



## NCSH Quarterly Social Media Campaign Part One: Central Themes

This is the 21<sup>st</sup> 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 as well.

Our theme for this campaign is **prevention**. It includes tweets relating to barrier methods, including condoms, internal condoms, dental dams, lubricants, and tweets relating to medications for prevention, such as PrEP and PEP.

### Condoms (Male or External)

You will also find other tweets under Part Two: National Condom Month and Week.

- Medications can prevent certain STIs, like HIV and HPV, but only condoms can help prevent the full range of STIs (chlamydia, gonorrhea, syphilis and more).  
<https://elemental.medium.com/the-dangerous-myth-of-the-end-of-stis-92527eee2a0e>
- It's time to turn up the volume on condoms. In a @PowertoDecide and @Cosmopolitan poll, a whopping 65% of respondents did NOT use a condom during last sex.  
<https://www.cosmopolitan.com/sex-love/a25904113/condom-survey-2019/>
- Glow-in-the-dark, studded, ultra-thin, ribbed, flavored. The condom possibilities are endless! Have you figured out what you like best? #NationalCondomMonth  
<https://www.menshealth.com/sex-women/a19535290/perfect-condom/>
- DYK human error can reduce condom effectiveness from 98% to 85%? Learn about common mistakes and how to use one correctly: <https://www.elitedaily.com/p/using-a-condom-wrong-is-really-common-so-watch-out-for-this-one-problem-18715533>
- My condoms, your condoms, red condoms, blue condoms! With so many options, how do you know what's right for you and your partner(s)? Learn more:  
<https://www.elitedaily.com/p/how-to-pick-the-best-type-of-condom-for-you-according-to-sexperts-15968108>
- #Providers: are you asking adolescent patients about their sexual activity and #condom use? These quick reference @NCSH\_ pocket cards can help.  
<https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-your-patients-pocket-cards>
- Make condoms part of your sexual routine. While birth control like the pill, ring, patch & IUD can prevent pregnancy, they won't protect you from STIs. Only condoms can help do that. <https://www.fiveactionsteps.org/2>

- DYK that straight men, straight women, and men who have sex with men use different strategies when negotiating #condom use with a new partner, according to a recent study? <https://www.cnn.com/2019/04/04/health/condom-sex-kerner/index.html>
- Guys, you may think you're using a condom correctly, but a refresher course can never hurt. Practice makes perfect! <https://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on>
- Don't be silly, protect your willy. Worry-free sex is always going to be more fun! Take away the stress, and use a condom each and every time. <https://www.bedsider.org/methods/condom>
- #Providers: DYK men are being influenced to ditch #condoms by condomless pornography, a lack of sex education, distrust of public health recommendations, and alcohol use? Talk about the benefits of condoms with your patients! <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-and-your-patients-a-providers-guide>
- When talking condoms with your partner(s), it's best to be calm and matter-of-fact. And try saying: "using condoms is standard practice for people who care about each other." Get more conversation starters under 'Talk about safer sex' here: <https://www.fiveactionsteps.org/3>
- Has your partner ever said #condoms don't "feel good"? Try responding: "with all the different textures, sizes, and flavors, I'm sure we can find one that makes sex even more fun." <https://www.fiveactionsteps.org/3>
- A condom is your #safersex friend! Not only does it protect you from STIs and pregnancy, it can also be used to create a dental dam. #oralsexissex #NationalCondomMonth <https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html>
- Him: We don't need a condom; my pull-out game is strong.  
Me: 😞 It might work for you, but it's way too risky for me. Zero protection from STIs and a 22% failure rate for preventing pregnancy.  
Get more condom comebacks here: <https://www.fiveactionsteps.org/3>

### Internal Condoms (also called "female" condoms)

- DYK an internal condom can be inserted up to 8 HOURS before having sex? Say goodbye to the awkward interruption. <https://fc2.us.com/how-to-use/>
- What is an internal #condom? Here's everything you need to know: <https://www.elitedaily.com/p/what-is-internal-condom-heres-everything-you-need-to-know-15964023>

