

TEEN HEALTH MISSISSIPPI



You're in the Race!

In these uncertain times, young people are in a marathon for their lives and futures. Thank you for joining Teen Health Mississippi (THMS) in the race to create change! Your presence and support on social media can make a real difference in the life of youth in Mississippi.

Together, we can build a Mississippi where all of our young people have access to the essential knowledge, skills, resources, and support they need to grow into healthy adults and move communities forward.



THMS Mission

To ensure that all young people in Mississippi have access to high-quality sex education and youth-friendly healthcare services



Your Mission

Let your friends and followers know about this race for change and the impact they can have on improving health outcomes for young people

Let's Connect

Start by following Teen Health Mississippi on Facebook and Instagram to stay connected and see the updates we share.



Interact With Our Posts

When you interact with our posts on social media, you're helping to expand our reach and show your support. You can help us spread the word with simple interactions!

- React with a “like” on posts that you connect with or support
- Leave a comment to add your thoughts to the discussion
- Tag friends who'd be interested in comments to get their attention
- Share a post to expand its reach online

Create Your Own Posts

Ready to use your voice to promote teen health in Mississippi? You can create your own posts or adapt our resources to make them your own. Review these tips and best practices for joining the conversation on Facebook and Instagram.

Hashtags & Mentions

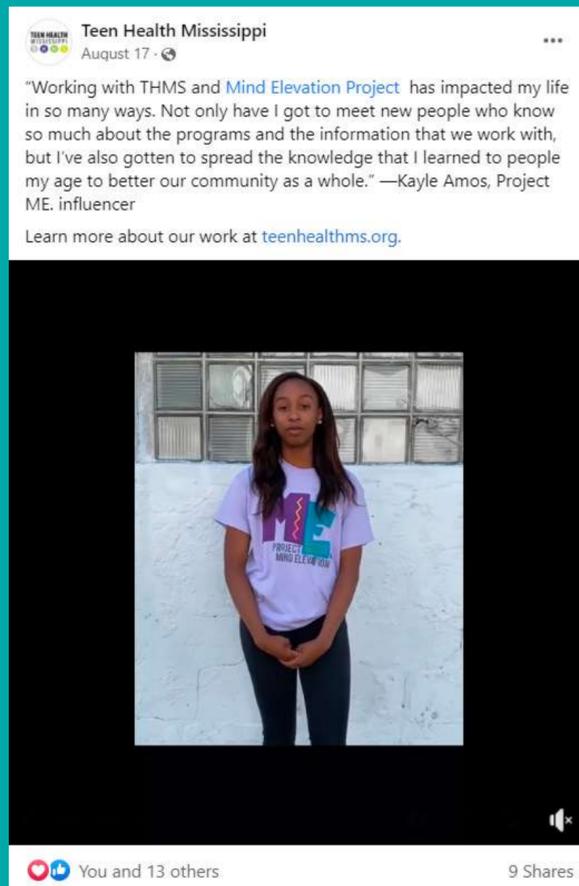
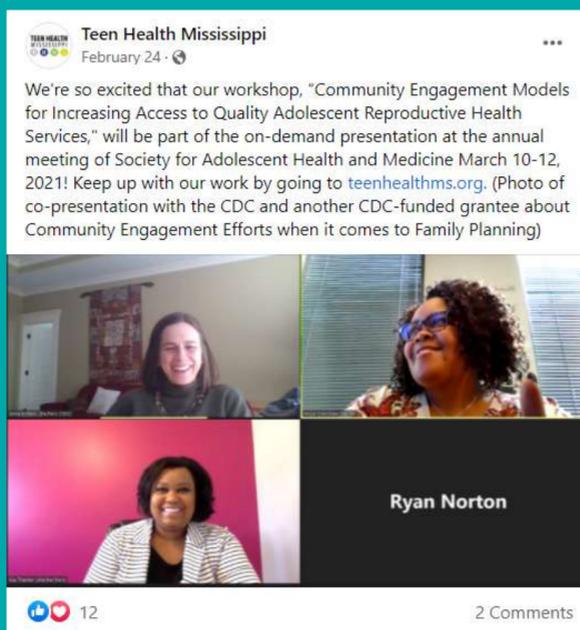
To group all of these posts together and keep track of the race for young people's health, we encourage you to use one or more of the following hashtags within each post that you create on the topic.

- #teenhealthmsmarathon
- #raceforteenhealth
- #msforsexed
- #sexedforall
- #inittowinit
- #teenhealthmississippi
- #teenhealthms
- #mississippiansforsexed

And to help ensure that our team sees your post, be sure to mention our Teen Health Mississippi account.

- On Facebook, type “@” and then begin typing Teen Health Mississippi within the post to mention us.
- On Instagram, use @teenhealthms in your post.





Post Content

Let your personality, thoughts and experiences shine through in the posts you create for improving the health of young people in Mississippi! Check out the following examples of content you might share, along with a link to the [Join the Race](#) page on our site.

- There's a race to improve health outcomes for teens in Mississippi. And I'm joining forces with Teen Health Mississippi to ensure young people have the life-saving resources necessary to make decisions for their futures. Race with me?
- We're all living in scary times, and the education and health of our young people hang in the balance. Youth are in a marathon for their lives and futures. I'm joining them in the race for change. Who else is in?

Or, add your own thoughts to these [statistics on sex education](#).

- High school teachers only provide 6.2 hours of sex education on average, which is not nearly enough.
- 28 states, including Mississippi, require sex education to stress abstinence, which does not provide teens with the full picture of sexual wellness.
- 19 states require instruction on the importance of engaging in sexual activity only within marriage, leaving out the life skills for healthy teen relationships.

Or, use these questions as prompts for posts sharing personal thoughts and experiences.

- What was your sex ed experience like?
- What do you wish you knew when you were 16?
- What was your experience like as a young person looking for evidence-based information about sex and health?
- What does sex ed for all mean to you?

Resources to Get Ahead

The THMS website is full of information and resources to help you spread the word and get ahead in the race to improve teen health.

- [Join the Race campaign page](#)
- Information on [Mississippi's Sex Education Law](#)
- [Statistics](#) on teen birth and STI rates in Mississippi
- An [interactive tool](#) for learning about and accessing contraceptive options
- [Sex education statistics](#)
- [Resources for teens](#) learning about, advocating for, or choosing to practice safe sex
- A tool to [find youth-friendly healthcare](#) near you
- [THMS mission and vision](#)



Facebook Fundraising

Facebook allows you to use its platform to fundraise for the causes you care about. [Create a Facebook Fundraiser](#) to support our work to improve health outcomes for teens in Mississippi and share it with your friends and followers.

Questions?

The THMS team is here to help you spread the word to your social media networks. Reach out to us at contact@teenhealthms.org with questions, requests or more ways to get involved.



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Facebook



Instagram