



## NCSH Quarterly Social Media Campaign

### Part 1: Achieving Sexual Health Equity: Past, Present, and Future

This is the 36<sup>th</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 and LinkedIn as well.

Our theme for this campaign is ***Achieving Sexual Health Equity: Past, Present, and Future***. It includes tweets on the basics of sexual and reproductive health equity, the history of sexual/reproductive inequities, socioeconomic barriers to accessing care, racial and ethnic disparities in care. Also, it features content on women's health and other gender disparities, care for people with disabilities, and our vision for the future of sexual and reproductive health equity. Our tweets will also include practical advice and links to resources to help different populations and organizations address and reduce inequities.

#### Highlighting the work of leaders advocating for sexual and reproductive equity

- Reproductive Justice > Reproductive Rights. It's the belief that all have the right:
  - to have children;
  - to not have children and;
  - to parent the children we have in safe communities.
  - Learn more about @SisterSong\_WOC's leadership in this space:  
<https://www.sistersong.net/reproductive-justice>
- In honor of #blackhistorymonth, let's celebrate four Black women leaders in the Reproductive Justice space. Who else is a Black RJ leader you admire? Drop some love below:  
<https://www.plannedparenthood.org/planned-parenthood-orange-san-bernardino/about-us/blog/black-history-month-leaders-in-reproductive-justice>
- Providing equitable care to those who have experienced trauma is good health care. NCSH's Clinician Guide to Trauma-Informed Care, made with @CTCSRH, can help.  
<https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/trauma-informed-care-guide>
- Looking for leaders in the #ReproductiveJustice space? The White House made a great list 🗣️:  
<https://www.whitehouse.gov/briefing-room/statements-releases/2022/05/21/readout-of-white-house-meeting-with-reproductive-justice-leaders/>

#### Sexual/reproductive health inequities through history

- J. Marion Sims is considered to be the "father of modern gynecology" but performed dangerous, invasive surgeries on enslaved Black women without anesthesia or consent. To not repeat atrocities, it is essential to address medical racism & know our history.  
<https://www.businessinsider.com/j-marion-sims-father-modern-gynecology-experiments-enslaved-black-women-2024-1>

- The sexual and reproductive violence committed against enslaved Black women in the antebellum south has far-reaching consequences for Black women today. To learn more, listen to the 1619 podcast series hosted by @nhannahjones for @NYT <https://www.nytimes.com/2019/08/23/podcasts/1619-slavery-anniversary.html>
- @ActUp saved thousands of lives during the AIDS epidemic by demanding justice for LGBTQIA+ people who had been ignored by society. Learn their history: <https://www.npr.org/2021/06/16/1007361916/act-up-a-history-of-aids-hiv-activism>
- “American history shows a trend of medical and structural racism’s impact on communities of color from the AIDS crisis to the ongoing COVID-19 pandemic. To advance health equity, we must confront our racist history in society at large” @UCSF <https://www.ucsf.edu/news/2021/06/420716/aids-40-hiv-covid-19-history-racism-hits-communities-color-hardest>
- Birth control is such a common part of life that it can be hard to imagine a time without it, but truly effective birth control hasn’t been around all that long. The history of birth control: <https://www.pbs.org/wgbh/americanexperience/features/pill-timeline/>

### **Socioeconomic barriers to sexual and reproductive care access**

- According to a recent study, cost is the biggest barrier to accessing contraception, mostly because of a lack of health insurance. From @Guttmacher: <https://www.guttmacher.org/news-release/2023/cost-continues-pose-significant-barriers-contraceptive-access>
- The majority of young people around the country face barriers to getting birth control, according to recent data from @AdvocatesTweets. <https://www.advocatesforyouth.org/press-releases/most-young-people-face-barriers-to-birth-control-access/>
- If someone is experiencing poverty, they are more likely to encounter HIV in their community & more likely to have poor outcomes if they contract the virus. Considering #SES is key to designing HIV programs that work. <https://www.apa.org/pi/ses/resources/publications/hiv-aids>
- Do you live in a contraception desert? Where are the contraception deserts in your state? @PowerToDecide has an interactive tool to help visualize where the highest need areas are: <https://powertodecide.org/what-we-do/contraceptive-deserts>

