Social media can be an entertaining way to showcase our team pride. We want to be positive and encouraging online. By following the social media guidelines below, we can nurture a sense of unity and sportsmanship within our community.

Think B4 U Post

If the answer is "YES" to any of these questions, do NOT post it:

1. **Is it negative?**
   - *No stereotyping, degrading, humiliating yourself or anyone else.*
2. **Is it going to create drama?**
3. **Is it putting someone down or excluding them in any way?**
   - *Are you talking behind someone's back?*
   - *Would you be unhappy if someone said that about you?*
4. **Would your grandma be upset about you saying it?**
   - *Is it rude or inappropriate?*
5. **Is it revealing personal or private information about you or anyone else?**
   - *i.e. Last names, school, team name, birthdays, phone numbers, addresses, dates, etc. If you're unsure, leave it out.*
   - *Calling it "private", doesn't mean it can't be republished by someone else.*
6. **Are you posting someone else's work without their permission?**
7. **Is it encouraging other people to do ANY of the above?**

This applies to **ANYTHING** you write or post **ANYWHERE** online or offline…

Even a single post, text or email that fails any of these tests can easily be construed as cyberbullying. Our association has very strict rules on this. Violators may receive 5-game suspensions or be removed from the team (plus police involvement if necessary).

If you see any of these things (either online, or in person), speak up. Let them know, "*That is NOT appropriate. Please delete asap.*", and then disengage.
If necessary, tell your coach and/or parents.

GOOD TEAMMATES ARE POSITIVE, SUPPORTIVE AND INCLUSIVE!

You do not have to be good friends with everyone on your team.

However, it is expected that you be a good teammate with everyone.

REMINDER: The use of cell phones or image-taking devices is prohibited in all dressing rooms, except in a medical emergency as determined by a team trainer.

You should NOT be using phones until you've left the room after your ice time.

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