- Intrigued by the female condom, but don't know where to start? @PPFA and @FC2USA have you covered: <https://www.plannedparenthood.org/learn/birth-control/internal-condom/how-do-i-use-an-internal-condom>
- Like male #condoms, internal (or female) condoms also protect against both #pregnancy and #STIs! Here are 12 things you probably didn't know about them (but should). <https://www.cosmopolitan.com/sex-love/a26945379/best-female-condoms/>
- The internal (aka female) #condom is now better and quieter! Learn more about the perks of this method: <https://www.bedsider.org/features/636-5-things-you-really-should-know-about-female-condoms>
- #Women: Have you considered the internal (aka female) #condom? They give you control and can prevent pregnancy and STIs. <https://fc2.us.com/>
- If you have insurance, you can get a prescription for the internal (aka female) condom and get it for free! Learn more: <https://fc2.us.com/patient/>
- “The internal condom is an important prevention method, because it is the only barrier method controlled by receptive partners, who are at more risk for STIs and HIV than insertive partners.” <https://www.thebodypro.com/article/female-condom-gets-a-genderless-rebrand-from-fda>

## Lubricants

- If you're using condoms make sure to stick with water- or silicone-based lubes. Oil-based lubes (and other random wet stuff around the house) can break down condoms. <https://www.self.com/story/everything-you-need-to-know-about-lube-but-didnt-know-to-ask>
- #TrueorFalse if some lube is good, more must be better? False! @Bedsider busts this and 4 other myths about lube: <https://www.bedsider.org/features/976-5-myths-about-lube-busted>
- #Women: Having trouble with lubrication during sex? Many things can interfere, such as dehydration and common medications. #Lube can help make sex more enjoyable. <https://www.bedsider.org/features/705-lubricant-u-s-women-agree-it-s-not-just-for-engines>
- DYK #Lube is key to safer anal sex? Dry anal sex can cause painful irritation and tears in your anus and rectum, which can put you at higher risk for STIs. #safersex

## Dental Dams

- Want to make “dam” sure you're protected against STIs during oral sex? Dams are latex or polyurethane sheets that you can use between the mouth and vagina or anus during oral sex. #safersex #TheMoreYouKnow <https://www.o.school/article/what-are-dental-dams>

- DYK unprotected oral sex can put you at risk of #STIs in the mouth or throat? Dams—a square made out of latex or polyurethane—can protect you. Learn more: <https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html>
- Why are #dentaldams rarely discussed as an #STI prevention method? “When we think about marketing for safe sex, it is almost always about condoms & the penis because our sexual education is rooted in the idea that sex is for reproduction & not pleasure.” <https://www.glamour.com/story/what-happened-to-the-dental-dam>

### PrEP (Pre-Exposure Prophylaxis)

- Feeling at risk of HIV and want added protection? Learn about #PrEP (pre-exposure prophylaxis) and how it works in this 30-second video <https://youtu.be/GYmZwmDZGQo>
- DYK a medicine called PrEP taken daily can reduce the risk of getting #HIV through sex by about 99%? Get up to speed on this #sexualhealth topic and others by taking the @NCSH\_ quiz <https://nationalcoalitionforsexualhealth.org/quiz>
- In search of a healthcare provider that offers #PrEP? @CDCgov has got you covered: <https://npin.cdc.gov/prelocator>
- Do you worry about getting #HIV or want added protection? Learn more about HIV risk factors and find out if #PrEP may be right for you: <https://www.cdc.gov/hiv/basics/prep.html#consider-taking-PrEP>
- You can get information on #PrEP and other #HIV topics tailored specifically for you with @CDCgov’s HIV Risk Reduction Tool. <https://wwwn.cdc.gov/hivrisk/>
- DYK use of the #HIV prevention drug #PrEP can reduce your anxiety about contracting #HIV? That’s safer sex and peace of mind! <https://www.nbcnews.com/feature/nbc-out/prep-s-unexpected-side-effect-reduced-hiv-anxiety-n1101891>

