



NCSH Quarterly Social Media Campaign Part One: Dating in a Digital World

This is the 33rd NCSH quarterly social media campaign, which includes sample sexual health content that you can use and/or adapt for your digital and social media channels. We hope you will share this campaign with social media staff within your organization. We have formatted this content for Twitter, but it can be adapted for Facebook or Instagram as well.

Our theme for this campaign is **Dating in a Digital World**. It includes tweets relating to online dating generally, finding or creating safe and healthy communities online, safety tips for meeting someone in person, optimizing your online dating experience, and getting the sexual health talk started with a new partner.

General

- According to @pewresearch 1 in 3 US adults have reported using a dating app but only about half have positive experiences – here’s how to make the best of online dating <https://www.npr.org/2021/08/11/1026705556/looking-for-love-at-first-swipe-heres-how-to-make-dating-apps-work-for-you>
- #DYK? LGB adults are almost twice as likely to use #datingapps & are twice as likely to have ever been in a committed relationship with a person they met on a dating app compared to straight people. <https://pewrsr.ch/3HulOib>
- Want to improve your success with online dating? Be honest about who you are and what you want. If you have dating dealbreakers, mentioning them up front can save a lot of time and effort! <https://www.nbcnews.com/better/lifestyle/how-be-better-online-dating-according-psychology-ncna979791>
- “A dating app should be a tool for connection, not a portal for our anxieties.” Keeping your expectations in check can help protect your emotional well-being. <https://www.npr.org/2021/08/11/1026705556/looking-for-love-at-first-swipe-heres-how-to-make-dating-apps-work-for-you>
- Nearly 45% of dating app users are looking for a long-term partner. Does that number surprise you? You can learn more about who is most likely to search for a partner online <https://pewrsr.ch/3HulOib>
- Finding it hard to make your dating profile shine? Look no further! From killer pics to clever prompts, we’ve got you covered. Get ready for more matches than you can handle. Check out this article on how to make your profile pop <https://www.aarp.org/home-family/friends-family/info-2021/online-dating-profile-tips.html>

Online Dating Etiquette

- The rules of #online dating can be hard to keep up with – like using the right words to describe sexual identity, being expressive, and not oversharing. Here are a few tips to improve your online dating etiquette <https://www.verywellmind.com/8-tips-dating-app-etiquette-5214876>
- Rejecting someone is so much easier when you are not face to face, but #ghosting can be very hurtful. Check out @Bumble’s guide on how to avoid ghosting <https://bumble.com/en-us/the-buzz/what-is-ghosting-and-how-not-to-do-it-dating>
- Feeling a little anxious about meeting someone in person after you’ve connected with them online? Try planning a #virtualdate first. <https://teambuilding.com/blog/virtual-date-ideas>
- 🧑🏻 Catfishing can happen to anyone! Learn how to avoid being reeled in by a catfish from @DitchtheLabel: <https://www.ditchthelabel.org/how-to-spot-a-catfish/>
- 🦄🔍 If you and your boo want to open your relationship, you might decide to start looking for a third on a dating app. This is called “unicorn hunting”. Read this first! <https://i-d.vice.com/en/article/k7wnb3/unicorn-hunting-sex>

Safety

- 🚩 Red flags when dating online: they’re immediately controlling, demanding, or pushy. Keep yourself safe: <https://www.joinonelove.org/learn/6-things-to-look-out-for-when-online-dating/>
- Scammers specifically target older adults on dating apps. If a match asks for money—odds are, it’s a scam! <https://www.aarp.org/money/scams-fraud/info-2019/romance.html>
- If your online match gives you endless gifts, compliments you excessively, and tries to lock it down very quickly—you might be dealing with #lovebombing. Trust your gut. <https://health.clevelandclinic.org/love-bombing>
- 🚫🚫🚫 If you’re meeting someone IRL, always let someone else know where you’re going and who you’ll be with! <https://www.rainn.org/articles/online-dating-and-dating-app-safety-tips>
- Want to block your ex or someone else you know on Tinder? Good news—now you can! <https://www.bustle.com/life/how-to-use-tinders-new-block-contacts-feature-see-ex-dating-app>