### **What health equity means in the sexual and reproductive space**

- Social conditions play a pivotal role in higher STD rates among certain populations. To improve STD health equity, learn more from CDC: <https://www.cdc.gov/std/health-disparities>
- What is the difference between Equity & Equality?
  - Equality gives everyone the same things, ignoring differences.
  - Equity gives everyone what they need, depending on their individual situation.
  - More on how to advance #SRH Equity from @PPFA: <https://www.plannedparenthoodaction.org/issues/health-care-equity>
- According to @HIVGov, equity isn’t just important for equity’s sake. It’s the vehicle to end the HIV epidemic. <https://www.hiv.gov/blog/all-us-equity-key-hiv-epidemic-control/>

## Ongoing Crisis: Black Maternal Mortality

- Why do so many Black women and Black birthing people die in pregnancy? One possible reason: Providers often dismiss Black pain. <https://projects.apnews.com/features/2023/from-birth-to-death/black-women-maternal-mortality-rate.html>
- Providers often dismiss Black women's pain. It's time for that to change. #Providers can learn how to address their racial biases to advance health equity. <https://capitalbnews.org/black-women-pain>
- 4 injustices that have impacted Black mothers & babies:
  - Unequal access to resources
  - Housing discrimination
  - Intergenerational trauma of breastfeeding their enslavers' infants during slavery
  - A history of abuse leading to mistrust in the health care system
  - <https://nichq.org/insight/impact-institutional-racism-maternal-and-child-health>
- Pregnancy-related mortality rates among Black and American Indian/Alaskan Native women are over three and two times higher, respectively, compared to rates for white women. What is being done to address it? <https://www.kff.org/racial-equity-and-health-policy/issue-brief/racial-disparities-in-maternal-and-infant-health-current-status-and-efforts-to-address-them/>
- "There's a pain gap, but there's also a credibility gap. Women are not believed about their bodies—period." Reproductive health complaints are often ignored for women of all races—but why? <https://www.washingtonpost.com/wellness/interactive/2022/women-pain-gender-bias-doctors/>
- @BlkMamasMatter has created dozens of resources to improve Black maternal health equity. Check them out: <https://blackmamasmatter.org/>
- How to advocate for yourself as a pregnant Black person (from @UChicagoMed):
  - Bring a support person with you to appointments
  - Create a birth plan to clarify expectations
  - Maintain social support systems before, during, & after birth
  - More: <https://www.uchicagomedicine.org/forefront/womens-health-articles/disparities-black-maternal-health#advocate>
- Black maternal mortality is on the rise. Here are 8 things to know: <https://www.yalemedicine.org/news/maternal-mortality-on-the-rise>

## Ongoing Crisis: Sexual Violence against Native & Indigenous Women

- (tw: rape) Nearly 1 in 3 Native women have been raped, more than twice the average for white women. Learn more about the structural barriers that have facilitated this statistic <https://www.theguardian.com/world/2022/may/17/sexual-violence-against-native-indigenous-women>
- (tw: rape) AI/AN women are FAR more likely to be assaulted by non-Native men than Native men due to legal and policy ambiguities in federal, tribal, state, and local jurisdictions that allow predators to go free. <https://www.ojp.gov/pdffiles1/nij/249815.pdf>
- Are you a survivor of violence from an Indigenous community or have a loved one from an Indigenous community who needs support and resources? Connect with StrongHearts Native

Helpline 1-844-7NATIVE for a safe, confidential and anonymous 24/7 helpline.

<https://strongheartshelpline.org/>

- Want to advance racial equity in adolescent SRH? Coalition member @ChildTrends:
  - Honor youth choices and experiences
  - Support expectant and parenting youth
  - Consider how identities shape experiences
  - More: <https://www.childtrends.org/publications/strategies-to-advance-racial-equity-in-adolescent-sexual-and-reproductive-health>
- Do you work in adolescent pregnancy prevention? @FYSBGov created a toolkit to apply a health equity lens to your work. <https://teenpregnancy.acf.hhs.gov/resources/advancing-equity-sexual-health-education-toolkit-adolescent-pregnancy-prevention-grantees>
- If you're a #provider and want to check in with your adolescent patients about their sexual health, check out @NCSH\_'s adolescent health pocket cards: <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-your-patients-pocket-cards>

