

Social Media

Likes and Dislikes



Be positive about experiences at the club and in your personal life too



Forgetting to delete old accounts and posts that no longer represent you



Posting in the moment when angry or frustrated



Raise awareness of good causes and help to make a difference with things you care about



Remember, your social media is a digital handshake with people who don't know you



Endorsing potentially offensive posts by liking, retweeting and engaging



Comparing yourself to others and believing everything you see or read



Use social media as an opportunity to raise your profile and share who you are



Regularly disconnect online to maintain a healthy relationship with screen time and processing information



Commenting on injuries or team selection that will land you in trouble due to inside information regulations



Being critical and using abusive or discriminatory language



Update your passwords to be strong and protect accounts with two-step verification



Understand exactly who and what you are connecting with, and think about how it makes you feel



Taking risks by sharing indecent messages and content of yourself or others



Ignoring any changes to privacy and security settings



Report any abuse, block offensive users and words, and seek available support



Be helpful, kind and respectful



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