feelings of extreme highs and lows.
- Performing risky behaviors (defiance of authority, truancy, and vandalism).
- Engaging in suicidal/self-destructive gestures (for example, cutting).
- Displaying severe anxiety or agitation.
- Inability to regulate emotions.
- Expressions of helplessness and/or hopelessness.
- Increase in substance use or abuse.

*Source: Francis A. Martin Ph.D, Chris Nickson Ph.D  
and Larry Lauvetz, MA, LPC*

Starting July 16<sup>th</sup>, 2022 "988" is activate nationally

## National Suicide Prevention Lifeline

**1-800-273-TALK 1-800-273-8255**

*(Will continue to work after "988" is activated)*



*Here for our youth!* <sup>SM</sup>

First-Step Mental Health Services

**Other Mental Health Talk Lifeline #'s are available at [TheBMSProject.org/mental-health-crisis/](http://TheBMSProject.org/mental-health-crisis/)**

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