Finding Safe Communities Online

- More and more people are connecting digitally! @BHOCPartners was created by public health professionals and gay dating app owners to support gay men in the #virtualdating world. Learn more <https://bhocpartners.org/>
- Dealing with the aftermath of sexual trauma is tough. @NSVRC has got your back with some tips on creating safe and inclusive online spaces to help you heal and connect with others who get it <https://www.nsvrc.org/saam/2022/learn/buildingsafeonlinecommunities>
- Regardless of your age, race, body type, HIV status or gender identity, or what you like to do in or out of bed – apps should be designed for everyone. <https://niceaf.org/>
- Calling all graphic designers! Do you have a hard time finding diverse, sex-positive photos for your online campaigns? Check out the free photo repository from @BHOCPartners so that everyone can see themselves represented: <https://bhocpartners.org/health-photos/>

Maximizing Your Experience

- If you're over 40 and dating apps have you feeling like 🙄, try these tips: <https://www.nbcnews.com/better/pop-culture/how-use-dating-apps-after-40-ncna871481>
- According to @mashable, Tinder is for hookups, hinge is for casual dating, and eHarmony is for marriage; see the guide for how to navigate the sea of apps and find the best ones for you. <https://mashable.com/roundup/best-dating-apps>
- ! ! Dating apps can hurt your self-esteem and sense of well-being. Make sure to set reasonable expectations and take care of yourself when it gets to be too much! <https://time.com/5356756/dating-apps-mental-health/>
- The best tip to increase matches and conversations on #datingapps? Add a challenge. Something like “Bet I can beat you at Connect Four” gives people a chance to open with something witty. <https://www.self.com/story/8-ways-to-create-an-amazing-online-dating-profile>
- “What meme best describes you and why?” vs “How would your friends describe you in 3 words?” Opening lines on dating apps can be stressful. Use this cheat sheet from @bustle à <https://www.bustle.com/life/25-opening-lines-to-use-on-dating-apps-that-arent-boring-15825110>

Safer Sex Online

- @CDCSTD has stickers on Giphy to help you get the sexual health convo started. Excuse us while we send them to everyone we know. <https://giphy.com/CDCSTD>



- More than half of STIs occur in young people ages 15-24—aka Gen Z, the true digital natives. What can dating apps do to help with prevention? <https://getmegiddy.com/tracking-stis-via-dating-apps>
- On @Grindr, go with your gut: if something seems off, don't meet up with him. Check out these practical tips to help things go smoothly <https://www.menshealth.com/sex-women/a28689066/grindr-hookup-safety/>
- Did you know there are dating apps for people with certain STIs? If you dread “the STI talk,” this might be a good option for you. <https://www.innerbody.com/best-std-dating-sites>
- Disclosing your STI status to a new partner can be challenging. You can use @bumble's conversation guide as a starting point à <https://bumble.com/en/the-buzz/how-to-disclose-your-sti-status>
- Prepping for the BIG date just got easier (and safer!) thanks to Together Take Me Home! Say goodbye to pre-date jitters and hello to STI/HIV testing from the comfort of your own home 🏠 🧪 Shoutout to @BHOCPartners and @NASTAD for keeping us safe and sexy <https://bhocpartners.org/self-testing> #STItesting #HIVtesting #safesex



NCSH Quarterly Social Media Campaign Part Two: Key Observances

Each quarterly campaign features sample tweets in support of key health observances, holidays, and other cultural milestones. **The key observances for this quarter include:**

May

- #TalkingIsPower Month
- Sex Ed for All Month
- Hepatitis Awareness Month
- Mental Health Awareness Month
- National Adolescent Health Month (previously National Teen Pregnancy Prevention Month)
- National Women's Health Week (May 14-20)
- National Women's Check-Up Day (May 8)
- HIV Vaccine Awareness Day (May 18)
- National Hepatitis Testing Day (May 19)
- National Asian and Pacific Islander HIV/AIDS Awareness Day (May 19)

June

- Men's Health Month
- PRIDE Month
- HIV Long-Term Survivors Day (June 5)
- Men's Health Week (June 12 – 18)
- Father's Day (June 18)
- National HIV Testing Day (June 27)

