

**October: Domestic Violence Awareness Month | Health Literacy Month | Mental Illness Awareness Week (6-12) | World Mental Health Day (10) | Pregnancy and Infant Loss Awareness Day (15) | National Latino AIDS Awareness Day (15) | National Health Education Week (21-25)**

Follow WeCanStopSTDsLA all month long for local news and events from our partners as well as informative messages related to sexual health, STDs and general health and wellbeing.

>> October assets can be found here: <https://tinyurl.com/y2prppo5>

To start this month's campaign, follow these 2 steps:

1. Follow @WeCanStopSTDsLA on Facebook, Twitter or Instagram
2. Kick the month off with a post about Domestic Violence Awareness Month!
  - a. October is #DomesticViolenceAwareness month. Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other. 1 in 4 men are victims of some form of physical violence by an intimate partner. Get help at <https://www.thehotline.org/>




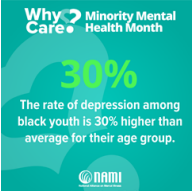

**HASH TAGS:** #DomesticViolenceAwareness #healthliteracymonth #NAMICares #WhyCare #mentalhealthawarenessweek #sexualhealth #PocketGuideLA #WeCanStopSTDsLA #EndtheEpidemics






**ORGANIZATIONS TO LIKE OR FOLLOW**

Organization	Instagram Handle	Twitter Handle	Facebook
KIR-T	@keepingitreal_together	@kir_together	
C2PLA		c2pla	
REACH LA		@REACHLA	
The Positive Results Corporation	@thepositiveresults	@prc123org	
Black Women For Wellness	@bwwla	@BW4WLA	@blackwomenforwellness
Get Smart Before You Get Sexy	@getsmartb4ugetsexy	@GSB4UGS	@getsmartb4ugetsexy
Teen Source	@teensourceorg		@teensource
The L.A Trust		@thelatrust	
St. John's Well Child	@wellchildorg	@wellchildorg	
St. John's SLAY	@stjohnsslay	@stjohnsslay	
Planned Parenthood Los Angeles	@pplapeeradvocates	@pplosangeles	@plannedparenthoodla
The Wall Las Memorias Project	@the_wall_las_memorias	@thewallmemorias	@thewalllasmemorias
Get Prep LA		@getprepla	
LA Condom	@lacondom		@lacondom
Amaze.org		@amazeorg	@amazeparents

Essential Access Health	@essential_access_health	@essnaccesshlth	@essentialaccesshealth
Int'l Planned Parenthood Fed.	@ippf_global	@ippf	@plannedparenthood
CALCASA – California Coalition Against Sexual Assault	@cal_casa	@calcasa	
AMAAD – Arming Minorities Against Addiction & Disease	@amaad_institute	@amaadinstitute	

## SUGGESTED POSTS

Date	Content (Instagram, Facebook & Twitter)
Tue 10/1	CAC meeting notice
Thur 10/3	CAC events in October
Fri 10/4	October is #DomesticViolenceAwareness month. Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other. 1 in 4 men are victims of some form of physical violence by an intimate partner. Get help at <a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
Sun 10/6	 <p>It's #mentalillnessawareness week! #NamiCares #WhyCare</p>
Mon 10/7	Take steps to improve your health literacy during #healthliteracymonth. Step 1: Improve your communication with health professionals. Make a list of symptoms and questions you have before your appointment, then take notes about what is said.
Mon 10/7	DV Awareness month message (PRC)
Mon 10/7	 <p>#mentalhealthawarenessweek #NamiCares #WhyCare</p>
Tues 10/8	 <p>#mentalhealthawarenessweek #NamiCares #WhyCare</p>
Wed 10/9	 <p>#mentalhealthawarenessweek #NamiCares #WhyCare</p>
Thurs 10/10	 <p>Today is world mental health day #NamiCares #WhyCare #mentalhealthawarenessweek</p>

Fri 10/11	DV Awareness month message (PRC)
Mon 10/14	#healthliteracymonth Step 2: Make sure you know who to call with any follow-up questions you have after your appointment with a health professional.
Tue 10/15	 <p>Pregnancy and Infant Loss Awareness Day. #NeverBeStill</p>
Tue 10/15	 <p>National Latino AIDS Awareness Day #NLAAD Find a clinic in the @PocketGuideLA and get tested.</p>
Wed 10/16	DV Awareness month message (PRC)
Thurs 10/17	Reminder message about local events.
Mon 10/21	 <p>National Health Education Week #NHEW</p>
Tue 10/22	 <p>#NHEW</p>
Wed 10/21	DV Awareness month message (PRC)
Thurs 10/22	#healthliteracymonth Step 3: Attend health education programs at a library, community center, or anywhere you can find them in your community.
Thurs 10/22	 <p>#NHEW</p>
Mon 10/28	DV Awareness month message (PRC)
Tue 10/29	#healthliteracymonth Step 4: Talk to local schools and request that kids are taught about health literacy and education so they are prepared as they get older.