

Remember to use these hashtags:

#RedFlagCampaign  
#SaySomething  
#healthyrelationships

## PUBLICITY & WORKING WITH THE MEDIA...

### Social Networking: Sample Ideas for Posts

Whichever social networking site(s) you choose to promote your campus Red Flag Campaign, here are a few sample concepts for posts that will promote messages about the importance of bystander intervention and the hallmarks of healthy relationships.

- Dating violence is not just a “personal problem.” It can affect your friend, their partner, your campus and community. Speaking up and listening to your friend could help prevent further violence. #RedFlagCampaign #saysomething
- Respect is a hallmark of #healthyrelationships. Partners treat each other like they want to be treated and accept each other’s opinions, friends, and interests. #RedFlagCampaign
- Sexual respect is a hallmark of a #healthyrelationships. Partners never force sexual activity or insist on doing something the other isn’t comfortable with. #RedFlagCampaign
- Comfort is a hallmark of #healthyrelationships. Partners feel safe with each other and respect each other’s differences. They can be themselves with each other. #RedFlagCampaign
- Communication is a hallmark of #healthyrelationships. Partners share their thoughts and ideas, listen to each other, and use respectful language and gestures—even when disagreeing. #RedFlagCampaign
- Independence is a hallmark of #healthyrelationships. Partners maintain friendships outside of the relationship. Either partner has the right to end the relationship. #RedFlagCampaign
- Equality is a hallmark of #healthyrelationships. Partners share decisions and responsibilities. #RedFlagCampaign
- The person being abused is never to blame when violence is used against them. The use of violence is never acceptable. #RedFlagCampaign
- Recognize warning signs: Threats of violence often result in physical violence, and should be taken very seriously. If you have been threatened, contact [campus resource] and seek help from your local sexual or domestic violence program. #RedFlagCampaign #SaySomething
- Is your partner continuously checking up on you either online or through friends? Stalking can happen even in dating relationships. If your current partner is tracking your every move and making you afraid, that is considered stalking. #RedFlagCampaign
- “My partner only gets angry with me when they’re drunk, so it’s not really serious.” Alcohol and drugs can aggravate violence behavior, but do not directly cause it. #RedFlagCampaign
- “I don’t want to interfere in their personal life; if my friend wanted help, they would ask.” Many people don’t feel comfortable discussing dating violence. Tell your friend you have noticed unhealthy behaviors and offer a helping hand. This might be what they need to get help. #redflagcampaign #SaySomething
- Recognize the signs of unhealthy relationships: Dishonesty, physical abuse, disrespect, intimidation, sexual abuse, isolation, hostility, microaggressions. If you are experiencing any of these, or know a friend who is, maybe it’s time to get some help. #RedFlagCampaign #SaySomething
- 1 in 5 college students experience sexual or dating violence before they graduate. If it happens once, it can happen again. Dating violence is rarely a one-time occurrence and usually escalates in frequency and severity. #RedFlagCampaign #SaySomething
- Abusive people often isolate partners from friends and family. If you are feeling cut off from your friends and family, try reaching out to those you have not connected with for a while, seek support from your counseling office on campus, or local sexual/dating violence center. #RedFlagCampaign