

Connect with Me for Let's Talk Month Social Media Tool Kit

This October is Let's Talk Month, which is a national campaign to encourage adults to talk with the young people in their life about health. This year, Governor Michael Parson signed a proclamation to recognize Let's Talk Month in association with the Missouri Department of Health and Senior Services (DHSS) Connect with Me campaign.

DHSS is providing this tool kit for stakeholders to spread Let's Talk Month messages that create awareness and encourage communities to engage in open, honest and ongoing conversations with young people about their health. Due to the high rate of teens across different genders, races and family-income levels reporting that anxiety and depression are significant problems among their peers, this kit also includes messages around mental health awareness in observance of World Mental Health Day on October 10th.

DHSS put together a separate social media campaign for Let's Talk Month. Each week in October, DHSS will post about the Let's Talk Month campaign and mental health awareness. Share the social media content from DHSS: [Facebook](#) and [Twitter](#).

Facebook: <https://www.facebook.com/HealthyLivingMo/>

Twitter: <https://twitter.com/HealthyLivingMo>


There are also images with links that can be used with posts located at the end of this document or you can check-out some of the campaign's messages, videos, and ads on the [Connect with Me website](#).

Additional Connect with Me assets can be found here: <https://stateofmissouri.box.com/s/gllvl9rgdq2xzldmmb07wtgm692pes8r>.

****These messages are optional. You can choose which social media posts you'd like to use, you do not have to use any or all of them. Please note that Twitter posts can be used on Facebook if you choose but due to length some Facebook posts cannot be used on Twitter. ****

Social Media Messages Tool Kit

October #LetsTalkMonth



Date to post	Facebook	Twitter	Comments
Week 1	<p>It is here! Governor Parson has proclaimed that this October is #LetsTalkMonth to promote mental health, create healthy relationships, reduce teen pregnancy and sexually transmitted infections (STIs), improve access to health care and create supportive environments for all youth. Find the full proclamation and resources on the Connect with Me website.</p> <p>#ConnectWithMe</p> <p>https://health.mo.gov/connect</p>	<p>It's here! Gov. Parson proclaimed October is #LetsTalkMonth to promote mental health, create healthy relationships, reduce teen pregnancy and sexually transmitted infections (STIs), improve access to health care and create supportive environments for all youth.</p> <p>#ConnectWithMe</p>	


Week 1



Did you know that October is #LetsTalkMonth? Talking with teens may not always be easy, but it is important to have meaningful conversations with them. Check out the [Connect with Me](https://health.mo.gov/connect) campaign to find tools to strengthen these conversations. #ConnectWithMe
<https://health.mo.gov/connect>



No matter a youth's age, it is never too late to improve relationships with the adolescents in your life. All you have to do is start talking! Find help starting the conversation at health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth







Week 1	<p>Do you have a teen in your life that looks to you for support or guidance? Are you a parent, uncle, teacher or other adult that works closely with teenagers? You play a powerful role in improving your teen's mental health through open and honest conversations. Use these Connect with Me cards to get started! #ConnectWithMe https://health.mo.gov/connect</p>	<p>Do you have a teen in your life that looks to you for support or guidance? You play a powerful role in improving your teen's mental health through open and honest conversations. Visit health.mo.gov/connect to get started! #ConnectWithMe for #LetsTalkMonth</p>	
Week 1	<p>#LetsTalkMonth challenge #1: Use a song as a way to start talking about healthy relationships with the youth in your life. #ConnectWithMe</p>	<p>#LetsTalkMonth challenge #1: Use a song as a way to start talking about healthy relationships with the youth in your life. #ConnectWithMe</p>	



Oct. 10 th	<p>Ways to help reduce negative mental health in our community:</p> <ul style="list-style-type: none"> • protecting children from trauma • educating young people to understand and manage their emotions • supporting people under a lot of stress • reducing loneliness • building connections with the youth in our life • getting help for people with suicidal thoughts • helping people to recover and look after themselves <p>#ConnectWithMe</p> <p>https://www.nami.org/mhstats</p>	<p>Ways to help reduce negative mental health in our community:</p> <ul style="list-style-type: none"> • protecting children from trauma • educating young people to understand and manage their emotions • supporting people under a lot of stress • reducing loneliness • building connections with the youth in our life • getting help for people with suicidal thoughts • helping people to recover and look after themselves <p>#ConnectWithMe</p> <p>https://www.nami.org/mhstats</p>	 <p>Monday 10th October is...</p> <p>WORLD MENTAL HEALTH DAY</p> <p>2022</p> <p>Mental Health Foundation</p> <p>https://www.mentalhealth.org.uk/sites/default/files/2022-08/World-Mental-Health-Day-2022-Posters_0.pdf</p>
Week 2	<p>Welcome to week 2 of #LetsTalkMonth. Let's talk about healthy relationships. With the youth in your life, find an example of a healthy and happy relationship in the media and talk about the aspects of that relationship. Post what you talked about.</p> <p>#ConnectwithMe</p>	<p>Welcome to week 2 of #LetsTalkMonth. Let's talk about healthy relationships. With the youth in your life, find an example of a healthy and happy relationship in the media and talk about the aspects of that relationship. Post what you talked about.</p> <p>#ConnectwithMe</p>	 <p>LETS TALK MONTH</p> <p>#CONNECTWITHME</p>



