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Dear Coaches, Parents and Players,

This letter is to serve as a reminder of the Social Media Policy that St. Jude Hockey Club has adopted. Please review the policy below:

"It is the position of St. Jude that ALL participants and their family members shall refrain from participating in any form of electronic cyber communications that are deemed by St. Jude to be negative, threatening, harassing, derogatory, defaming or otherwise interpreted as cyber harassment as defined by Illinois Compiled Statute 720 ILCS 135/12. These forums include, but are not limited to Facebook, Twitter, Instagram, Snapchat, Kik, internet blogs, texting or any other public online forum.

Per the USA Hockey/AHA! SafeSport manual: "...All electronic communication of any kind between coach and player, including social media, must be nonpersonal in nature and be for the purpose of communicating information about team activities or for team oriented motivational purposes.

Social media and other means of electronic communication can be used to commit abuse and misconduct (e.g., emotional, sexual, bullying, harassment, and hazing). Such communications by any employee, volunteer, independent contractor or other participant of a USA Hockey/AHA! Program will not be tolerated and are considered violations of USA Hockey/AHA! SafeSport Program."

In this era of social media, St. Jude believes its membership needs to be held to the highest standard of integrity. Participation in negative, or defamatory online chat room discussions, "tweets", and/or postings as defined by 720 ILCS 135/12 by ANY member St. Jude or their family members will not be tolerated. Violations may be reported to law enforcement with formal criminal complaints to follow.

Any player, coach, team official, parent/guardian, spectator who exhibits behavior in violation of the Social Media Policy or in violation of any of the Zero Tolerance Policies will be required to appear before the Chair of the St. Jude R&E Committee or the Chair's designee. The Chair or the Chair's designee will examine the reported infraction/complaint and may assess sanctions against the player, coach, team official, parent/guardian, or spectator in accordance with the "Three Strike" policy described in Section 17. Before issuing any Strike Two or Strike Three

sanction, the Chair or the Chair's designee will consult with the St. Jude R&E Committee and Club President."

In closing, the St. Jude Hockey Club prides itself on a culture of a family-friendly atmosphere and development of youth hockey players. Please review the attached resources on Social Media and Cyber Bullying. Please be mindful of how, where and what you are communicating on social media. It is extremely important to be aware of the permanence of such posts, tweets and blogs. Let me know if you have any questions or concerns.

Best,

Kristine Jones

Social Media and Cyber Bullying

There is increased exposure to bullying with potential long lasting effects through social media. What is posted online often remains online and can be difficult to remove.

Responding to Cyber Bullying

Teens do not frequently report cyber bullying to adults. Teens attempt to handle it on their own which may include remaining silent. These behaviors can be normalized and teens can become desensitized to what they see online.

Benefits of Technology

- Rapidly obtain information
- Navigation of environment
- Ability to seek help
- Staying connected to family and friends
- Confronting social injustices and initiating changes
- Connecting those in rural areas to other teens with similar interests
- Making quick purchases
- Working or studying remotely
- Living archive of information
- On-line classes and certifications
- On-line support groups/applications

Dangers of Technology

- Decreased ability/desire to connect in-person
- Distracted walking/driving
- Problems with attention and focus
- Poor body image and self-esteem
- Depression and anxiety
- On-line predators
- On-line addictions
- Cyber-bullying
- Desensitization towards harmful behaviors
- Adolescent suicide

What Are Teens posting?

- Insults, feelings, compliments, questions
- Relationship status, over-sharing details, opinion seeking
- Finstagram vs. Restagram (fake vs. real accounts)
- Building a self “brand” and “marketing” themselves

Advice To Teens Using Social Media

- Keep a password code on phones.
- Change passwords often and keep the password strong.
- “Golden Rule”: Treat others how you would like to be treated.
- 15 minute rule: wait before posting to reduce impulsivity.
- Make a mental pros/cons list before posting.
- Do not ‘re-share’ anything that is hurtful or harmful.
- Post things in line with your values.

Parental Interventions

“Technology Talk”

- Discuss pro’s and cons
- Don’t demonize technology!
- Let them know you will be watching
- Test their knowledge
- Discuss reputations of sites
- Discuss what to share

Become familiar with popular sites

- Facebook for Dummies
- Privacy Settings
- Parent guides
- Reporting misuse
- Monitoring software/devices

Family time

- Daily time to unplug
- Meal times
- Turn in phones at bedtime
- Technology free outings
- Family games

General Tips For Parents and Adults

• Establish trust • Set clear rules • Lead by example • Know how to use what they have • Give them your old phone • Set up your own accounts • Google your teen and yourself • Limit your postings on their sites • Be mindful of what you post on your sites • Empower healthy decision making • Show them you care through technology • Obtain passwords • Have consequences • Set expectations at an early age

Resources for Parents and Adults

- www.commonsensemedia.org, Lists most common sites and apps; dangers of each.
- www.facebook.com/SocialMediaParents, Online forum for parents to post and learn more about social media.

- <https://safesmartsocial.com/parent-social-media-training/>, This site offers videos to explain different sites and apps.