### **The future of sexual and reproductive health**

- What does it mean to center sexual and reproductive health equity? @NPWH:
  - Acknowledge histories of injustice
  - Engage in individual and institutional self-reflection
  - Interrogate and reform research practices
  - <https://www.npwomenshealthcare.com/what-is-sexual-and-reproductive-health-equity-and-why-does-it-matter-for-nurse-practitioners/>
- Why advancing health equity is critical for sexual violence prevention: [https://www.nsvrc.org/sites/default/files/2021-06/health\\_equity\\_approach\\_to\\_preventing\\_sv\\_final508\\_0.pdf](https://www.nsvrc.org/sites/default/files/2021-06/health_equity_approach_to_preventing_sv_final508_0.pdf)
- 5 concrete actions to implement health equity:
  - Make health equity a leader-driven priority
  - Develop structures & processes that support equity
  - Take action to address #SDoH
  - Confront #InstitutionalRacism
  - Partner with community orgs
  - <https://catalyst.nejm.org/doi/full/10.1056/CAT.17.0556>
- What's next in equitable birth control access? @Freethepill says supporting efforts to make birth control pills over-the-counter. <https://freethepill.org/>
- What can be done to reduce maternal mortality? Reducing the effects of the social determinants of health can help. Check out this report on policy actions that can reduce #SDoH: <https://www.commonwealthfund.org/publications/fund-reports/2021/nov/policies-reducing-maternal-morbidity-mortality-enhancing-equity>
- Did you know that @HIVGov is working toward the goal of reducing new HIV infections in the US by 90% by 2030? <https://www.hiv.gov/federal-response/ending-the-hiv-epidemic/overview/>



## **NCSH Quarterly Social Media Campaign Part 2: Key Observances**

Part 2 of the 36<sup>th</sup> NCSH quarterly social media campaign includes sample tweets in support of key health observances, holidays, and other cultural events.

**The key observances for this quarter include:**

### **February:**

- Black History Month
- Teen Dating Violence Awareness Month
- National Cancer Prevention Month
- World Cancer Day (2/4)
- National Black HIV/AIDS Awareness Day (NBHAAD) (2/7)
- Valentine's Day (2/14)
- National Condom Week (2/14- 2/21)

### **March:**

- Women's History Month
- Developmental Disability Awareness Month
- Endometriosis Awareness Month
- World Teen Mental Wellness Day (3/2)
- International Women's Day (3/8)
- National Women and Girls HIV Awareness Day (3/10)
- St. Patrick's Day (3/17)
- National Native American HIV/AIDS Awareness Day (3/20)
- LGBT Health Week (3/20- 3/24)
- Trans Day of Visibility (3/31)

### **April:**

- Sexual Assault Awareness Month
- Testicular Cancer Awareness Month
- National Minority Health Month
- National Public Health Week (4/1- 4/7)
- Sexual Assault Awareness Month Day of Action (4/2)
- National Youth HIV&AIDS Awareness Day (4/10)
- Black Maternal Health Week (4/11- 4/17)
- STI Awareness Week (4/14- 4/20)
- National Transgender HIV Testing Day (4/18)

- Fibroid Awareness Week (4/18- 4/24)
- National Infertility Awareness Week (4/21- 4/27)
- World Immunization Week (4/24- 4/30)

## February

### Black History Month

- During #BlackHistoryMonth, check out these snapshots of Black love through the ages: <https://www.essence.com/holidays/black-history-month/black-love-through-years/>
- To stay up to date on all things #blacksexualhealth, follow these Black sexual and reproductive health influencers: <https://www.plannedparenthood.org/blog/follow-these-black-sexual-and-reproductive-health-influencers>
- Want to read or re-read books that center Black feminist thought? Check out @blackfeminisms reading list: <https://blackfeminisms.com/books-black-feminism/>
- Check out @blkfemfuture 's Fractals: A Black Feminist Organizing and Movement Building Timeline spanning the 1800s to the present, highlighting key leaders, actions, cultural moments, terms and social movements in the US." <https://fractals.blackfeministfuture.org/>

### Teen Dating Violence Awareness Month

- February is Teen Dating Violence Awareness Month #TVDAM. Here's what you can do to stand up for teens: <https://www.loveisrespect.org/get-involved/tdvam/>
- Teen dating violence is more common than you think: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before adulthood. Learn more: <https://www.thehotline.org/>
- This #TDVAM, the theme is "Love Like That." Learn what healthy relationships look like: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/seven-key-ingredients-of-a-healthy-relationship>
- Relationships can be complicated, but respect isn't. Whether you've been dating 3 weeks or 3 years, always stand up for what you deserve: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/standing-up-for-yourself-with-partners-five-quick-tips>

