

# SAMPLE SOCIAL MEDIA POSTS

## Twitter

The Back To School toolkit is here! Download to spread awareness about emotional intelligence in your community [bit.ly/mhabts](http://bit.ly/mhabts)

Going #backtoschool isnt just for kids&teens! Parents can prepare for the school year with Back to School toolkit [bit.ly/mhabts](http://bit.ly/mhabts)

Heading #backtoschool can create a lot of feelings that you might not be familiar with. Learn how #emotionsmatter at [bit.ly/mhabts](http://bit.ly/mhabts)

Looking for info on #mentalhealth this school year? Download the free 2017 #BackToSchool toolkit at [bit.ly/mhabts](http://bit.ly/mhabts) #EmotionsMatter and so do you.

Learn more about how to manage your #mentalhealth this school year at [bit.ly/mhabts](http://bit.ly/mhabts)

Download the #BTS toolkit to learn more about how to teach kids that #emotionsmatter and it's ok to ask for help [bit.ly/mhabts](http://bit.ly/mhabts)

Kids deal with some pretty heavy stuff. Learn how #emotionsmatter and how to cope with difficult situations at [bit.ly/mhabts](http://bit.ly/mhabts)

Lets face it: smtmes school sucks but your #mentalhealth doesnt have to. Learn how #emotionsmatter & how to cope at [bit.ly/mhabts](http://bit.ly/mhabts)

Dealing with #allthefeels can be frustrating but there are helpful & harmful ways to cope with them at [bit.ly/copingtips](http://bit.ly/copingtips)

What #copingskills can we teach kids to deal with unfamiliar feelings? Learn more by downloading the #BTS toolkit at [bit.ly/mhabts](http://bit.ly/mhabts)

How many words for #emotions are there in English? Over 400! Learn how #emotionsmatter & ways to cope this year [bit.ly/mhabts](http://bit.ly/mhabts)

How do you cope with unfamiliar/intense emotions at school? Here are some helpful ways to manager emotions [bit.ly/copingtips](http://bit.ly/copingtips)

Students who have strong social emotional skills have better physical and mental health #EmotionsMatter [bit.ly/mhabts](http://bit.ly/mhabts)

Helpful vs Harmful: Ways to Manage Emotions [bit.ly/copingtips](http://bit.ly/copingtips)

Youth Mental Health: Emotions Matter [bit.ly/mhabts](http://bit.ly/mhabts)

Tips for Teachers: Ways to Help Kids Who Struggle with Emotions or Behavior [bit.ly/mhabts](http://bit.ly/mhabts)

Helping at Home: Tips for Parents [bit.ly/mhabts](http://bit.ly/mhabts)

Talking To Adolescents and Teens: Starting The Conversation [bit.ly/talk2teens](http://bit.ly/talk2teens)

Tips for Teaching Social & Emotional Skills to Students [bit.ly/mhabts](http://bit.ly/mhabts)

# Facebook

Getting ready for the start of a new school year can be overwhelming, especially for kids who may be dealing with a range of issues at home and their communities. Young people need support too. Learn how increasing emotional intelligence and self-regulation can be great tools! Download the complete #BacktoSchool toolkit to get a range of free materials: [bit.ly/mhabts](https://bit.ly/mhabts) #parents #teachers #emotionsmatter

Parents/Teachers/Caregivers: It's #BackToSchool time. Get yourself and the youth in your life prepared to tackle the school year by downloading our #BackToSchool toolkit. Learn how emotional intelligence and self-regulation can help improve your youth's #mentalhealth. Download the toolkit: [bit.ly/mhabts](https://bit.ly/mhabts)

Are you prepared for the school year? We are! Make sure to download the free 2017 #BackToSchool toolkit focused on increasing emotional intelligence and self-regulation at [bit.ly/mhabts](https://bit.ly/mhabts) #parents #teachers

Dealing with unfamiliar or intense emotions can be tough, especially at school. Learn some helpful ways to manage your emotions with our #BackToSchool toolkit: [bit.ly/mhabts](https://bit.ly/mhabts)

Did you know that students who have strong social emotional skills have better physical and mental health? They are all related, learn how you emotional intelligence can be a life changer for you and your community [bit.ly/mhabts](https://bit.ly/mhabts) #EmotionsMatter #themoreyouknow #geteducated

What do your emotions have to do with #mentalhealth? Everything. #EmotionsMatter and so do you. Learn more about how to manage your #mentalhealth this school year at [bit.ly/mhabts](https://bit.ly/mhabts)

What #copingskills are the youth in your life using to deal with unfamiliar feelings? Need some info on how #copingskills can help #mentalhealth? Download the #BacktoSchool toolkit to learn more and how to teach kids that #emotionsmatter [bit.ly/mhabts](https://bit.ly/mhabts)

Kids and teens today are dealing with some heavy stuff -- cyber-bullying, body shaming, community violence, abuse, neglect, unstable home lives, drug exposure, sexual orientation, immigration issues and more. Don't be unprepared. Learn how #emotionsmatter and how to help them cope with difficult situations at [bit.ly/mhabts](https://bit.ly/mhabts) #backtoschool #parents #teachers

While we can't completely shield young people from all the stressful or traumatic situations they may be facing, we can help them learn to manage their emotions and reactions in ways that cultivate resilience. Learn how you can help the young people in your life by downloading the #BacktoSchool toolkit [bit.ly/mhabts](https://bit.ly/mhabts)

Some children may not have the tools that they need to effectively handle emotions like fear, sadness, and anger, which are often at the root of misbehavior. Download the #BTS toolkit to learn more about how to teach our kids that #emotionsmatter and it's ok to ask for help [bit.ly/mhabts](https://bit.ly/mhabts) #backtoschool #parents #teachers