


QUICK START GUIDE



WELCOME COACHES

We're excited to embark on a new social networking tool for the FCA family. This Quick Start Guide will help you better understand how to use FCALife and introduce you to some best practices for being online.

What is FCALife.com?

FCA has partnered with  to provide all FCA coaches and volunteers a unique and more fruitful social networking experience. If you're not familiar with tangle, it is the largest Christian social network with millions of users. We're excited to have the tangle platform power FCALife.com to help you share, live and grow as a follower of Jesus Christ. Our desire is that in the months to follow we would be able to give you more features that help you continue your journey.

Why Should I Join FCALife.com if I Have a Facebook or MySpace Account?

FCALife.com is a companion to what you're doing online. It isn't designed to replace other popular social networks, but we believe it will allow you to do things you might not be able to do on other websites. If you're desiring to share, live and grow as a Christian, you can connect with other Christian coaches, engage in online Bible studies using the Online Bible and be part of the FCA family who share a common bond.

How Do I Use FCALife.com?

Here are some things you should probably do with your FCALife account after signing up:

- After creating your account, fill out your profile!
- Update your profile photo.
- Find your favorite tangle.com videos and add them to your playlist.
- Invite fellow coaches to join.
- Upload your own photos or start writing on your blog.
- Browse the Online Bible and start a discussion on a verse or topic.

Once you've got your profile squared away:

- Join the r12Coach Discipleship Group at <http://r12coach.fcalife.com>.
- Search for other coaches groups and ministries.
- Search for other friends on tangle.

DID YOU KNOW?

In order to provide a safe online experience, all the content submitted on FCALife.com is viewed by a large team of content editors at tangle.com.

You will have to wait no longer than a day for your comments, prayer requests, videos, photos, etc. to be reviewed before you see them live on the site.

ADDITIONAL GUIDELINES & BEST PRACTICES FOR SOCIAL NETWORKS

While we have made every effort to ensure your online experience is safe, it's up to you to ultimately safeguard your online activities. Here are several things you can do while you're on FCALife.com, Facebook or any other social network:

Choose "Friends" Wisely

Christ has called us to be "salt and light" to the world. At the same time, you'll want to prayerfully consider who you associate with online. By accepting someone as a "Friend" and associating with them, you allow everyone you are Friends with online to see their activity. Social networks are a great way to minister to people, but carefully, prayerfully weighing the risks is highly recommended.

Posting Photos

While posting photos is easy, sound judgment should be used. The context of a photo cannot always be communicated. So the appearance of misconduct or questionable character is just a few clicks away. Don't post photos that could even remotely be misconstrued. Remember, if you choose to be Friends with someone, they can see the photos you post. You are representing the body of Christ and the ministry of FCA in every photo you publish.

Posting Links, Blogs, Videos, etc.

Social networks make it even easier to publish all sorts of content in addition to just photos. However, the same general principles apply. Don't post any content that could even remotely be misconstrued as misconduct or questionable character. Remember that everyone you are Friends with can see all the content you publish. Your freedom of speech is not unlimited. Social network sites are not a place where you can say and publish whatever you want without possible repercussions.

Inappropriate Communication

Personal, one-to-one messages need to be handled with the utmost care. As a general best practice, coaches should be hesitant to engage in in-depth, reoccurring communication with student-athletes, other coaches and volunteers that could foster "fantasy relationships", inappropriate relationships or the appearance of misconduct.

Marriages

Those coaches who are married are strongly encouraged to communicate with their spouse about their online activity, including social networking. Complete transparency is absolutely imperative. It is up to each husband and wife to establish boundaries with the use of social networks and online media (websites, email, message boards, etc). These boundaries could include:

- Keeping one another informed of "friend requests" including requests from one another's past. Over-communicating could be helpful.
- Telling one another about communication that has occurred online.
- Limiting or not allowing one-on-one, in-depth communication with people of the opposite sex.

Time Management

With the vast amount of information at your fingertips through various social networks and the Internet, it's easy to get "consumed" and spend hours without even knowing it. Coaches should establish boundaries with the amount of time spent on these sites.

Content Filters & Accountability Software

For all the "good" that is available via the Internet, there is equally, if not more, "bad" that is available as well. You should consider employing several tactics to protect yourselves online, ranging from free to fee-based.

Content Filters & Accountability Software Cont...

- Install content-filtering software on your computer.
 - Free: K9 Web Protection – This software installs on your computer and filters a growing number of websites including over 300,00 questionable sites. It automatically updates content filters based on 80 million uses each day, tracks content viewing, restricts access to certain content and gives complete control to parents.
<http://www1.k9webprotection.com/>
 - Paid: Safe Eyes – This software installs on your computer and does everything K9 Web Protection provides, but extends the protection into instant messaging, cyber bullying, social network user profiles and games. It protects across more avenues of social media and is a more advanced software.
<http://www.internetsafety.com/safe-eyes-parental-control-software.php>
- Install accountability software on your computer. Stay accountable to another person about your Internet usage.
 - Free: X3 Watch – Installed on your computer, you enter the email address of two accountability partners and the software will email them any questionable content viewed on the computer. If the software is shutdown, the accountability partners are notified as well.
<http://x3watch.com/>
 - Paid: X3 WatchPro – The same software as the free version, but allows for weekly reports, three accountability partners and additional options.
<http://x3watch.com/>