



American Indian  
Cancer Foundation.

The American Indian Cancer Foundation (AICAF) created the [#TurquoiseThursday Social Media Toolkit](#) to engage community members, health professionals, and leaders working towards cancer equity in raising awareness of cervical cancer in Native communities. AICAF will celebrate cervical cancer awareness month throughout January by sharing new and existing resources, survivor stories, PSAs and cervical health information. The Toolkit shares AICAF's events and culturally-tailored resources, including sample posts for Facebook and Twitter that can be easily copied and pasted into the social media platform of your choice. We invite you to personalize these posts with pictures and information that is unique to your community!

Post Date	Facebook	Twitter
1.2.23	Happy New Year! Join AICAF as we celebrate Cervical Cancer Awareness Month! Take a photo of yourself holding these signs and tag us so we can see and share! LINK HERE <a href="#">#CancerScreeningSavesLives</a> <a href="#">#CervicalCancerScreening</a> <a href="#">#TurquoiseThursday</a>	Happy New Year! Join AICAF as we celebrate Cervical Cancer Awareness Month! Take a photo of yourself holding these signs and tag us so we can see and share! LINK HERE <a href="#">#CancerScreeningSavesLives</a> <a href="#">#CervicalCancerScreening</a> <a href="#">#TurquoiseThursday</a>
1.4.23	Native women are TWO times more likely to develop <a href="#">#CervicalCancer</a> in their lifetime compared to white women. Lower your risk: get vaccinated against <a href="#">#HPV</a> , quit smoking, practice safe sex, <a href="#">#GetScreened</a> . Learn more: <a href="http://ow.ly/zym150xDE3A">http://ow.ly/zym150xDE3A</a>	Native women are TWO times more likely to develop <a href="#">#CervicalCancer</a> in their lifetime compared to white women. Lower your risk: get vaccinated against <a href="#">#HPV</a> , quit smoking, practice safe sex, <a href="#">#GetScreened</a> . Learn more: <a href="http://ow.ly/zym150xDE3A">http://ow.ly/zym150xDE3A</a>
1.5.23	Join AICAF in celebrating Turquoise Thursday awareness month throughout the month of January! Take the Turquoise Thursday screening pledge to end cervical cancer in Indian country here! LINK HERE Your commitment to getting screened for breast cancer is one way to honor your health. <a href="#">#TurquoiseThursday</a> <a href="#">#GetScreened</a>	Join AICAF in celebrating Turquoise Thursday awareness month throughout the month of January! Take the Turquoise Thursday screening pledge to end cervical cancer in Indian country here! LINK HERE Your commitment to getting screened for breast cancer is one way to honor your health. <a href="#">#TurquoiseThursday</a> <a href="#">#GetScreened</a>
1.6.23	Ribbon skirts and shirts are a symbol of resilience, sacredness and survival. Share a picture of yourself wearing Turquoise colored skirts or shirts on social media using <a href="#">#TurquoiseThursday</a> as we all play a role in raising the awareness of cervical health for our Native relatives.	Ribbon skirts and shirts are a symbol of resilience, sacredness and survival. Share a picture of yourself wearing Turquoise colored skirts or shirts on social media using <a href="#">#TurquoiseThursday</a> as we all play a role in raising the awareness of cervical health for our Native relatives.
1.9.23	Are you up to date on your cervical cancer screenings? It's recommended that Native women ages 21-29 have a Pap test every three years; and women ages 30-65 have a Pap test every three years OR both a Pap & HPV test every five years. People who have a cervix should be screened according to national guidelines. This includes transgender, gender non-conforming, or Two-Spirit Native patients. Read more about cervical cancer screening recommendations: <a href="http://ow.ly/zQBv50CRgTt">http://ow.ly/zQBv50CRgTt</a> <a href="#">#ScreeningSavesLives</a>	People who have a cervix should be screened according to national guidelines. This includes transgender, gender non-conforming, or Two-Spirit Native patients. Read more about cervical cancer screening recommendations: <a href="http://ow.ly/zQBv50CRgTt">http://ow.ly/zQBv50CRgTt</a> <a href="#">#ScreeningSavesLives</a>