### PEP (Post-Exposure Prophylaxis)

- Do you know the difference between #PrEP and #PEP? Both are vital for #HIV prevention, but how and when you use them is quite different. <https://www.greaterthan.org/videos/prep-vs-pep/>
- Worried that you might have been exposed to HIV through sex, shared needles or drug equipment, or been sexually assaulted? If started within 72 hours, the medication PEP can help. Learn more: <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets/20/87/post-exposure-prophylaxis--pep->
- DYK #PEP must be started within 72 hours after a possible exposure to #HIV to be effective? Learn how to get PEP and find out if it’s right for you. <https://www.cdc.gov/hiv/basics/pep.html>



## 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:**

### February

- National Condom Month and National Condom Week
- National Cancer Prevention Month
- Teen Dating Violence Awareness Month
- National Black HIV/AIDS Awareness Day (February 7)
- Valentine's Day (February 14)

### March

- Women's History Month
- Developmental Disability Awareness Month
- National Women and Girls HIV/AIDS Awareness Day (March 10)
- St. Patrick's Day (March 17)
- National Native HIV/AIDS Awareness Day (March 20)
- March Madness (March 19-20)
- LGBT Health Awareness Week (March 23 – March 29)
- International Transgender Day of Visibility (March 31)

### April

- Sexual Assault Awareness and Prevention Month
- National Minority Health Month
- National Youth HIV/AIDS Awareness Day (April 10)
- STD Awareness Week (April 12-18)
- National Transgender HIV Testing Day (April 18)
- National Infertility Awareness Week (April 19-25)

### February

#### National Condom Month and Week (February)

February is National Condom Month and National Condom Week is celebrated the week of February 14<sup>th</sup> to coincide with Valentine's Day. Additional tweets can also be found in Part I of this quarter's social media campaign.

- February is National Condom Month! For the best protection, know exactly how to get it on, before you get it on. <https://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on> #NationalCondomMonth

- Condoms have been around for 1000s of years. Check out this @InfoASHA video & see just how far they've come. #CondomMonth  
[http://www.factsaboutcondoms.com/media/HISTORY\\_OF\\_CONDOMS.mp4](http://www.factsaboutcondoms.com/media/HISTORY_OF_CONDOMS.mp4)
- @CDCgov estimates there are nearly 20 million new cases of #STIs each year even though there's a highly effective way to protect yourself: condoms! #NationalCondomMonth  
<http://www.ashasexualhealth.org/sexual-health/all-about-condoms/>
- Is the condom conversation making you nervous? Try this: "Want to pick some condoms out together? Let's try different types and see what we like best." <https://www.fiveactionsteps.org/3>
- #Condoms come in all sorts of textures, shapes, sizes & colors. Have you figured out what you and your partner(s) like best? <https://www.bedsider.org/features/332-condom-love-find-out-how-amazing-safer-sex-can-be>
- Experts explain why a combination of hormonal birth control and condoms are the best protection for your sexual health. #NationalCondomMonth  
<https://www.elitedaily.com/p/why-you-should-use-condoms-even-if-youre-on-hormonal-birth-control-15913555>
- Condoms are sexy! More than 7 out of 10 men & women agreed that they respect their partners more if they insist on using a condom. #NationalCondomMonth  
<https://www.cosmopolitan.com/sex-love/a25904113/condom-survey-2019/>
- A condom is your #safersex friend! Not only does it protect you from STIs and pregnancy, it can also be used to create a dental dam. #oralsexissex #NationalCondomMonth  
<https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html>

### National Cancer Prevention Month (February)

- It's National Cancer Prevention Month! Make sure you're getting the preventive #sexualhealth services you need to protect against certain #cancers and infertility. <http://www.ncshguide.org/>
- #Parents: The #HPV vaccine is about cancer prevention, but only 1/2 of youth are up-to-date. Talk to your pediatrician about vaccinating your children today!  
<https://www.cdc.gov/hpv/parents/vaccine.html>
- #HPV is linked to cervical, oral, anal, vulvar, and penile cancers. Lower your risk of getting HPV by getting vaccinated, and using #condoms every time you have sex! #safersex #NationalCancerPreventionMonth
- Miss out on the #HPV vaccine as a teen? @CDCgov recommends the vaccine for everyone up to age 26, and for some folks up to age 45! It's not too late to get vaccinated & prevent related cancers! Learn more from @HealthyTeen. <http://bit.ly/hpvnottoolate>