July

- National Minority Mental Health Awareness Month
- 4th of July (July 4)
- International Non-Binary People's Day (July 14)
- International BDSM Day (July 24)
- World Hepatitis Day (July 28)
- National Orgasm Day (July 31)

May

#TalkingIsPower Month (May)

#TalkingIsPower Month is a national effort to spark meaningful conversations about sex and relationships between young people and the champions who care about them most. Power to Decide has resources, articles, videos and shareable graphics to help you promote the month:

[#TalkingIsPower 2023 | Power to Decide](#)

- It's May! Which means it is #TalkingIsPower month. @PowertoDecide created Talking Is Power month to encourage conversations with young people on sex, relationships, and love. Talking it out helps. Learn more <https://powertodecide.org/talkingispower>

- DYK young people prefer to receive information on love, sex, and relationships from a trusted adult? Learn how you can start conversations with @powertodecide. #TalkingIsPower <https://powertodecide.org/talkingispower>
- Navigating relationships as a young person can be hard. It is important to check in with your teen about boundaries, consent, and what a healthy relationship looks like. For tips on starting the dialogue <https://powertodecide.org/talkingispower> #TalkingIsPower

Sex Ed for All Month (May)

Sex Ed for All Month is organized by Advocates for Youth, Fact Forward Answer, Healthy Teen Network, Planned Parenthood Federation of America, Power to Decide, SIECUS: Sex Ed for Social Change, State Innovation Exchange, and URGE, among others. Some of the tweets below are from their Sex Ed for All 2023 toolkit, which can be found here: <https://sexeducationcollaborative.org/sex-ed-all-month#toolkit>

- To us, #SexEdforAll means providing comprehensive sex ed that is inclusive of all people—of different races, ethnicities, gender identities, sexual orientations, ages, and abilities.
- Young people have the right to be equipped with the education, information, and skills they need to make informed decisions for themselves about sex and relationships. That’s what #SexEdForAll is all about!
- Only 29 states and DC mandate sex education in schools, and where sex ed is taught, 13 states do not require the content to be evidence-informed, medically accurate, and complete. Champions in Congress are working to fix this and ensure #SexEdForAll
- DYK only 9 states & DC require LGBTQ-inclusive sex education?! Sad but true. Most sex ed programs leave queer youth out of the convo. That’s why it’s important this May—and every day—to fight for #SexEdForAll! www.guttmacher.org/state-policy/explore/sex-and-hiv-education

Hepatitis Awareness Month (May)

Also, Hepatitis Testing Day is May 19th, so you may consider sharing these messages on that day (and also throughout the month). The CDC has created some additional resources to support your efforts: <https://www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm>

- May is #Hepatitis Awareness Month! DYK there are safe and effective vaccines for Hepatitis A and B available to everyone? To learn more about Hepatitis vaccinations check out <https://www.cdc.gov/hepatitis/hbv/bfaq.htm#bFAQdo1>
- DYK more than 95% of Hepatitis C cases are curable with prescribed treatment? Talk with your provider to learn more about Hepatitis C prevention and testing. #HepatitisAwarenessMonth <https://www.uspreventiveservicestaskforce.org/home/getfilebytoken/q24h4B37fbrzgPBLHRAgrn#:~:text=Hepatitis%20C%20screening%20involves%20testing,of%20virus%20in%20the%20blood.>
- DYK Hepatitis B and C can be transmitted through sexual contact? Talk with your provider to learn more about Hepatitis B & C prevention and screening. #HepatitisAwarenessMonth <https://www.cdc.gov/hepatitis/abc/index.htm#:~:text=Hepatitis%20A%20virus%20is%20sprea>

[d.eating%20contaminated%20food%20or%20drink.&text=Although%20the%20virus%20can%20be,through%20kissing%20or%20sharing%20utensils.](#)

- Check out @cdchep's 2023 toolkit featuring graphics and social media messages to help raise #Hepatitis awareness this May and every day. Access the toolkit here.
#HepatitisAwarenessMonth
<https://www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm#:~:text=The%20month%20of%20May%20is,19th%20is%20Hepatitis%20Testing%20Day>
- Testing for #Hepatitis has never been easier. It's important for everyone to learn their status and talk with your healthcare provider to find out if you should get tested for viral Hepatitis.
#HepatitisAwarenessMonth <https://www.cdc.gov/hepatitis/hcv/guidelinesc.htm>

