



National Women and Girls HIV/AIDS Awareness Day

March 10

How to Celebrate National Women and Girls HIV/AIDS Awareness Day Online

Did you know you can use social media to raise awareness about how women and girls are impacted by HIV/AIDS? Social media networks provide a great space for people to share their experiences, encourage discussion, and educate one another. Use your Facebook page, Twitter feed, Tumblr, or blog to raise awareness about HIV/AIDS in honor of National Women and Girls HIV/AIDS Awareness Day on March 10, or anytime throughout the month of March. Consider using one of the suggested ideas below:

Spread the word through Facebook

Update Facebook with the National Women and Girls HIV/AIDS Awareness Day Twibbon.

Replace your profile photo with the National Women and Girls HIV/AIDS Awareness Day Twibbon to increase awareness among your friends.

Join the conversation on the Office on Women's Health Facebook page.

Participate in the discussion and tell us how you're observing National Women and Girls HIV/AIDS Day in your community on the [Office on Women's Health \(OWH\) Facebook page](#). Comment on, "like," and share National Women and Girls HIV/AIDS Awareness Day posts made by OWH, along with your thoughts, on your organization's Facebook page.

Use Facebook to post about National Women and Girls HIV/AIDS Awareness Day.

Mention something about HIV/AIDS and National Women and Girls HIV/AIDS Awareness Day in your Facebook status. Include a link people can go to for more information (such as <http://www.womenshealth.gov/nwghaad/>). Or use any of the suggested Facebook posts below:

- Join us in taking action during National Women and Girls HIV/AIDS Awareness Day. <http://1.usa.gov/XCGZkr>
- Women carry a heavy burden in the fight against HIV/AIDS. Educate yourself, educate others, and take action. This year, National Women and Girls HIV/AIDS Awareness Day is on March 10. <http://www.womenshealth.gov/nwghaad/>
- One in 139 women will be diagnosed with HIV in her lifetime. Join us in observing National Women and Girls HIV/AIDS Awareness Day on March 10. Share knowledge. Take action. <http://www.womenshealth.gov/nwghaad/>
- March 10 is National Women and Girls HIV/AIDS Awareness Day. How are you joining the movement? Learn how you can get involved: <http://www.womenshealth.gov/nwghaad/>

Write a Facebook “note.”

If you don't have a blog, write a “note” on Facebook about how women and girls are impacted by HIV/AIDS. Note topics could include how HIV/AIDS has affected your community or how you're taking action during National Women and Girls HIV/AIDS Awareness Day. Or share a list of the top five HIV/AIDS facts you want every woman to know. Here are some sample facts:

- At some point in her lifetime, 1 in every 32 black women and 1 in every 106 Latina women will be diagnosed with HIV.
- According to the CDC, 1 in 4 new HIV infections occur in youth ages 13–24 each year.

Find more facts by visiting OWH's [HIV/AIDS page](#).

Spread the word through Twitter

Follow National Women and Girls HIV/AIDS Awareness Day via @womenshealth on Twitter.

Follow the official [OWH Twitter page](#). Tweet, retweet, and join the conversation with your own tweets using the official hashtag #NWGHAAD.

Update your Twitter photo.

Update your Twitter photo with the National Women and Girls HIV/AIDS Awareness Day [Twibbon](#).

Host a Twitter chat.

Hold or participate in a live Twitter chat discussing how HIV/AIDS impacts women and girls in your state or local community. Encourage your community to join the chat by inviting them via Twitter, Facebook, or local group email lists.

Tweet about National Women and Girls HIV/AIDS Awareness Day.

You can use one or more of the following suggested tweets to help us spread the word about National Women and Girls HIV/AIDS Awareness Day:

- March 10 is our time to take action together against HIV/AIDS. Learn how: <http://www.womenshealth.gov/nwghaad/> #NWGHAAD #HIV #AIDS
- Together we can fight HIV/AIDS. Take charge and get tested. #Knowyourstatus #NWGHAAD <http://www.womenshealth.gov/hiv-aids/get-tested-for-hiv/index.html>
- Today is our day to join together to educate ourselves and take action. Learn how: <http://womenshealth.gov/nwghaad/events/> #NWGHAAD #HIV #AIDS
- Today is our day. Join the movement. #NWGHAAD #HIV #AIDS <http://www.womenshealth.gov/nwghaad/>

Other ways to spread the word online

Create a National Women and Girls HIV/AIDS Awareness Day Board on Pinterest.

Create a Pinterest board to fit this year's theme with the title, "Share Knowledge. Take Action." Share the observance day infographic, Web badge, or any visual elements you can produce to highlight the facts and statistics surrounding HIV/AIDS and women and girls. When you post something to Pinterest, be sure to use the #NWHGAAD hashtag.

Share articles on LinkedIn.

Use your LinkedIn "status update" to share an article about HIV/AIDS, your National Women and Girls HIV/AIDS Day event, or the National Women and Girls HIV/AIDS Day website on your profile, company, or group page.

Post photos to Flickr.

Take pictures of what you are doing to observe National Women and Girls Awareness Day, upload them to Flickr, and tag them with #NWHGAAD. Share the photos with others to help raise awareness. You can also share your photos on Facebook, Twitter, Instagram, or any other photo-sharing website.

Share videos via YouTube.

Take videos of what you are doing to commemorate National Women and Girls HIV/AIDS Awareness Day. Post your videos to YouTube and share them on Facebook, Twitter, or Tumblr. Tag them with #NWHGAAD and include www.womenshealth.gov/nwghaad in the video description to help your viewers find more information.

Record a podcast.

Record a podcast about HIV/AIDS to educate others and inspire people to take action. Share the podcast on your organization's website as well as on Facebook, Twitter, and other social networking sites.

Write and publish a blog post.

Write a blog post about NWHGAAD or any other topic that focuses on HIV/AIDS among women and girls. For example, the blog post could be about erasing stigma or increasing awareness, education, and prevention. Share your blog on Facebook, Twitter, and other social networking sites.

Create a video blog.

Create a video blog sharing how HIV/AIDS has affected you or how you are raising awareness of the disease. You can also use your blog to feature your experience at an NWHGAAD event. Share your videos on Facebook, YouTube, Twitter, and other social networking sites.

Host a webinar.

Present a free webinar that discusses some of the myths and facts about HIV/AIDS or provides general information about the disease. Encourage discussion and inspire participants to take

action. Promote the webinar on your organization's website and on Facebook, Twitter, or LinkedIn.

Send an e-card.

Make sure your friends and family know about National Women and Girls HIV/AIDS Awareness Day! Send them an [e-card](#) with details about the observance day and how they can get involved.

Share statistics on HIV/AIDS among women and girls in your community.

Create an infographic about HIV/AIDS with a focus on a statistic or facts from your community or state. (For state information, [see state profiles from the Centers for Disease Control and Prevention](#).) Share your graphic on Facebook, Twitter, Tumblr, or Pinterest to help raise awareness.

Create an online quiz.

Create an online quiz and challenge others to see how much they know about HIV/AIDS. Then encourage those who finish the quiz to share it! You can share the quiz on your organization's website or on Facebook, Twitter, or LinkedIn.

Hold a virtual health fair.

Hold a virtual health fair where women and girls can learn about HIV/AIDS. Your health fair can be as simple as a blog you create, a separate page on your organization's website, or a live Twitter chat. Provide your participants with a listing of locations where they can obtain HIV screenings ([the awareness day website](#) has a tool you can use to locate HIV testing sites in your area) and resources about the disease. Promote your virtual health fair on your organization's website and its Facebook and Twitter pages.