### National Cancer Prevention Month

- Take charge of your health, including your sexual health, this #NationalCancerPreventionMonth. Here are all the preventative measures you can take to make sure you're covered: <https://www.ncshguide.org/services>
- DYK #HPV can cause many different types of cancer, including cancer of the cervix, vulva, vagina, penis, anus, and throat? Learn more: <https://www.cdc.gov/std/hpv/stdfact-hpv.htm>
- What do you know about #HPV and men? Take the quiz to find out: <https://www.ashasexualhealth.org/hpv-and-men-take-the-quiz/>
- The #HPV vaccine is a cancer prevention vaccine. Learn about the many types of cancer this vaccine can prevent: <https://www.cdc.gov/vaccines/vpd/hpv/public/index.html>

- #HPV vaccination is recommended for all genders starting at age 11 or 12. See the @CDC official recommendations here: <https://www.cdc.gov/vaccines/vpd/hpv/hcp/recommendations.html>

#### World Cancer Day: 2/4

- February 4<sup>th</sup> is World Cancer Day. An end to cervical cancer is within our sights. Learn what you can do to help combat this cancer: <https://www.worldcancerday.org/take-action>
- Many of us are denied basic care when it comes to cancer prevention, diagnosis and treatment. What can you do to help close the gap? <https://www.worldcancerday.org/close-care-gap>
- Have you heard about the @CDCgov National Breast and Cervical Cancer Early Detection Program (NBCCEDP)? Find out if you qualify for free or low-cost screenings: <https://www.cdc.gov/cancer/nbccedp/index.htm>

#### National Black HIV/AIDS Awareness Day (NBHAAD): 2/7

- Engage, Educate, Empower. Take action this National Black #HIV/AIDS Awareness Day: <https://www.hiv.gov/events/awareness-days/black/> #NBHAAD
- Looking for ways to increase awareness of HIV/AIDS among your community this #NBHAAD? This comprehensive toolkit, created by Black women for Black women, aims to educate and promote PrEP use. #communityhealth <https://blackaids.org/campaign/black-women-and-prep/>

#### Valentine's Day: 2/14

- Gearing up for some Valentine's Day canoodling? First, make sure you and your partner/s are on the same page: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/how-do-you-ask-a-partner-for-consent>
- Don't let common sexual concerns like difficulty reaching orgasm, vaginal pain, or premature ejaculation stop you from enjoying a spicy Valentine's Day: <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/a-guide-to-sexual-concerns-and-pleasure>

#### National Condom Week: 2/14- 2/21

- It's #NationalCondomWeek! Let's debunk some common condom myths – like two condoms are better than one – with the @unfpa: <https://www.usaforunfpa.org/debunking-5-myths-about-condoms/>
- It's not always easy to bring up safer sex. This National Condom week, let us help you start the conversation: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/making-the-case-for-safer-sex-five-simple-lines>
- Condoms are highly effective at preventing sexually transmitted infections (STIs), including #HIV. <https://www.plannedparenthood.org/learn/birth-control/condom/how-effective-are-condoms>
- How to pick the perfect condom for you: <https://endinghiv.org.au/blog/how-to-pick-the-perfect-condom/>

## **March**

## Women's History Month

- How much do you know about the origins of the Women's Health Movement and the impact it had on reproductive rights? Learn more: <https://powertodecide.org/news/origins-womens-health-movement>
- Take charge of your sexual health this #WomensHistoryMonth: <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/a-guide-to-sexual-concerns-and-pleasure>
- #DYK that women comprise 76% of all healthcare workers in the United States? See some of their unique contributions throughout history from @smithsonian: [Women of Public Health | Smithsonian Institution \(si.edu\)](https://www.si.edu/women-of-public-health)
- This #WomensHistoryMonth, we honor and celebrate the women who have led the charge toward sexual and reproductive freedom. @powertodecide [Nine Women Who Fought for Reproductive Freedom | Power to Decide](https://www.powertodecide.org/nine-women-who-fought-for-reproductive-freedom)

## Developmental Disability Awareness Month

- March is #DevelopmentalDisabilityAwarenessMonth. Let's talk about reproductive health inequities for individuals living with disabilities. #DDAwareness <https://amchp.org/2022/03/17/disability-reproductive-health-its-time-to-talk-about-it/>
- #Clinicians: Patients with developmental disabilities who have experienced sexual violence have unique needs. Take a look at The Arc's 'Talk About Sexual Violence' report and video for insights into supporting this community: <https://thearc.org/resource/talk-about-sexual-violence-phase-three-final-report/>
- #Educators: You are in a unique position to support decisions on when and how much sexual information a young person should receive. Learn how: <https://www.advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities/>