Week 2	<p>Teens say that trust is the most important part of a healthy relationship. Build trust between you and your teen by talking about things - big and small. Start the conversation by visiting health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	<p>Teens say that trust is the most important part of a healthy relationship. Build trust between you and your teen by talking about things - big and small. Start the conversation by visiting health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	
Week 2	<p>Teens want you to talk to them about relationships, not just the birds and the bees. Get started at health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	<p>Teens want you to talk to them about relationships, not just the birds and the bees. Get started at health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	



<p>Week 2</p>	<p>Teens report that the second most important thing that parents can do to teach them about healthy relationships is to listen when they talk about people in their lives. Get the conversation going by checking out health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	<p>Teens report that the second most important thing that parents can do to teach them about healthy relationships is to listen when they talk about people in their lives. Get the conversation going by checking out health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	
<p>Week 2</p>	<p>Adolescents spend an average of 6-9 hours per day on some type of technology. Start discussions with the youth in your life about digital media safety and mental health and wellbeing. Create a FREE family media plan HERE. #ConnectWithMe #LetsTalkMonth</p>	<p>Adolescents spend an average of 6-9 hours per day on some type of technology. Start discussions with the youth in your life about digital media safety and mental health and wellbeing. Create a FREE family media plan HERE. #ConnectWithMe #LetsTalkMonth</p>	



Week 2	<p>How are relationships different in real life than in the media? Describe your idea of a healthy and happy relationship. How would you treat each other? Find other questions like these to ask your teen at health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	<p>How are relationships different in real life than in the media? Describe your idea of a healthy and happy relationship. How would you treat each other? Find other questions like these to ask your teen at health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	
Week 3	<p>Week 3 of #LetsTalkMonth is about helping your youth set 5 year goals. Talk about the things that will help or challenge them to meet those goals. Post some of the goals and conversations below. #ConnectwithMe</p>	<p>Week 3 of #LetsTalkMonth is about helping your youth set 5 year goals. Talk about the things that will help or challenge them to meet those goals. Post some of the goals and conversations below. #ConnectwithMe</p>	

Week 3	<p>Week 3 challenge for #LetsTalkMonth: Use a news story to start talking to your teen about appropriate online behaviors.</p> <p>#ConnectWithMe</p>	<p>Week 3 challenge for #LetsTalkMonth: Use a news story to start talking to your teen about appropriate online behaviors.</p> <p>#ConnectWithMe</p>	
Week 3	<p>Teens say that their parents still have the biggest impact on their decisions about sex, so start talking!</p> <p>health.mo.gov/connect #ConnectWithMe for #LetsTalkMonth</p>	<p>Teens say that their parents still have the biggest impact on their decisions about sex, so start talking!</p> <p>health.mo.gov/connect #ConnectWithMe for #LetsTalkMonth</p>	

<p>Week 3</p>	<p>What can parents/guardians, and caregivers do to help reduce teen pregnancy and sexually transmitted diseases? Talk with them. Check out health.mo.gov/connect to order free conversation cards. #ConnectWithMe for #LetsTalkMonth</p> <p>https://www.cdc.gov/healthyyouth/protective/pdf/talking_teens.pdf</p>	<p>What can parents/guardians, and caregivers do to help reduce teen pregnancy and sexually transmitted diseases? Talk with them. Check out health.mo.gov/connect to order free conversation cards. #ConnectWithMe for #LetsTalkMonth</p> <p>https://www.cdc.gov/healthyyouth/protective/pdf/talking_teens.pdf</p>	
<p>Week 4</p>	<p>Week 4 of #LetsTalkMonth is all about improving access to health care. The challenge is to ask the youth in your life to search for the closest local public health agency (LPHA) and discover what services they offer in your county by clicking HERE. #ConnectWithMe for #LetsTalkMonth</p> <p>https://health.mo.gov/living/lpha/pdf/printablelisting.pdf</p>	<p>Week 4 of #LetsTalkMonth is all about improving access to health care. The challenge is to ask the youth in your life to search for the closest local public health agency (LPHA) and discover what services they offer in your county by clicking HERE. #ConnectWithMe for #LetsTalkMonth</p> <p>https://health.mo.gov/living/lpha/pdf/printablelisting.pdf</p>	

