Welcome All Levels Welcome Mobile Devices Welcome Laptops Welcome Party Attitude Welcome

Facebook + Instagram Work Party!

#wearewscadv #andjusticeforall
Facebook + Instagram WORK PARTY!

SUMMER CARRICK, WSCADV IN OLYMPIA
PANDEM BUCKNER, DAWN IN SEATTLE
KATIE WALTEN, ESS IN LONGVIEW
JUST WANT TO SAY

THANK YOU FOR BEING A FRIEND
Give a wave to the person to your left
Now go learn about them. Create a "Status Update" about your person. Write it down. Determine three hashtags about each other.
Now create a post about this conference or workshop.

Social Anxiety how it really is:

At home:
*badass*
*aggressively dances around with a hairbrush-microphone singing blink-182 in my underwear*
*reveals true insanity on tumblr*

In public:
*oh god don't look at me*
*please don't touch me*
*don't ask me anything*
*don't make eye contact*
*wrists are a little provocative let's wear a jacket*
*don't speak and they won't know you're there*
*I want to go home*
Por Ejemplo

Together with these amazing brilliant woman coming together to talk about how to help someone in an abusive relationship guide! Love them!!! #wearewscadv #refusetoabuse5k #lovemyjob #sisepuede #seattlemariners

I LOVE that you do this Debbie! Having been in an "verbal " abusive relationship myself (ex- husband)and was able to overcome many obstacles during that time- it's nice that many out there are able to help others. I also […] love u Ames!!!!
55% of people who engage with causes via social media are inspired to get more involved. (Source: NonprofitHub.org)

50% of nonprofit communicators label social media as a “very important” communication tool. (Source: Nonprofit Marketing Guide)

55% who engaged with causes via social media have been inspired to take further action. (Source: Waggener Edstrom)

YouTube is the number 1 social media site used by US charities and non-profit organizations. (Source: UMass)

Of all social media platforms, nonprofit marketers use of Instagram increased the most in 2016 from 38% to 58%. (Source: CMI & Blackbaud)

65% of Gen Y audience prefers to learn about nonprofits via their websites. Social media followed at 55%. (Source: Millennial Impact Report)
SURVIVORS ARE REACHING OUT ON SOCIAL MEDIA MESSAGING PLATFORMS MORE AND MORE EVERY YEAR.

EVIDENCE SUGGESTS THAT YOUNG MEN WHO SPEAK ONLINE TO FRIENDS ABOUT PROBLEMS ARE MORE LIKELY TO HAVE HIGHER LEVELS OF MENTAL WELLBEING THAN THOSE WHO DO NOT (BEST, MANKTELOW, & TAYLOR, 2014)

THE NATIONAL DV HOTLINE BEGAN TEXT AND ONLINE CHAT IN 2012. DIGITAL ADVOCACY SERVICES INCREASED 147% IN 2018, MOVING CLOSER TO 1/2 OF ALL ADVOCACY SESSIONS AT 47%.
5 WAYS SOCIAL MEDIA CAN CREATE SOCIAL CHANGE

1. **IT LETS US COMMUNICATE MORE MESSAGES TO MORE PEOPLE, MORE QUICKLY.**

2. **IT PROVIDES A PLATFORM TO SHARE NEWS AND CURRENT EVENTS WITH OTHERS IN A WAY THAT IS NOT GUIDED SOLELY BY MAINSTREAM MEDIA.**

3. **IT PROVIDES A SPACE FOR EVERYONE TO #BEAVOICE AND JOIN IN CRUCIAL CONVERSATIONS ALL ACROSS THE WORLD.**

4. **IT CREATES A SPACE TO FOSTER COLLABORATIVE CONVERSATIONS ACROSS MOVEMENTS.**

5. **IT GIVES US THE POWER TO CALL OUT INJUSTICES AND INACCURACIES BY PORTRAYING REALITIES.**

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LEARN MORE AT NNEDV.ORG
HASHTAGS BE LIKE...