## Endo Awareness Month

- #DYK that endometriosis affects an estimated 200 million women worldwide and approximately 1 in 10 women in the U.S? Learn more: <https://www.endofound.org/faq>
- Endometriosis pain has been compared to: "a barbed wire fence running across my abdomen" and "Like my legs are being ripped apart from my body." Learn how real endo warriors manage and treat their pain: <https://endometriosis.net/infographic/pain-management-treatment>
- What is the link between infertility and endometriosis? <https://www.endofound.org/infertility>
- Though endometriosis is both common and painful, it's still a very misunderstood diagnosis. Help raise awareness and advocate for those affected by endometriosis: <https://www.endofound.org/advocacy>

## World Teen Mental Wellness Day: 3/2

- Today is #WorldTeenMentalWellnessDay. Take a look at this #WHO resource to raise your awareness about what mental unwellness looks like in teens: <https://bit.ly/3u02tCJ>



- Being a teen isn't always easy, especially when social media can pressure people to think their bodies have to look a certain way. If you're struggling, check out #NCSH\_'s Six Steps to a Better Body Image: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/six-steps-to-a-better-body-image>
- Looking for supportive mental health resources and to hear stories from peers who may be dealing with similar issues? Check out @PeerHealthExch selfsea <selfsea.org/collections/mental-health>
- Taking 5 deep breaths can be a restorative practice for your mental health. Breathing is a free resource we all have access to. Teens can access a free Headspace account to support their mental wellness through meditation at <https://www.headspace.com/teens>

#### International Women's Day: 3/8

- Today is #InternationalWomensDay. Learn how you can help raise awareness, take action, and #InspireInclusion: <https://www.internationalwomensday.com/>
- How does gender bias affect healthcare and what can we do about it? <https://mcpres.mayoclinic.org/women-health/working-toward-gender-equity-in-womens-health-care/>

#### National Women and Girls HIV Awareness Day: 3/10

- It's National Women and Girls HIV Awareness Day #NWGHAAD. Here are resources to raise #HIV awareness and promote testing, prevention, and treatment among girls and women: <https://www.cdc.gov/hiv/library/awareness/nwghaad.html>
- This #NWGHAAD, don't let outdated, negative attitudes about HIV keep you from getting tested and the care you might need: <https://www.cdc.gov/hiv/basics/hiv-stigma/index.html>

#### St. Patrick's Day: 3/17

- Speaking up is sexy. Here are some conversation starters to help you get lucky safely: [Making the Case for Safer Sex - Five Simple Lines | NCSH \(nationalcoalitionforsexualhealth.org\)](#)
- Leprechaun's, rainbows, and... Consent? Use @NCSH\_'s quick tips to get ready for St. Patty's Day shenanigans: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/how-do-you-ask-a-partner-for-consent>

#### National Native American HIV/AIDS Awareness Day: 3/20

- Today is National Native American #HIV/AIDS Awareness Day #NNHAAD. Many Native cultures consider Spring a time of profound change, new beginnings, and birth. It's the perfect time to get tested, get educated, and get involved: <https://www.nnhaad.org/about/>

#### LGBT Health Week: 3/20- 3/24

- It's LGBT Health Awareness Week! Now is the time to stand up and speak out about LGBTQ+ health issues and inequities. #LGBTHealthWeek #LGBTHealth: <https://healthlgbtq.org/awareness-week/>

- DYK that LGBTQ+ young people are four times more likely to attempt suicide than their peers? Visit @TrevorProject for tools to help support the mental health of LGBTQ+ youth: <https://www.thetrevorproject.org/resources/category/mental-health/>
- 41% of LGBTQ+ young people seriously considered attempting suicide in the past year. Here's how you can help: <https://www.thetrevorproject.org/resources/article/how-can-you-help/>
- #Providers: As a healthcare provider, you serve a wide variety of patients. Make sure your care is as diverse as they are with @NCSH\_s guide to Inclusive Sexual Health Services: <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/asset/NCSH-Inclusive-Sexual-Health-Services.pdf>

