



This toolkit is here to help build participation among our shared audiences to improve the social media landscape. Thank you for your support.

**The goal is for YOU to create your own post on IG, Twitter, LinkedIn, or Snapchat, and share all 4 of the photos below, OR share @maddiecfreeman's post to your followers.**

**Key Links:**

- Website Link: [NoSo November](http://NoSoNovember.org)
- IG Handle: @maddiecfreeman Twitter: @NoSoNovember

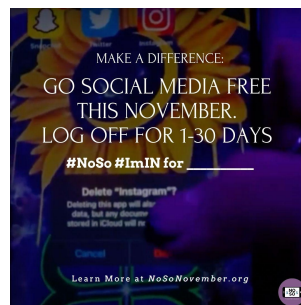
Please Post on **Wednesday, October 25th**

Post at **10am EST, 8am MST, 7am PST** or as close to this time as possible

**Sample Captions to use: You may add to/edit. Please include # & @**

1. Join the movement and push back against social media companies' profit over people model. #NoSo #ImIN [NoSoNovember.org](http://NoSoNovember.org)
2. I'm an advocate for change, and #ImIN for (insert time commitment here). Are you?! #NoSo [NoSoNovember.org](http://NoSoNovember.org)
3. I am an advocate for change, and though I am unable to take a detox, I want to spread awareness around social media's harms on mental health! #NoSo [NoSoNovember.org](http://NoSoNovember.org)

**Share all 4 of these photos IN ORDER to your account!:**



**Download posts here:**

1. [Full size/download](#)
2. [Full size/download](#)
3. [Full size/download](#)
4. [Full size/download](#)

**OR you can post our Video/Reel:**

- [Reel #1](#)      [Reel #2](#)