#MaybeHeDoesntHitYou
#WhyIStayed
#DomesticViolence
#SayHerName #Survivor
#NoMoreDrama #Enough
#MeToo #TimesUp
#Safety4Survivors #Basta

#WeAreWscadv
#andjusticeforall
#donarlove #instagood
#WaLeg #Wechooseallofus
#EndDV #IIt #Lovelifewhatthis
#Workflow #Squadgoals
#Advocatesdoitbetter
#Seattle #PNW #Spokane
#Yakima #workin #DVAM
#pressforprogress

#impact #changemakers
#advocate #workflow
#justicia #feminist
#LGBTQ+ #activist
#socialchange
#resportativejustice
#organizer #racialequity
#disability
#everydaysocialjustice
HASHTAGS BLITZ!

Now, Take a Post-it and write down three hashtags related to your vision/mission of your program and post to the wall.
Why “real life”? People who are involved in sex trafficking commonly use the phrase “the life” to describe their situation. We understand that “the life” they are living has Real challenges, Real risks, and they are Real people with value and strength. We decided to use this name to describe our program because we can help survivors talk about Real life struggles, Real solutions, and help people experience the Real life they seek.

Follow us on Instagram @realifeadvocacy for more updates!
reallifeadvocacy: Pride is in full swing! Happy pride month everyone!! We’re here at LCC for another hour slinging temporary tattoos, stickers, and fliers for our new support group! Come on by!

#safetyisforeveryone #pride #lgbtq #pridemonth #advocacy #local

13 likes
Hello everybody! Welcome to Midnight Sunrise, a Facebook page dedicated to helping survivors of intimate abuse - domestic, physical, emotional, sexual, financial, and social.

Why did I pick the name "Midnight Sunrise"? Because we are all about finding light in the darkest hours of our lives, and helping others do the same in theirs.

Here, we will share inspirational and helpful memes, post stories of abuse, increase awareness of just how sadly common abuse is, and help survivors and victims find useful resources.

NOTE: All of us here are advocates, but most of us are NOT certified abuse counselors. We are all survivors of various forms of abuse; because of our experiences, we have dedicated ourselves to changing the world to help stop abuse and provide support for others.

Let's change the world together! Let's make the sun rise at midnight!

~Starlight~
<table>
<thead>
<tr>
<th>I believe you.</th>
<th>I am so sorry this is happening to you.</th>
<th>Thank you for sharing this.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t even know what to say right now, but I am so glad you told me.</td>
<td>You don’t deserve this.</td>
<td>Thank you for telling me.</td>
</tr>
<tr>
<td>It’s not your fault.</td>
<td>You are not alone.</td>
<td>You get to choose what you do next.</td>
</tr>
</tbody>
</table>

**Know what to say**

*October is Domestic Violence Action Month*
Everyone warns you about red flags in a relationship but I want to hear about green flags

So here's some. Add your own if you'd like!

* listens to you talk when you have issues and supports you through them
* stops doing things you tell them make you uncomfortable
* compromises when necessary
* never puts you down deliberately, especially not publicly
* supports your ambitions
* uses a calm rational tone during arguments
* is able to apologise when they're in the wrong
* aids your growth process
Get comfy on screen

THAT FEELING WHEN

THE FIRST PART OF YOUR INSTAGRAM STORY HAS 47 VIEWS BUT THE LAST PART HAS 3

2016
Found a picture of my grandma

2090
Found a picture of my grandma
Snapchat: Hey! You can't do that!
We started stories!

Instagram:

Time to Get Live
Rinse and Repeat.
Be Yourself, Be Bold, Be Real.
Group Up and Coming!
"I have one to two accounts, I don’t feel like I know what I’m doing." with Pandem

Group Digital Networkers!
"I have two or more accounts, I kind of know what’s going on and want to learn more." with Katie

when I die, I want the people I did group projects with to lower me into my grave so they can let me down one last time

Group Social Media Socialites!
"I have three plus accounts, I’ve been here a while and want an advanced discussion customized to my interests." with Summer
Si Se Puede!