Mental Health Awareness Month (May)

- DYK mental health and sexual health are closely linked? Mental health concerns, like anxiety, depression, and PTSD, can affect your sex life. To learn more about how they are connected <https://www.plannedparenthood.org/planned-parenthood-delaware/blog/sex-amp-mental-health-share-the-same-bed>
- May is Mental Health Awareness Month! New data shows LGBTQ youth are at an increased risk for mental health crises due to the pandemic and the influx of anti-LGBTQ legislation. This @trevorproject report compiles all the data from at the new survey <https://www.thetrevorproject.org/survey-2022/#joy-all>
- DYK 1 in 5 adults experience mental illness every year, and less than half of them receive treatment according to NAMI? To learn more fast facts during #MentalHealthAwarenessMonth, check out this @NAMI resource guide <https://www.nami.org/NAMI/media/NAMI-Media/PDFs/2023-NAMI-MHM-Partner-Guide.pdf>
- #Providers: Trauma-Informed Care can help patients who may have experienced trauma feel comfortable, safe, and engaged during a visit. Check out this roadmap to TIC before, during, & after a physical exam this #MHAM <https://www.ctcfp.org/clinician-guide-for-trauma-informed-care/>

National Adolescent Health Month (May)

Previously branded as National Teen Pregnancy Prevention Month, the Office of Population Affairs (OPA) sponsors this observance to emphasize the importance of building on young people's strengths and potential, encourage and support meaningful youth engagement in adolescent health activities, and highlight key topics in adolescent health. Information can be found on their website:

<https://opa.hhs.gov/NAHM>.

- In recognition of Adolescent Health Month & Mental Health Awareness Month here are a few ways we can support our youth in crisis #AHM #MHAM
<https://www.cdc.gov/healthyouth/mental-health/index.htm>

- The theme for this week's #AdolescentHealthMonth is expanding access to sexual and reproductive health information and services. @NCSH_'s new Inclusive Care Guide can help #providers do just that <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/inclusive-care-guide>
- #Parents: May is National #AdolescentHealthMonth! It's a great time for you and your teen to take charge of their health care. Check out this guide from @AdolescentHealthInitiative <https://umhs-adolescenthealth.org/wp-content/uploads/2017/08/take-charge-of-your-health-care-parent-handout.pdf>

National Women's Health Week (May 14-20)

Check here for additional tips, tools, and resources: <https://www.womenshealth.gov/nwhw/>

- Take charge of your sexual health during National Women's Health Week and find out which preventive sexual health services are recommended for you! <http://www.ncshguide.org/> #NWHW
- Low sex drive, vaginal dryness, pain during sex? Don't suffer in silence! This #WomensHealthWeek discover solutions to common #sexualhealth concerns using @NCSH_'s guide to sexual concerns and pleasure <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/a-guide-to-sexual-concerns-and-pleasure>
- It's National Women's Health Week and, remember, #condoms can be a girl's best friend! They are the only contraceptive that protects against both pregnancy & STIs. Make sure you and your partner know how to put one on correctly. #NWHM <https://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on>
- This #NationalWomensHealthWeek, get smart about your body and protect it! Check out @NCSH_'s Five Action Steps for tips on having a safer and more pleasurable sex life. #safersex <https://www.fiveactionsteps.org/2>
- Women, particularly women of color and trans women, face disparities within our healthcare system. @NCSH_'s Inclusive Care Guide can help #providers create a welcoming environment for people of all races, gender identities, sexual orientations, and sizes. <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/inclusive-care-guide>

National Women's Checkup Day (May 8)

- May 8th is National Women's Checkup Day! Don't assume you're getting all the sexual health services you need when visiting a #healthcare provider. Take charge of your #sexualhealth & get informed. #CheckupDay <http://www.ncshguide.org/services>
- DYK the types of STI testing recommended for you depends on the type of sex you're having? Check out @NCSH_'s guide to extragenital testing and find out what's best for you. #CheckupDay #NWHW <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/asset/Extragenital-Testing-Fact-Sheet.pdf>

