

## HONORING THE GAME: SOCIAL MEDIA USE

### Elevating Yourself and Others

This workshop for student-athletes of high school age and older examines more deeply athletes' use of social media and its impact on the team and school community.

Through a series of **personal reflections** and the examination of several **real-life scenarios**, your certified PCA Trainer helps athletes to think deeply about their use of the various social platforms. Athletes participate in an exercise designed to help them consider:

- their personal brand, and
- how social media plays into other people's perceptions of them.

Workshop participants will leave **equipped** with questions to consider before making social posts, and ideas about what kind of social media guidelines they might help enact in their school community or team.

Those in attendance will receive a bookmark with highlights of key concepts and tools discussed in the workshop.