#### Trans Day of Visibility: 3/31

- Today is Trans Day of Visibility #TDOV2024! Join us in celebrating the lives and contributions of Trans people: <https://glaad.org/tdov/>
- #Providers: Transgender and gender diverse children and adolescents have unique health needs. Here's a toolkit to provide gender-affirming care to pediatric populations. #TransVisibility <https://www.lgbtqihealtheducation.org/collection/trans-pediatric-care-toolkit/>

#### **April**

##### Sexual Assault Awareness Month

- April is Sexual Assault Awareness Month #SAAM. Learn how to help stop sexual violence before it happens. #SAAM: <https://www.nsvrc.org/prevention>
- #Providers: Men get sexually assaulted, too. Learn how to work with male survivors of sexual assault. #SAAM <https://www.nsvrc.org/working-male-survivors-sexual-violence>
- #Clinicians: Trauma-informed care is good care for all patients. Learn how to care for patients before, during and after an exam. #SAAM: <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/trauma-informed-care-guide>

##### Testicular Cancer Awareness Month

- For testicular cancer, early detection is key. Learn how to do a monthly-self exam: <https://www.testicularcancerawarenessfoundation.org/self-exam>
- Every hour a male is diagnosed with testicular cancer. If detected early, testicular cancer is over 95% curable. #testicularcancer #menshealth <https://bit.ly/3U9DRIG>

##### National Minority Health Month

- It's #NationalMinorityHealthMonth. Here are some ideas to help you or your organization reduce disparities and promote health: <https://www.minorityhealth.hhs.gov/nmhm>
- "Whether distrust stems from discrimination or other negative experiences, 'seek first to understand.'" #NationalMinorityHealthMonth <https://www.aafp.org/pubs/fpm/issues/2022/0300/p40.html>

#### National Public Health Week: 4/1- 4/7

- #Clinicians: National Public Health Week is the perfect time to learn a new approach to sexual history taking. #NPHW: <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/video-series>
- #Providers: People are often hesitant to speak up about their sexuality and sexual health issues. Here's a practical guide to help you ask the right questions. #NPHW: <https://bit.ly/3Huyxla>

#### Sexual Assault Awareness Month Day of Action: 4/2

- Today is Sexual Assault Awareness Month Day of Action. Here's how you can get involved. #SAAM: <https://www.nsvrc.org/saam>
- Over half of women and almost 1 in 3 men have experienced sexual violence involving physical contact during their lifetimes, and 47% of all transgender people have experienced sexual assault at least once. #SAAM <https://www.nsvrc.org/blogs/saam/saam-2024>

#### National Youth HIV&AIDS Awareness Day: 4/10

- Today is National Youth HIV&AIDS Awareness Day. According to @CDCgov, almost half of young people (aged 13-24) with #HIV don't know they have it. Learn how you can help lower the numbers: [https://www.cdc.gov/healthyouth/youth\\_hiv/resources.htm](https://www.cdc.gov/healthyouth/youth_hiv/resources.htm)
- #Parents: Talking about sex and relationships with your kids can be challenging, but you are one of their most trusted sources. Luckily, @PPFA put together a comprehensive toolkit to make these conversations easier: <https://www.plannedparenthood.org/learn/parents>

#### Black Maternal Health Week: 4/11- 4/17

- According to @CDCgov, Black women are three times more likely to die from a pregnancy-related cause than white women. Click to learn how we can work together to change the statistics. #bmhw <https://www.cdc.gov/healthequity/features/maternal-mortality/index.html>
- #Providers: Interrupt the effects of implicit bias through specific actions like:
  - Be an active bystander who interrupts microaggressions
  - Eliminate negative & stigmatizing patient descriptions in chart notes & direct patient interactions
  - Learn more here:  
[https://www.nejm.org/doi/full/10.1056/NEJMp2201180#article\\_references](https://www.nejm.org/doi/full/10.1056/NEJMp2201180#article_references)

#### STI Awareness Week: 4/14- 4/20

#### [Check here for 2024 campaigns and resources from CDC](#)

- It's #STIWeek. Check out the @cdcstd Digital Toolkit for ideas to raise awareness and promote prevention and testing: <https://www.cdc.gov/std/saw/toolkit/default.htm>
- The amount of safer sex info online can be overwhelming. Head over to @cdcstd to see their game plan resources on how to protect yourself during sex:  
<https://www.cdc.gov/std/saw/pbyt/resources.htm>

