

#TXEDMONTH 2018

SOCIAL MEDIA DO's!

- 1) Post the “#UnitedAgainstED Logo” on your social media platform. You can even make it your profile picture for the entire month!
- 2) Take the “#UnitedAgainstED Pledge” and share why by posting on your social media platforms.
- 3) Share the #UnitedAgainstED graphics on your platforms.
- 4) Check out the *United* videos that will be posted on The Elisa Project’s Facebook and Instagram. Feel free to share posted videos or create and share your own!
- 5) Promote #NEDAwareness from February 25 – March 3!

Use our hashtags!

#TXEDMonth #UnitedAgainstED

Extra Tips!

- Change Facebook, Twitter, Instagram, email signature, etc. to #UnitedAgainstED graphics for #TXEDMonth
- Be authentic and thoughtful with your posts.
- Don't be shy about posting awareness graphics or videos multiple times. People don't see everything you post and the more you post the more social media sites share your images with others!
- Follow others using the hashtags to connect with fellow eating disorders awareness advocates!

For More Information, Contact:

The Elisa Project

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Thank you for your support!

Facebook: The Elisa Project | Twitter and Instagram: @theelisaproject

the **elisa**PROJECT