- DYK the HPV vaccine is now approved for men and women up to age 45? Talk with your doctor about this safe and effective cancer prevention vaccine, and whether it's right for you. <https://www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hpv-vaccine-fact-sheet>
- #Women: DYK the Pap test looks for cells on a woman's cervix that could become cancer? Learn more about how often to get it and other preventive sexual health services recommended for you: <https://www.ncshguide.org/services/women>

### Teen Dating Violence Awareness Month (February)

Love Is Respect has additional resources to help you promote Teen Dating Violence Awareness Month (TDVAM), along with downloadable images to share:

<https://www.loveisrespect.org/teendvmonth/>

- February is Teen Dating Violence Awareness Month. @loveisrepect has everything you need for your #1Thing campaign: <https://www.loveisrespect.org/teendvmonth/>
- DYK 1 in 3 adolescents experience physical, sexual, emotional, or verbal abuse from a dating partner? @loveisrespect has resources to help a friend in an unhealthy or abusive relationship #TeenDVMonth #loveisrepect <https://www.loveisrespect.org/for-someone-else/help-a-friend/>
- DYK #LGBTQ youth may face additional obstacles when seeking help for an abusive relationship? #TDVAM #loveisrespect <https://www.loveisrespect.org/is-this-abuse/abusive-lgbtq-relationships/>
- Dating violence comes in many forms. A staggering 1 in 8 sexually active teen girls experiences reproductive coercion, according to a recent study. <https://www.webmd.com/sex/birth-control/news/20190823/1-in-8-teen-girls-faces-reproductive-coercion#1>
- Love has many definitions, but abuse isn't one of them. Take the @NCSH\_ quiz to learn more about partner abuse and other #sexualhealth topics. #TeenDVMonth <https://nationalcoalitionforsexualhealth.org/quiz>
- No relationship is perfect, and many of us can do a better job. But, an abusive relationship is NOT something you "can fix and make better." #1Thing #TeenDVMonth <https://www.fiveactionsteps.org/4>

### National Black HIV/AIDS Awareness Day (February 7)

This year's theme is: "We're in This, Together." The CDC has additional posts and images available to promote #NBHAAD: <https://www.cdc.gov/hiv/library/awareness/nbhaad.html>

- When people feel love and unconditional support, they may be more likely to get tested for HIV, seek care, and stay in treatment. That's why we're joining "Together for Love" this #NBHAAD. [www.cdc.gov/together](http://www.cdc.gov/together)



- 1 in 7 African Americans with HIV don't know they have it. HIV stigma stops many from taking the first step to get tested. Let's #StopHIVStigma together. [www.cdc.gov/together](http://www.cdc.gov/together) #NBHAAD
- Stopping HIV stigma starts with all of us. When we call out negative attitudes and misinformation about people with HIV, we end the cycle of HIV stigma. #NBHAAD [www.cdc.gov/together](http://www.cdc.gov/together)
- PrEP reduces #HIV risk from sex by about 99% when taken daily. Learn about #PrEP and if it's right for you: <https://www.cdc.gov/hiv/basics/prep.html>
- We have the power to stop #HIV. Learn how to prevent the spread of this virus: <https://www.cdc.gov/hiv/basics/prevention.html>

### Valentine's Day (February 14)

- Picking out flowers and chocolate for your special someone? Don't forget to grab a box of #condoms and practice safer sex this #ValentinesDay! <https://www.verywellhealth.com/condom-types-906789>
- #ValentinesDay is just around the corner. Remember, nothing says 'I love you' more than protecting yourself & your partner(s) from STIs. <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex>
- You don't need a valentine to enjoy yourself on #ValentinesDay! @PPFA explains the benefits of masturbation and gives helpful tips: <https://www.plannedparenthood.org/learn/sex-and-relationships/masturbation>
- Are you and your boo looking to try something new this #ValentinesDay? Here are some tips on how to introduce sex toys in a way that is exciting and pleasurable for you both. <https://www.self.com/story/couple-sex-toy-tips>
- Whether you have a #Valentine or are searching for a new one, it's a great time to learn how to build positive relationships! #ValentinesDay <https://www.fiveactionsteps.org/4>
- Happy Valentine's Day! Today's a great day to talk with your partner(s) about what feels good to each of you AND what is off-limits. #ValentinesDay <https://www.fiveactionsteps.org/3>

