

Guidelines for ORHS Cheer: Social Media

Dear Oak Ridge Cheerleaders & Cheer Families,

The ORHS Cheer Program respects the right of its students to use social media. However, it is important for ORHS Cheerleaders to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. ORHS Cheerleaders who use social media must remember that any information posted can reflect on the entire ORHS community and, as such, is subject to the same behavioral standards and consequences set forth in the ORHS Cheer Handbook and Ethics Guidelines.

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Potentially, every picture, link, quote, tweet, status, or post that you or your friends put online can be forever a part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Attached you will find the social networking guidelines which provide the following guidelines for social networking site usage for the 2021-2022 School Year:

- Everything you post has the potential to be public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it. Even if you diligently monitor your privacy settings, it's best to assume that anything you post has the potential to be seen by your school, your coaches, your parents and strangers. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties can use against you in the future.
- What you post may affect your future. Many employers, sororities/fraternities, and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, ORHS Cheer will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches; other CISD student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools including comments that may disrespect my opponents.
 - Incriminating photos or statements including but not limited to depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate

- gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported school or team violation— regardless if the violation was unintentional or intentional.

While the freedom of expression is a right, there are limits to the freedom. The on-line social network sites are NOT a place where you can say and do whatever you want without potential repercussions. The information you post on a social networking site can be considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Recognizing the above please initial by each statement:

_____ 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), school, team, family and community at all times, and will do so in a positive manner.

_____ I understand that I am subject to a disciplinary consequence should I be found in violation of any of the guidelines set forth by ORHS Cheer.