



# SOCIAL MEDIA POSTS

## Be a Signal for Help Responder

Use the image provided in the Toolkit, and copy + paste this text into the caption. Where the bolded text is, you can tag our social media accounts.

### Facebook and LinkedIn

If you see the #SignalforHelp, or know someone who may be experiencing gender-based violence, be a #SignalResponder. Text SIGNAL to 540-540 or visit SignalResponder.ca for a **Canadian Women's Foundation** guide on how to support them.

### Twitter

If you see the #SignalforHelp, or know someone who may be experiencing gender-based violence, be a #SignalResponder. Text SIGNAL to 540-540 or visit SignalResponder.ca for a **@cdnwomenfdn** guide on how to support them.

### Instagram Grid

If you see the #SignalforHelp, or know someone who may be experiencing gender-based violence, be a #SignalResponder. Text SIGNAL to 540-540 or visit SignalResponder.ca for a **@CanadianWomensFoundation** guide on how to support them.

### Instagram Story

Add the 4 slides in numerical order to your story. On the last one, include a link to SignalResponder.ca in the box.

### TikTok

Go to our account and do a duet with one of the Signal for Help videos that resonates with you.

Know someone who may be experiencing violence? Be a #SignalForHelp #SignalResponder. Text SIGNAL to 540-540 to get a helpful **@cdnwomenfdn** guide.



1. Palm to camera and tuck thumb



2. Trap thumb

**The Canadian Women's Foundation** is a national leader in the movement for gender equality in Canada. For thirty years, we have supported women, girls, and gender-diverse people to move out of violence, out of poverty, and into confidence and leadership. Since 1991, our tireless supporters have raised more than \$150 million to fund over 2,500 life-transforming programs throughout the country.

canadianwomen.org | info@canadianwomen.org