### **March**

#### Women's History Month (March)

- DYK that STIs are sexist? When women and men have sex together, women are more likely to get an STI, and experience more serious consequences. #WomensHistoryMonth <https://www.cnn.com/2019/10/24/health/stds-are-sexist-against-women-wellness/index.html>



- This #WomensHistoryMonth, take charge of your body and give your sexual health the attention it deserves. #girlpower [www.ncshguide.org/services/women/recommended-services](http://www.ncshguide.org/services/women/recommended-services)
- DYK states that limit access to women's health services tend to have the worst health outcomes for women? #WomensHistoryMonth <https://thehill.com/opinion/healthcare/477603-where-womens-health-care-is-lacking-women-are-dying>

### Developmental Disability Awareness Month (March)

Check back here for more resources to celebrate #DDAwareness20: <https://nacdd.org/ddam/>.

- March is Developmental Disabilities Awareness Month! Make time to teach inclusion and create awareness about the barriers faced by people with developmental disabilities. #DDAwareness20 <https://www.nacdd.org/>
- Asking prospective caregivers questions about safety and standards of care can reduce the risk of a loved one being abused. #DDAwareness20 <https://www.rainn.org/articles/evaluating-caregivers>
- #Providers: DYK people with intellectual and developmental disabilities are sexually assaulted at 7x the rate of people without disabilities? @TheArcUS has videos/resources to help you talk with your patients with I/DD. #DDAwareness20 <https://thearc.org/our-initiatives/criminal-justice/talk-about-sexual-violence/>
- Adults with #cerebralpalsy (CP) tell researchers they have normal sex drives and desires, but lack support in navigating the complications CP can cause with sex. #DDAwareness20 [https://www.vice.com/en\\_asia/article/7kz9kz/i-have-cerebral-palsy-this-is-how-it-affects-my-sex-life](https://www.vice.com/en_asia/article/7kz9kz/i-have-cerebral-palsy-this-is-how-it-affects-my-sex-life)
- To honor #DDAwareness20, experts and activists call for access to sexuality information for people with disabilities, and debunk the myth that they're not interested in sexual activity. <https://www.yahoo.com/lifestyle/know-disability-inclusive-sex-185617969.html>
- Want to help stop the sexual assault of people with intellectual and developmental disabilities? Provide access to inclusive, comprehensive sex ed, including the signs of abuse and qualities of a healthy relationship. #DDAwareness20 <https://www.npr.org/2018/01/09/572929725/for-some-with-intellectual-disabilities-ending-abuse-starts-with-sex-ed>

### National Women and Girls HIV/AIDS Awareness Day (March 10)

The CDC has social media resources available for download to celebrate this day:

<https://www.cdc.gov/hiv/library/awareness/nwghaad.html>. The theme is “HIV prevention starts with me.”

- Not all women and girls living with #HIV are getting the care they need – only about half have achieved viral suppression. Here’s what that means. #NWGHAAD  
<https://www.niaid.nih.gov/news-events/10-things-know-about-hiv-suppression>
- 1 in 9 women with #HIV are unaware they have it. And if you don’t know you have it, you can’t get the care and treatment you need for a longer, healthier life. Get tested today!  
#NWGHAAD <https://gettested.cdc.gov/>
- Many #HIV symptoms are the same for men and women, but not all. Here are 9 common symptoms, including those that are specific to women. #NWGHAAD  
<https://www.healthline.com/health/hiv-aids/symptoms-women>
- About one in four women with #HIV postpones medical care because she fears rejection by family, violence from a partner, or feelings of depression. #NWGHAAD  
<https://www.womenshealth.gov/nwghaad/every-woman>
- Women are more likely to get #HIV during vaginal/penile sex with men, due to their anatomy. Here are other facts that every woman should know. #NWGHAAD  
<https://www.womenshealth.gov/nwghaad/what-every-woman-needs-know-about-hiv-and-aids>

