

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

Parental Social Media Usage Pledge

OVERVIEW: Social media can be thoughtlessly hurtful and harmful and contribute to cast negative impressions on you personally, as well as to your children and family. It can also result in legal consequences in some instances of misuse. We encourage you to enter a voluntary pledge to abide by a higher standard reflective of the good name of our sport. With your permission, we request that your child/children also commit to a similar voluntary pledge(s).

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

Initials

- I understand and appreciate that social media can be used in a positive or a negative manner. I hereby voluntarily pledge not to intentionally engage in social media usage in an abusive manner and to abide by the guidelines prescribed below:
- I will not post or repost online statements that reflect poorly on me, my family, the competitive activity(ies) in which my child/children is/are participating, the sponsoring organization and/or officials overseeing competition.
- 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, or the organization and that could possibly cause harm to others.
- I will discourage my family members and acquaintances from engaging in cyber bullying or other forms of derogatory comments, intimidation and/or personal threats in any form.
- I will report to my child's/children's coach(es) any instance of online activities that I become aware of that are negative in nature involved with my child's/children's participation in the sport.
- I will advise and discourage family members and acquaintances from engaging in cyber exchanges of insults, incrimination, or negative posts regarding my child's/children's acquaintances, opponents and/or the competitive activity in which my child/children are engaged.
- I will attempt to reasonably avoid participation in social media forums that routinely 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