

# Armstrong High School Athletics



## Social Media Guidelines

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Representing Armstrong High School and the athletic department is an honor and a privilege. Along with that privilege come a set of expectations and responsibilities as an Armstrong athlete. You will be held to a higher standard because you can be recognized both locally and state-wide because you have chosen to represent Armstrong High School and your respective sport.

Through social media, you are now being monitored by more individuals than ever before. This includes fans of Armstrong athletics, fans of opposing teams, and others who might recognize your name. Everything you do in these social media forums should POSITIVELY represent Armstrong High School and Armstrong Athletics. If used responsibly, social media can be a great way to interact with friends, fans, family, and the general public. It can be a great way to promote your sport or activity, and Armstrong High School. If used in an irresponsible way, it is a quick way to ruin your reputation in 140 characters or less! Here are some guidelines to follow when using social media:

**DO** set your security settings so that only friends can see your account.

**DO** understand that your friends and followers are a direct reflection of you.

**DO** think before you post, tweet, or retweet. Will this positively reflect on me and my school?

**DO** talk in person who is posting and ask them to stop.

**DO** be aware there are severe consequences for violating the Armstrong Social Media Policy.

**DON'T** accept friend or follower requests from people you do not know.

**DON'T** put anything on social media that you would not want your family, your future employers, or those reading the front page of the newspaper to see.

**DON'T** post when you are emotional, like right after a game or contest. You are more likely to say something you might regret.

**DON'T** post offensive language, racial comments, or personal attacks about anybody, especially teammates.

**DON'T** add to a post with an additional negative comment.