### St. Patrick’s Day (March 17)

- Green shirt - ✓ Green beer - ✓ #Condoms - ✓ Be sure to protect yourself & your partner(s) when getting lucky this #StPatricksDay #safersex  
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex>
- Whether you just met tonight, or have been dating for a long time, the same rules apply. Respect each other’s wishes and boundaries, and be sure to get consent. #StPatricksDay  
<https://www.fiveactionsteps.org/3>
- The luck o’ the Irish won’t protect you from #STIs. Be prepared and carry a condom with you, just in case! #StPatricksDay <https://www.elitedaily.com/p/should-you-carry-condoms-6-powerful-reasons-why-everyone-should-8815638>

### National Native American HIV/AIDS Awareness Day (March 20)

- Today marks National Native American #HIV/AIDS Awareness Day! Join the conversation & help spread the word. <https://www.cdc.gov/features/nativehivaids/index.html> #NNHAAD

- Today is National Native American #HIV/AIDS Awareness Day! Members of the Native Community chose to observe #NNHAAD on the day of the Spring Equinox because, for many, it represents a time of equality, balance, and new beginnings; a celebration of life for all people.
- DYK 1 in 7 people infected with #HIV don't know it? Don't wait, get tested today! #NNHAAD <https://gettested.cdc.gov/>
- DYK American Indian/Alaska Native gay and bisexual men may face culturally based stigma and confidentiality concerns that could limit opportunities for education & #HIV testing, especially among those who live in rural communities/on reservations? NNHAAD <https://www.cdc.gov/hiv/group/raciaethnic/aian/index.html>

### March Madness (March 21-22)

- Planning to score this weekend? Using a condom correctly, each and every time you have sex, will help protect you from STIs and unplanned pregnancy. It's a slam dunk! #MarchMadness <https://www.bedsider.org/methods/condom>
- Do you know what's madness? IUDs are one of the most effective, but underused methods of #birthcontrol. #MarchMadness <https://www.plannedparenthood.org/learn/birth-control/iud>
- A winning play in our book is practicing #safersex using the #contraception that's right for you! #MarchMadness <https://www.bedsider.org/methods>
- Wondering if you should take a time out on your relationship? It's important to learn how to have safe and satisfying experiences with your partners. #MarchMadness <https://www.fiveactionsteps.org/3>

### LGBT Health Awareness Week (March 25-29)

Check back [here](#) for updated resources for 2020.

- This week is LGBT Health Awareness Week! Join the conversation and take action today. #LGBTHealthWeek #LGBTHealth <http://healthlgbt.org>
- #Providers: negative interactions with healthcare providers mean LGBT patients are less likely to get the services they need. This #LGBTHealth Awareness Month learn how to deliver better care: <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers>
- #Providers: Want tips on how to take a sexual history with your LGBT patients? Use @NCSH\_'s pocket cards to help start the conversation. #LGBTHealth <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-your-patients-pocket-cards>
- Struggling with your sexual orientation or looking for resources on how to help an #LGBTQ+ loved one? @PPFA can help. <https://www.plannedparenthood.org/learn/teens/lgbtq/info-and-resources-lgbtq-teens-and-allies>

- Are you #LGBTQ+ and looking for a healthcare provider you can trust? @GLMA\_LGBTHealth offers a provider directory to connect you with quality professionals in your area. #LGBTHealth <http://www.glma.org/index.cfm?fuseaction=Page.ViewPage&PageID=939>

### International Transgender Day of Visibility (March 31)

- Today is International Transgender Day of Visibility—a time to celebrate the courage it takes to live openly and raise awareness of the discrimination and violence faced by our transgender loved ones. #TDOV #TransVisibility <https://www.hrc.org/resources/international-transgender-day-of-visibility>
- “Pronouns are important because they’re the smallest way to acknowledge someone’s identity.” #TDOV #TransVisibility <https://www.seventeen.com/life/a12095244/heres-why-gender-pronouns-are-so-important/>
- Despite increased visibility, transgender and gender non-conforming people still face an epidemic of violence. Together we can make change! #TDOV #TransVisibility <https://www.vox.com/identities/2019/12/27/21028342/trans-visibility-backlash-internet-2010>

### **April**

#### Sexual Assault Awareness and Prevention Month (April)

The National Sexual Violence Resource Center (NSVRC) has additional social media content and resources to help you promote Sexual Assault Awareness Month: <https://www.nsvrc.org/saam>. This year’s theme relating to consent is “I Ask.”

