

FAQ SEIU-WEST

Facebook Posts

The number of discipline incidents involving posts on social media sites has been on the rise. Below are some dos and don'ts to help you to post more safely on Facebook and other social media sites.

Do:

- Do participate and share online campaigns that you care about.
- Do be respectful. Use a phrase like “in my opinion...”
- Do think before you post: “Would I post this on a billboard for the public to see?”
- Do set your privacy settings. It is time well spent, you can customize who can see what on your profile.

Don't:

- Don't post in haste, anger or while intoxicated.
- Don't post comments, pictures or videos about clients, residents, patients, students, colleagues or your workplace. Know what your employer's policy on social media says.
- Don't post information about your internal workplace issues or your employer in a negative way. **Posts on social media sites are not confidential.**
- Don't be afraid to participate in social media, be a part of the conversation, but **think before you post.**
- Don't discriminate or use discriminatory language/jokes.



Do not discriminate. Do not discuss your place of employment, your co-workers or your employer on Facebook or any other social media site. You may be subject to discipline.

Questions?

If you have any questions about this subject or about any term of your collective agreement, use the “Contact Us” form on www.SEIUWEST.ca or call your Member Resource Centre (MRC) at 1-888-999-7348. Press 1 and then extension 2249 or 2226.