- What should you do if your partner doesn't want to use condoms? @bedsider has your back: <https://www.bedsider.org/features/1084-how-to-get-your-partner-to-wear-condoms>
- Trying to have the safer sex talk with a partner, but just don't know how to bring it up? Check out this quick reference guide from @PlannedParenthood to help you get past the awkwardness: [https://www.plannedparenthood.org/uploads/filer\\_public/13/0e/130e935f-888f-47c2-ba48-7dd8516410fb/talking\\_about\\_condoms.pdf](https://www.plannedparenthood.org/uploads/filer_public/13/0e/130e935f-888f-47c2-ba48-7dd8516410fb/talking_about_condoms.pdf)
- Telling your partner/s you have an STI can feel overwhelming. Arming yourself with the facts and planning what you want to say beforehand can give you confidence to take the leap: <https://thetipproject.com/how-to-tell-someone-you-have-an-std/>

#### National Transgender HIV Testing Day: 4/18

- Today is National Transgender #HIV Testing Day. Get all the facts here: <https://hivinfo.nih.gov/understanding-hiv/hiv-aids-awareness-days/national-transgender-hiv-testing-day>
- Don't put off getting tested for HIV. Testing is the gateway to care, treatment, and a longer life if you are living with HIV. Find a test near you: <https://www.cdc.gov/hiv/basics/hiv-testing/finding-tests.html>

#### Fibroid Awareness Week: 4/18- 4/24

- It's #FibroidAwarenessWeek. Educate yourself and raise awareness by sharing fibroid facts. This is a great place to start: <https://www.fibroidfoundation.org/fibroids-101/>
- #DYK that 1 in 3 women will be diagnosed with fibroids over the course of their lives? <https://www.fibroidfoundation.org/>

#### National Infertility Awareness Week: 4/21- 4/27

- #DYK that about 10% of women in the US have difficulty getting or staying pregnant? Learn more about infertility: <https://www.womenshealth.gov/a-z-topics/infertility>
- It's Infertility Awareness Week. Here's how you can get involved: <https://www.infertilityawareness.org/>
- Conversations about infertility often focus on women's bodies, but infertility also happens in men. Learn the causes, symptoms, and treatment here: <https://www.mayoclinic.org/diseases-conditions/male-infertility/symptoms-causes/syc-20374773>

#### World Immunization Week: 4/24- 4/30

- It's #WorldImmunizationWeek! DYK that the #HPV vaccine prevents certain types of cancers? Learn more here: <https://www.cdc.gov/vaccines/vpd/hpv/public/index.html>
- #Parents: According to @CDCgov, infections with #HPV types that cause the most HPV cancers and genital warts have dropped 88 percent among teen girls since 2006, when the HPV vaccine was introduced. #WorldImmunizationWeek <https://www.cdc.gov/hpv/parents/vaccine-for-hpv.html>



## NCSH Quarterly Social Media Campaign Part 3: Social Media Graphics

NCSH is proud to offer Part 3: Social Media Graphics to this Quarterly Social Media Campaign. This part of the document contains links to graphics on Canva. It is a mix of previous social media graphics and new ones created just for this campaign. These graphics are designed for Instagram but can be reformatted for other social media sites if desired. **All we ask is that you acknowledge us in your caption and/or tag us!**

Follow us on Twitter @NCSH\_ and Instagram @nationalcoalitionsexualhealth

### Instructions:

1. Click the link to the desired graphic.
2. Create a free account on Canva.com if you don't already have one.
3. Click "Use template".
4. Voila! A graphic you can either download as-is or change as you wish. You can go to the top right corner, hit "share," and then hit "download" to receive the graphic.

### Part One:

- [Difference between Equity & Equality](#)
  - Source to include in caption: <https://www.plannedparenthoodaction.org/issues/health-care-equity>
- [What is reproductive justice?](#)
- [What is a contraception desert?](#)
- [The structural barriers that hurt Native women](#)
- [NCSH Adolescent health pocket cards](#)
- [5 actions to implement health equity](#)
- [What is SRH Equity?](#)
- [What does it mean to center sexual and reproductive health equity?](#)
- [4 Injustices faced by Black Women & Babies](#)

### Part Two:

- [Teen Dating Violence Awareness Month](#)
- [NBHAAD](#)
- [Valentine's Day](#)
- [National Condom Week](#)
- [Endo Awareness Month](#)
- [St. Patrick's Day](#)
- [NWGHAAD](#)

- [STI Awareness Month](#)
- [NYHAAD](#)
- [Lesbian Visibility Week](#)
- [Infertility Awareness Week](#)