- #Providers: If talking with your patients about #sexualhealth makes you sweat, this @NCSH_ guide can give you tips on starting those conversations. #CheckupDay https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/asset/Provider-Guide_May-2022.pdf

HIV Vaccine Awareness Day (May 18 - Also called World AIDS Vaccine Day)

Check back here for additional tips, tools, and resources:

<https://www.cdc.gov/hiv/library/awareness/vaccineday.html>

- Today is HIV Vaccine Awareness Day! An #HIV vaccine may not be available, but DYK #PrEP reduces the risk of getting HIV from sex by about 99%? @CDCgov's locator can help you find a provider that will prescribe PrEP. #HVAD <https://npin.cdc.gov/prelocator>
- Today is HIV Vaccine Awareness Day, a day to recognize the volunteers, community members, and researchers working to find a safe and effective vaccine to prevent #HIV. Such a vaccine, along w/ existing HIV treatment and prevention strategies, would help #EndHIVEpidemic. #HVAD

National Hepatitis Testing Day (May 19)

Check back here for additional tips, tools, and resources:

<https://www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm>

- On #NationalHepatitisTestingDay let's raise awareness of #HepB and #HepC and encourage everyone to learn their status. Encourage #Hepatitis testing TODAY and beyond! <https://bit.ly/3N1fHne>
- DYK the @CDCgov recommends the #HepatitisA vaccine & #HepatitisB vaccine for children as young as 12 months and all adults up to 60 years old? To learn if you need to be vaccinated <https://www.cdc.gov/hepatitis/abc/index.htm>
- Have you been tested for #HepatitisB? This #HepatitisAwarenessMonth learn more about @CDCgov's NEW #HepB screening and testing recommendations. Check out these resources and find out why getting tested at least once in your lifetime is so important: <http://bit.ly/43tmVca>
- Left untreated, #HepatitisB and #HepatitisC can damage your liver and even lead to liver cancer. Antiviral treatments are over 90% effective at treating Hepatitis. Learn more about prevention, testing, and treatment. <https://bit.ly/3N1fHne> #HepatitisAwarenessMonth

National Asian and Pacific Islander HIV/AIDS Awareness Day (May 19)

Check back here for additional tips, tools, and resources:

<https://www.cdc.gov/hiv/library/awareness/napihaad.html>

- Today is National Asian & Pacific Islander HIV/AIDS Awareness Day, a day devoted to eliminating HIV stigma in Asian and Pacific Islander communities. Learn more about the role that everyone can play in stopping HIV stigma: <http://bit.ly/3JqBLqq> #NAPIHAAD #APIMay19 #StopHIVTogether

- #Providers: You can help Asian & Pacific Islander communities by providing HIV screening, prevention and treatment services. @CDCgov's #HIVNexus provides resources for your practice and patients #NAPIHAAD
- HIV stigma can keep people from getting tested for HIV. This National Asian & Pacific Islander HIV/AIDS Awareness Day, help #StopHIVStigma in these communities and start talking about HIV testing options: <http://bit.ly/3ZTXOwT> #NAPIHAAD #StopHIVTogether

June

Men's Health Month

- DYK every year there are about 20 million new sexually transmitted infections? #Condoms are the most effective and accessible way to prevent STIs, so make sure you're putting them on correctly. #MHM2023 <https://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on>
- There are several preventive sexual health services available for men but keeping up on the latest guidelines can be hard. Use @NCSH_'s Take Charge Guide as a one stop shop to easily find out what's recommended for you <https://www.ncshguide.org/>
- Sexual health involves more than just sex – body image, relationships, and sexual anatomy can also play a big role. @ASHA has several resources to help men in all stages of life <https://www.ashasexualhealth.org/june-mens-health-month/>