<p>Week 4</p>	<p>Why is it important for your teen to visit a doctor? Many physical and emotional changes happen during adolescence and having access to health services is essential. Read what teens say about health care by visiting: https://www.hhs.gov/ash/oah/news/e-updates/may-2016-tag/index.html. #ConnectWithMe for #LetsTalkMonth</p>	<p>Why is it important for your teen to visit a doctor? Many physical and emotional changes happen during adolescence and having access to health services is essential. Read what teens say about health care by visiting: https://www.hhs.gov/ash/oah/news/e-updates/may-2016-tag/index.html. #ConnectWithMe for #LetsTalkMonth</p>	
<p>Week 4</p>	<p>Does your teen know how to find a health care provider? Make an appointment? Talk to a doctor or nurse? Prepare them to take care of their own health and more by ordering free conversation cards at health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	<p>Does your teen know how to find a health care provider? Make an appointment? Talk to a doctor or nurse? Prepare them to take care of their own health and more by ordering free conversation cards at health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	

<p>Week 4</p>	<p>As young people navigate the changes of adolescence it is important for them to have healthy relationships with the adults in their lives. Check out health.mo.gov/connect to learn how to start healthy conversations.</p> <p>#ConnectWithMe #LetsTalkMonth</p> <ul style="list-style-type: none"> ○ https://health.mo.gov/living/families/adolescenthealth/pdf/guiding-principles-for-promoting-adolescent-health.pdf 	<p>As young people navigate the changes of adolescence it is important for them to have healthy relationships with the adults in their lives. Check out health.mo.gov/connect to learn how to start healthy conversations.</p> <p>#ConnectWithMe #LetsTalkMonth</p> <ul style="list-style-type: none"> ○ https://health.mo.gov/living/families/adolescenthealth/pdf/guiding-principles-for-promoting-adolescent-health.pdf 	
<p>Week 5</p>	<p>#LetsTalkMonth is ending, but that does not mean that conversations have to stop. Continue having open and honest conversations with young people in your life. Use Connect with Me cards by ordering them at health.mo.gov/connect.</p> <p>#ConnectWithMe</p>	<p>#LetsTalkMonth is ending, but that does not mean that conversations have to stop. Continue having open and honest conversations with young people in your life. Use Connect with Me cards by ordering them at health.mo.gov/connect.</p> <p>#ConnectWithMe</p>	

<p>Week 5</p>	<p>Just because you're not a parent doesn't mean you aren't important in the life of a young person. Find ways to start talking to the teens in your life at health.mo/connect. #ConnectWithMe for #LetsTalkMonth</p>	<p>Just because you're not a parent doesn't mean you aren't important in the life of a young person. Find ways to start talking to the teens in your life at health.mo/connect. #ConnectWithMe for #LetsTalkMonth</p>	
<p>Week 5</p>	<p>Talking with the youth in your life today can have a lifelong impact. If you already have a set of Connect with Me cards, pick a category you have not used with youth and try it out! To order cards, visit health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	<p>Talking with the youth in your life today can have a lifelong impact. If you already have a set of Connect with Me cards, pick a category you have not used with youth and try it out! To order cards, visit health.mo.gov/connect. #ConnectWithMe for #LetsTalkMonth</p>	




Week 5	<p>Keep the talks going all year round by staying informed, identifying unique opportunities, be relaxed and open, avoid overreacting, let your teen talk to health care professionals, and most importantly, have frequent conversations. Visit HERE for more info. #ConnectWithMe for #LetsTalkMonth</p> <p>http://health.mo.gov/youth</p>	<p>Keep the talks going all year round by staying informed, identifying unique opportunities, be relaxed and open, avoid overreacting, let your teen talk to health care professionals, and most importantly, have frequent conversations. Visit HERE for more info. #ConnectWithMe for #LetsTalkMonth</p> <p>http://health.mo.gov/youth</p>	
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Image Link	Image
<p>DHSS Provided Images (blue with teal chat bubble):</p> <p>https://stateofmissouri.box.com/s/gllvl9rgdq2xzldmmb07wtgm692pes8r</p>	20+ images
<p>More images similar to these are FREE and can be found at:</p> <p>https://www.pexels.com</p>	
<p>https://www.studentaffairs.pitt.edu/wp-content/uploads/2018/10/LetsTalk2018_news-1-250x250.jpg</p>	

<https://www.factforward.org/sites/default/files/documents/Be%20Honest.png>

