



## Eugene Metro FC Player Social Media Policy

In the ever-popular world of social media, one can quickly forget just how powerful these communication tools can be and the significant impact they can have on an individual, friends, family, teammates, etc. Social media refers to the use of web-based and mobile technologies to turn communication into interactive dialogue. Examples of social media include, but are not limited to: Facebook, Twitter, Instagram, Snapchat, YouTube, LinkedIn, podcasts, blogs, etc.

### Recognizing the above:

- I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade my opponents before, during, or after games. I will post only positive things about my teammates, coaches, opponents and officials.
- I will use social media to purposefully promote abilities, team, community, and social values.
- I will consider “Is this the me I want you to see?” before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- I am aware that I represent my sport(s), team, family, community and the Eugene Metro FC at all times, and will do so in a positive manner.
- I have reviewed the above agreement with my child and we agree to the foregoing.

### Some Guidelines

1. **Avoid sharing private information.** Be careful of how much and what kind of identifying information you post on social networks. It's unwise to make available information such as date of birth, social security number, address, phone numbers, class schedules, bank account information or details about your daily routine. All of these can facilitate identity theft or stalking. Remember that once posted, the information becomes the property of the website.
2. **Consider your career.** Be aware that potential current and future employers and college admissions offices can access information you post on social networking sites. Realize that any information you post provides an image of you to prospective employers or schools. The posting is considered public information. Protect yourself by maintaining a self-image you can be proud of years from now.
3. **Watch out for 'phishing.'** Be careful in responding to unsolicited emails asking for passwords or PIN numbers, also known as “phishing.” Reputable businesses do not ask for this information online.
4. **Protect your photos.** Remember that photos put on social networks become the property of the site. You may delete the photo from your profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.
5. **Understand your rights.** Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited and *not without consequence*. Social networking sites are not a place where you can say and do whatever you want without repercussions.