- Get ready for Sexual Assault Awareness Month this April with fresh #SAAM resources and graphics from @NSVRC! Check out the #IAsk campaign: <https://www.nsvrc.org/saam>
- Consent is a skill— and you get better as you practice. @NSVRC can help. #SAAM #IAsk [https://www.nsvrc.org/sites/default/files/publications/2019-12/Infographic2020\\_8.5x11\\_Final508.pdf](https://www.nsvrc.org/sites/default/files/publications/2019-12/Infographic2020_8.5x11_Final508.pdf)
- When you ask for #consent, ask in a way that communicates that you’re ok with the answer, no matter what it is. #IAsk #SAAM [www.nsvrc.org/saam](http://www.nsvrc.org/saam)
- The majority of sexual assaults are not reported to the police. In need of help or advice? @RAINN has resources. #SAAM <https://rainn.org/get-help>
- Every 73 seconds, an American is sexually assaulted. Visit @RAINN to learn more about safety and prevention. #SAAM <https://www.rainn.org/safety-prevention>

### National Minority Health Month (April)

The theme for 2020 has not been announced yet; please check back here to get more information as the date gets closer: <https://minorityhealth.hhs.gov/omh/Content.aspx?ID=12481&lvl=2&lvlid=12>

- April is National Minority Health Month! It's time to partner together to improve health equity in communities across the country. #NMHM #healthequity
- This National Minority Health Month, see what's being done to reduce racial & ethnic health disparities: <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=1&lvlid=2>
- In the US, some racial and ethnic minority groups experience a bigger burden of STI cases. In 2020, let's work together to reduce health disparities. #NMHM <https://www.cdc.gov/std/health-disparities/default.htm>

### National Youth HIV/AIDS Awareness Day (April 10)

Please check back here for new CDC social media resources available to celebrate this day:

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

- The good news: fewer teens are having sex. The bad news: when they do, fewer are using condoms, putting more youth at risk for #HIV, STDs, & unplanned pregnancy. This #NYHAAD, learn more about the latest #CDCYRBS data: [https://go.usa.gov/xUgSSexternal icon](https://go.usa.gov/xUgSSexternalicon).
- 1 in 5 new HIV diagnoses are among young people ages 13-24. Yet, only 9% of high school students have ever been tested. This #NYHAA encourage them to get tested. <https://gettested.cdc.gov>.
- DYK that daily #PrEP use reduces the risk of getting HIV from sex by about 99%? Yet, young people are less likely than adults to use PrEP due to cost, access, stigma, and privacy concerns. #NYHAAD <https://www.cdc.gov/hiv/basics/prep.html>
- DYK that only 36% of youth ages 13-24 who are diagnosed with HIV are receiving care and treatment? Learn why youth HIV prevention is key to reaching a #HIVFreeGeneration. #NYHAAD <https://www.cdc.gov/features/youth-hiv-aids/index.html>

### STD Awareness Week (April 12-18)

Check the CDC's website around Mid-March for the latest campaign for STD Awareness Week:

<https://www.cdc.gov/std/sam/>. The CDC will again provide four diverse campaigns to choose from with different prevention themes and audiences this year: Get Yourself Tested (GYT), Talk. Test. Treat., Syphilis Strikes Back, and Treat Me Right. [ASHA](#) and [NCSd](#) may also have STD Awareness Week resources that can be promoted.

