



Find Your Good Social Media Toolkit



Introduction

The Find Your Good campaign aims to promote healthy activities and positive interactions between youth, to help them recognize there are choices available other than using substances.

It was created by youth for youth. Messages come from local middle and high school students sharing "their good" – the healthy ways they cope and deal with stress that help them stay substance free.

Find Your Good helps young people find connection and support by encouraging community engagement.

"I box every day from 5-8. I like boxing because it's good exercise, I get to meet new people, and my dad likes it. Boxing is my good, it's why I choose not to use." - Ben, age 15

www.YouthNow.me/FindYourGood

Using the Toolkit



Visit the website:
www.YouthNow.me/FindYourGood.



Right click to save the images and corresponding captions to share on your social media (hold down thumb if accessing on mobile device).



Post content with the hashtags
#FindYourGood #ChooseNotToUse
#ChooseNoBooze #YouAreGood.



Start conversations. Engage your audience and encourage to share the good in their lives with their own captions and own photos.

20%

The 2016 Healthy Youth Survey shows one in five Washington 10th graders reported using marijuana in the last 30 days. Alcohol use was higher than any other substance.

