



## SPORT | Issue No. 26 | *Rugby league players are in the news again for the wrong reasons*

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It is not often we feel sorry for footballers who muck up and, given all of Jarryd Hayne's attention seeking behaviour in recent times, it is not often that we feel sorry for him. It is however difficult not to feel sorry for someone who, when speaking to a bunch of teenagers at a school about the need for cyber security, has their cyber security hacked and pornographic images are displayed.

Ben Barba is another it is very hard to feel sorry for.

These days discussions about appropriate behaviour on social media and cyber security are becoming extremely common at all levels, including at school. Young professional sportspeople in any major league are provided with significant training on appropriate behaviour and the risks associated with cyber security and the risks of social media.

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*"It seems to me that there are some basic rules which sportspeople should follow if they want to avoid problems with cyber security and social media..."*

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Social media and smartphones have changed the way we live and this has all occurred over a very short period of time.

It seems to me that there are some basic rules which sportspeople or for that matter everyone should follow if they want to avoid problems with cyber security and social media creating adverse publicity and scrutiny.

There is no doubt I may be accused of being a wowsler but with every person on the planet apparently having a camera these days I would suggest the following, if you want to maintain a reputation and a career:

- 1 Don't take illicit drugs, ever. After all it is illegal.
- 2 If you want to have a drink, do so in moderation. If you propose to have a big drink, do it in private surrounded by family and close friends who you can trust.
- 3 Don't go to pubs, strip clubs, nightclubs or casinos when intoxicated or probably late at night or early in the morning.
- 4 Never text or tweet whilst consuming alcohol or illicit drugs.
- 5 Don't take selfies, but if you must, don't take inappropriate photos of any part of your anatomy and Snapchat, Instagram, Tweet or WhatsApp the photo.
- 6 Finally, don't be a jerk and embarrass yourself and your family and run the risk of destroying your career.



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