- Looking for resources to prepare for STD Awareness Week? @CDCSTD has you covered! #STDWeek20 <https://www.cdc.gov/std/sam/resources.htm>

- #Providers: It is STD Awareness Week. Are you prepared to talk with your patients about testing, prevention, and treatment? #STDWeek20 <https://nationalcoalitionforsexualhealth.org/providers>
- The combined cases of syphilis, gonorrhea, and chlamydia reached an all-time high in the US last year, with more than 2.4 million cases. #STDWeek20 <https://www.cnn.com/2019/10/08/health/std-cases-rising-us-study/index.html>
- Before things heat up, talk with your partners about STIs & staying safe during sex. Keep it calm and matter of fact. Check out these tips here: <https://www.fiveactionsteps.org/3>
- DYK you can still date and have a healthy sex life if you have an STI? But, before you get sexual, you should tell your partner(s). Then, you can decide together if you will take steps to reduce risk, like using condoms or dams, or taking certain medications. <https://www.fiveactionsteps.org/3>
- #STDs often show no symptoms and are transmitted by people who don't even know they are infected. Testing is the only way to know for sure. #STDWeek20 <https://gettested.cdc.gov/>
- Being diagnosed with an STD isn't the end of the world. ALL can be treated with medicine and many can be cured completely. #STDWeek20 <https://www.cdc.gov/std/treatment/default.htm>
- DYK what #sexualhealth preventive services should be on your to-do list each year? Take charge and find out what screenings and vaccines are recommended for you. #STDWeek20 <https://www.ncshguide.org/services>
- Celebrate STD Awareness Week by talking about #sexualhealth with your doctor. Don't know where to start? The @NCSH\_ has you covered! #STDWeek20 <http://www.ncshguide.org/provider-visit>
- DYK rates of congenital syphilis, which can cause miscarriages, stillbirths, and severe birth defects, are rising in the U.S.? A fact that public health experts are calling a scandal as it is completely preventable. #STDWeek20 <https://www.washingtonpost.com/health/2019/08/30/its-scandal-spiking-congenital-syphilis-rates-put-babies-grave-danger/>

#### National Transgender HIV Testing Day (April 18)

Other resources that can be used to celebrate NTHTD can be found here:

<https://www.hiv.gov/events/awareness-days/transgender> and <http://transhealth.ucsf.edu/trans?page=ev-nthtd>

- Today is National Transgender HIV Testing Day. A day to focus on the importance of HIV testing, status awareness, prevention and treatment for transgender and gender non-binary people. #TransHIV <https://prevention.ucsf.edu/transhealth/education/nthtd>

- #Providers: Trans patients report they are refused care (19%), harassed in medical settings (28%), and that providers lack knowledge of transgender care (50%). These @HRC tools can help you provide patient-centered care. #NTHTD #TransHIV <http://www.hrc.org/resources/transgender-patient-services-support-resources-for-providers-and-hospital-a>
- Transgender men and women experience disproportionately high rates of HIV. This guide for transgender and gender nonconforming people, and their partners can help address these disparities. #TransHIV #stopthestigma <http://www.hrc.org/resources/safer-sex-for-trans-bodies>
- Knowledge about PrEP remains low among communities at risk, especially among transgender women. #TransHIV #stopthestigma <https://www.pleaseprepme.org/trans>
- DYK that 73% of trans women living with HIV are unaware of their status? #stopthestigma #NTHTD #TransHIV <http://www.hrc.org/resources/safer-sex-for-trans-bodies>

#### National Infertility Awareness Week (April 21-28)

Check out <https://infertilityawareness.org/> for more information on NIAW, or visit <https://resolve.org/> for infertility resources.

- DYK that chlamydia & gonorrhea are leading causes of preventable #infertility? Use this @NCSH\_ guide to learn which screening tests are recommended for you. #NIAW <https://www.ncshguide.org/services>
- DYK #infertility affects 1 in 8 families in the US? #NIAW Learn more: <https://www.cdc.gov/reproductivehealth/Infertility/>
- Think #Infertility is only a woman's problem? In fact, 30% of infertility is due to a male factor. #NIAW #TheMoreYouKnow
- Regardless of race, religion, sexuality or economic status, infertility doesn't discriminate. This #NIAW, learn more about infertility and removing the barriers that stand in the way of building families. <https://resolve.org/infertility-101/>
- #Infertility can be stressful. @resolveorg has helpful tips for managing stressors, and dealing with triggering questions from friends and family. #NIAW <https://resolve.org/support/managing-infertility-stress/>