Pride Month

- Gender identity is an important part of who we are, and how we express it can vary widely. #PrideMonth is all about embracing your sexual and gender identity in a way that looks and feels right for you. Let's celebrate our true selves this #PRIDE season <https://www.fiveactionsteps.org/1>
- #Providers: Wondering how you can make your clinics more welcoming for your LGBTQ+ patients this #PrideMonth? @NCSH_'s Inclusive Care guide can help! <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/inclusive-care-guide>
- #PrideMonth is a great time to explore highly effective and safe HIV prevention medications such as PrEP/PEP. Use this locator to find PrEP/PEP treatment near you <https://npin.cdc.gov/prelocator> #PRIDEMonth
- #Parents: Want your LGBTQ child to feel comfortable opening up with you this #PrideMonth and always? Find out how you can become an #AskableParent from @AdvocatesforYouth <https://www.advocatesforyouth.org/resources/health-information/are-you-an-askable-parent/>
- DYK there are different tests to detect STIs in your throat or butt? If you have anal or oral sex, these tests could be right for you. This #PrideMonth check out @NCSH_'s Guide to Extragenital testing to find out what is recommended, based on the types of sex you have. <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/asset/Extragenital-Testing-Fact-Sheet.pdf>

HIV Long-Term Survivors Day (June 5)

Check back here for the 2023 theme and additional resources: <https://www.hiv.gov/events/awareness-days/hiv-long-term-survivors-day>

- Today is HIV Long-Term Survivors Day. Long-term survivors of HIV have taught us lessons in resilience, prevention, and treatment. This day honors survivors of HIV and raises awareness of their needs, issues, and journeys #HLTSAD

Men's Health Week (June 13-19)

You can also use some of the #MensHealthMonth tweets above to celebrate this week.

- National Men's Health Week reminds #men of all ages to focus on their health! Are you staying on top of your #sexualhealth? #NMHW #MensHealthMonth <http://www.ncshguide.org/services/>
- We are not born with these skills. Building and maintaining a positive, healthy relationship takes time, effort, and practice. For tips on how to develop a healthy relationship #NMHW <https://www.fiveactionsteps.org/4>
- When having sex, condoms are the easiest way to prevent STIs. This Men's Health Week make sure your #condoms haven't passed their expiration date and are still safe to use #NMHW <https://www.bedsider.org/questions/1857-how-do-i-check-a-condom-wrapper-for-damage>
- #Sexualhealth is a vital part of #MensHealth. This is a great time to put sexual health on your to-do list #NMHW2023 <https://ncshguide.org/sexual-health>
- Make a healthy lifestyle part of your routine during #MensHealthWeek. Get a good night's sleep, eat healthy, exercise, and more! For tips @CDCgov <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-adults.htm#:~:text=Increasing%20Access%20to%20Healthy%20Foods%20and%20Physical%20Activity%20Opportunities,eats%20enough%20of%20fruits%20or%20vegetables>.

Father's Day (June 19)

- #Dads: It may feel awkward, but your kids WANT to talk with you about love, sex, and relationships. These tips can guide you through thoughtful conversations with your child, at any age @amazeorg #FathersDay <https://amaze.org/having-the-talks/>
- Happy Father's Day! Remember, building your child's self-esteem and confidence takes time and effort. Show them how much you value and appreciate them by using the helpful parent/caregiver resources on this page <https://fiveactionsteps.org/1> #FathersDay #NMHM
- Love being a #dad but not looking to have more children? Talk with your partner(s) about what birth control methods could work for both of you! #HappyFathersDay <https://www.bedsider.org/methods>

National HIV Testing Day (June 27)

Additional resources to promote HIV Testing Day will be available here:

<https://www.cdc.gov/hiv/library/awareness/testingday.html>

- About 1 in 8 people living with #HIV are unaware of their infection. With treatment, you can live a long and healthy life. Know your status and get tested this #HIVTestingDay!
<https://getttested.cdc.gov/>
- DYK about HIV self-testing kits? HIV testing can be fast, private, easy, and sometimes even free. This #HIVTestingDay learn more about your HIV self-testing options
<https://bit.ly/3N67cqc>
- Take the first step to staying healthy! On #HIVTestingDay, show yourself some love by finding out your HIV status and getting treatment, if needed. HIV self-tests give you the power to decide when and where to test. Learn more about HIV self-testing <https://bit.ly/3FyJsbF>. Learn more about HIV self-testing <https://bit.ly/3FyJsbF> #StopHIVTogether

July

National Minority Mental Health Awareness Month

Check here for additional tips, tools, and resources: <https://minorityhealth.hhs.gov/minority-mental-health/shareable-graphics/>

