Public Health Association of BC

RISE UP!

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CANADA SERVICE CORPS
SERVICE JEUNESSE CANADA | Canada

Youth Volunteer Social Media Guidelines

Posting About Rise Up!: Social media is a great way to show others what Rise Up! is all about, inspire future volunteers, and celebrate your work with your host organization. When you signed on to be a Rise Up! volunteer, you agreed to follow our media engagement guidelines. This document outlines what that means so you can share safely, respectfully, and confidently.

Do ✓

Share your experiences, stories, and reflections about your volunteer journey.

Highlight the positive impact of food systems and environmental stewardship.

Use the hashtag #RiseUpPHABC when posting about Rise Up! We'd love to repost.

Ask people if they're comfortable being featured on your social media before posting.

Ensure what you share about Rise Up! or your host organization is factually accurate.

Understand and follow any social media policies and guidelines that your host organization has in place. Follow rules, standards, instructions, and guidelines relating to safety or conduct provided by any local regulatory bodies.

Be respectful and inclusive.

Do Not ⊘

Share personal or confidential information (your own or others). This includes contact details, medical information, contracts, private conversations or internal emails.

Use Rise Up! or PHABC branding (logo, graphics) unless you have permission from PHABC's Communications team.

Promote unrelated causes, products, or politics while using Rise Up! or PHABC's name.

Quick Reminder

These guidelines apply **whenever** you identify yourself as a Rise Up! volunteer.

Review your **signed participation agreement and onboarding toolkit** for details on your rights, responsibilities, and obligations as a Rise Up! volunteer.

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Staying Safe on Social Media

Strategies for Safer Social Media Use (adapted from RAINN.org)

Pause Before You Post – Once it's out there, it may never fully disappear.

Know Your Privacy Settings – Personalize them so you're only sharing with who you want and check them regularly. Platforms can change policies.

Turn Off Location Sharing – Avoid "real-time" posts that reveal where you are.

Use Secure Internet Connections – Skip public Wi-Fi for logging in or posting sensitive info.

Set and Respect Social Media Boundaries – Determine your own comfort limits and ask before posting about someone else. Remove posts if asked.

Be Careful with Messages and Links – Even from "friends" unexpected content could be risky.

Create Strong, Unique Passwords – Use different ones for each account and update often.

Report Abuse, Exploitation, or Harassment – If something makes you feel unsafe, report it via the platform and reach out to Rise Up! staff for support.