

Social Media

Dos and Don'ts

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Types of Electronic Communication

- Texting
- Facebook
- Instagram
- Email
- Snap Chat
- Twitter
- Face Time

Advantages

- Quick
- Easy
- Can connect with many people at once
- Easy access to information
- Less threatening than face-to-face to communication
- Requires little concentration (e.g. can multi-task)

What's appropriate?

- Sending small amounts of information
 - e.g. “Do you want to go to the mall this weekend?”
- Conversations that are less than a few minutes
- When you're by yourself, not in the presence of family or friends
- To share news that you wouldn't mind anyone seeing
 - e.g. Your parents, teachers, coaches

Disadvantages

- You and the recipient aren't able to see people's reactions to what you say/type
- You and the recipient cannot hear the tone of what you're saying/typing
- You may not get an immediate response
- People may have access to information that you did not want them to know
 - Check your privacy settings
- Can make face-to-face communication more difficult

What's not appropriate

- Texting while with friends or family
 - **IT'S RUDE!**
- **Confronting** someone about a problem or something you believe they said
 - Resolving conflicts will be an important skill as you get older
- Breaking up with your boyfriend/girlfriend
- Saying something **hurtful** to or about someone
- Gossiping about someone
 - You should try not to gossip at all
- Posting information/pictures about others without their permission
- Posting personal information about yourself

Advantages of Face-to-Face Communication

- People can hear the tone of your voice and vice-versa
- You can detect mood and sarcasm
- You see people's reactions to what you say
- Helps you develop social skills you will need in the "real world"
- You're more likely to adjust what you say because the person is there with you

Difference between Face-to-Face and Electronic Communications

	Words	Visuals	Voice	Face	Body Language	Presence
Face-to-Face	X	X	X	X	X	X
Skype	X	X	X	X	X	
Phone	X	X				
Texting	X	X				
Email	X	X				
Social Networks	X	X				

What to remember!

- Face-to-Face communication is important
- Think twice about posting or texting information, then think about it again
- Don't write anything about someone that you wouldn't want written about you
- Don't write or text when you're angry, wait until you have calmed down
- There's a time and place for texting/using social networks

Bad behavior on social media can cost student athletes



- Duke coach David Cutcliffe chats with players as they stretch during an NCAA college football practice in Durham, N.C. A growing number of college coaches are watching the social media behavior of student athletes, including Cutcliffe.
- At St. Paul's Episcopal School in Mobile, Alabama, the high school that produced Crimson Tide quarterbacks AJ McCarron and Jake Coker, there's **a new preseason ritual for football players: the social media talk.**
- It's about more than minding their manners. Posts 'can scare away recruiters away.' Athletes can 'come across as being not reliable,' Mask said. They get a little joy out of the attention, but it's not worth it.“
- This season, Mask is taking his players' online personas so seriously that he's **assigning an assistant to monitor their accounts**. As college programs increasingly use Twitter, Instagram and other social media accounts to evaluate a player's character, **one wrong comment can cost a scholarship offer.**