- #Providers: @MinorityHealth's resources this #MinorityMentalHealthAwareness Month include a free and accredited e-learning program to help you deliver culturally and linguistically appropriate behavioral health services. <https://minorityhealth.hhs.gov/minority-mental-health/e-learning/>
- National Minority Mental Health Awareness Month is celebrated each July to highlight the unique struggles that racial and ethnic minority communities face. @MinorityHealth has resources to educate communities on mental health stigma
<https://minorityhealth.hhs.gov/minority-mental-health/>
- Mental health is a part of #sexualhealth. Sometimes our mental health can interfere with our sex lives @NCSH_'s Guide to Sexual Concerns & Pleasure can help
#MinorityMentalHealthMonth
<https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/a-guide-to-sexual-concerns-and-pleasure>
- #Providers: DYK providing culturally competent care can improve your patients' health outcomes? Explore the tips in our Inclusive Care Guide to help ensure the care you deliver really meets their needs #MinorityMentalHealthMonth
<https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/inclusive-care-guide>
- Feeling stressed out during #MinorityMentalHealthMonth? Check out some resources from @CDCgov's How Right Now tool
<https://www.cdc.gov/howrightnow/emotion/stress/index.html>

4th of July (July 4)

- Planning for some fireworks this #FourthofJuly? Make sure you and your partner are on the same page about birth control <https://powertodecide.org/teen-talk/talk-everyone-should-have-their-partner>
- There are a lot of choices on the menu when it comes to sexual activities. As you explore your options, this #JulyFourth make sure you're getting smart about your body and protecting it <https://fiveactionsteps.org/2>
- May is Mental Health Awareness Month! New data shows LGBTQ youth are at an increased risk for mental health crises due to the pandemic and the influx of anti-LGBTQ legislation. This @trevorproject report compiles all the data from at the new survey <https://www.thetrevorproject.org/survey-2022/#joy-all>

International Non-Binary People's Day (July 14)

- Happy International Non-Binary Peoples Day! Let's take a moment to recognize the diversity of gender identities and expressions. Today and every day, let's show our love and support for non-binary folks and celebrate living authentically! 🌈💜 #NonBinaryPride #NonBinaryPeoplesDay
- Today is International #NonBinaryPeoplesDay. If you identify as non-binary check out @NCSH_'s, Take Charge guide to make sure you're up to date on all your preventive sexual health services <https://www.ncshguide.org/services/trans-and-gender-expansive>

International BDSM Day (July 24)

- Happy International #BDSMDay. Today, more and more people are exploring kink sexuality! If you're looking to try something new with your partner, first talking openly and honestly with them about desires and boundaries <https://www.fiveactionsteps.org/3>
- DYK @KinkHealth is an organization dedicated to improving health for folks with alternative sexualities? Learn more about #kinkhealth and join a community of like-minded people at <https://www.tashra.org/> #BDSMDay

World Hepatitis Day (July 28)

Additional resources to promote World Hepatitis Day can be found here:

<http://www.worldhepatitisday.org/>. You can also use the tweets provided for Hepatitis Awareness Month to promote this day.

- DYK The @CDCgov recommends the Hepatitis A and B vaccines for children as young as 12 months? To find out who else should get vaccinated check out #WorldHepatitisDay <https://www.cdc.gov/vaccines/vpd/hepa/index.html>
- Today is World Hepatitis Day! Protect yourself and others from #Hepatitis by getting the facts about this infection. On #WorldHepatitisDay let's learn about the different types of hepatitis and the treatments that help #WorldHepatitisDay <https://www.worldhepatitisday.org/>

National Orgasm Day (July 31)

- Happy National Orgasm Day! Let's celebrate the power and pleasure of orgasms and break the stigma surrounding sexuality. Whether solo or with a partner, take time to explore what brings you pleasure and embrace your sexuality. #NationalOrgasmDay
- Today is #NationalOrgasmDay! If you've been having trouble reaching the O, there could be many reasons why — but there are also many solutions! @NCSH_'s Guide to Sexual Concerns & Pleasure has info to help! <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/a-guide-to-sexual-concerns-and-pleasure>