

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.