1.11.23	Speak to your grandmas and aunts about scheduling their Pap test. Check out AICAF's "My Pap tools" to help prepare you for what to expect during your appointment and learn about the Pap and HPV testing guidelines. <a href="https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapToolsAICAFfinal-2.pdf">https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapToolsAICAFfinal-2.pdf</a> <a href="#">#CancerScreeningSavesLives</a> <a href="#">#TurquoiseThursday</a>	Speak to your grandmas and aunts about scheduling their Pap test. Check out AICAF's "My Pap tools" to help prepare you for what to expect during your appointment and learn about the Pap and HPV testing guidelines. <a href="https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapToolsAICAFfinal-2.pdf">https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapToolsAICAFfinal-2.pdf</a> <a href="#">#CancerScreeningSavesLives</a> <a href="#">#TurquoiseThursday</a>
1.12.23	Check out our Cervical Cancer Talk webinar hosted by Dr. Amanda Bruegl (Oneida Nation), where she discusses the annual wellness exam and what your Pap results mean. <a href="https://www.youtube.com/watch?v=0x8Z0FzPAmM">https://www.youtube.com/watch?v=0x8Z0FzPAmM</a>	Check out our Cervical Cancer Talk webinar hosted by Dr. Amanda Bruegl (Oneida Nation), where she discusses the annual wellness exam and what your Pap results mean. <a href="https://www.youtube.com/watch?v=0x8Z0FzPAmM">https://www.youtube.com/watch?v=0x8Z0FzPAmM</a>
1.13.23	Turquoise Thursday happens in ONE WEEK! Help raise awareness about cervical cancer screening in Indian Country by sharing our PSA: <a href="http://ow.ly/cZMd50xUnQC">http://ow.ly/cZMd50xUnQC</a> and wearing turquoise next week! <a href="#">#ScreeningSavesLives</a> <a href="#">#PapsSavesLives</a> <a href="#">#CervicalCancerAwareness</a>	Turquoise Thursday happens in ONE WEEK! Help raise awareness about cervical cancer screening in Indian Country by sharing our PSA: <a href="http://ow.ly/cZMd50xUnQC">http://ow.ly/cZMd50xUnQC</a> and wearing turquoise next week! <a href="#">#ScreeningSavesLives</a> <a href="#">#PapsSavesLives</a> <a href="#">#CervicalCancerAwareness</a>
1.16.23	Parents: protect our future generations from common HPV-related diseases with the <a href="#">#HPV</a> vaccine! Getting Native youth immunized beginning at ages 11-12 can help prevent 90% of HPV-related cancers, including cervical, anal, penile, vaginal, and some throat cancers. Learn more: <a href="http://ow.ly/pTGi50xTmbw">http://ow.ly/pTGi50xTmbw</a> <a href="#">#CervicalCancerAwarenessMonth</a>	Parents: protect our future generations from common HPV-related diseases with the <a href="#">#HPV</a> vaccine! Getting Native youth immunized at ages 11-12 can help prevent 90% of HPV-related cancers, including cervical, anal, penile, vaginal, and some throat cancers. Learn more: <a href="http://ow.ly/pTGi50xTmbw">http://ow.ly/pTGi50xTmbw</a> <a href="#">#CervicalCancerAwarenessMonth</a>
1.17.23	Did you know that all people with cervixes should begin routine pap test screening at 21? Talking to your health care provider about your screening options is essential. Check out this infographic for more information. (OPTIONS RESOURCE NEEDS TO BE LINKED HERE) <a href="#">#TurquoiseThursday</a>	Did you know that all people with cervixes should begin routine pap test screening at 21? Talking to your health care provider about your screening options is essential. Check out this infographic for more information. (OPTIONS RESOURCE NEEDS TO BE LINKED HERE) <a href="#">#TurquoiseThursday</a>
1.19.23	Happy Turquoise Thursday! AICAF staff are rocking turquoise clothing & jewelry to spread the word about cervical cancer disparities in our communities. Join our Facebook event to learn more about how YOU can raise awareness about cervical cancer in Indian Country: <a href="https://fb.me/e/2baCqd827">https://fb.me/e/2baCqd827</a> Remember to tag us in your <a href="#">#TurquoiseThursday</a> pictures!	Happy Turquoise Thursday! AICAF staff is rocking turquoise clothing & jewelry to spread the word about cervical cancer disparities in our communities. Join our Facebook event to learn more about how YOU can raise awareness about cervical cancer in Indian Country: <a href="https://fb.me/e/2baCqd827">https://fb.me/e/2baCqd827</a> Remember to tag us in your <a href="#">#TurquoiseThursday</a> pictures!
1.23.23	Thank you to all who joined us for <a href="#">#TurquoiseThursday</a> , and for helping to raise awareness of <a href="#">#CervicalCancer</a> disparities in Native communities! You are making a difference for so many of our loved ones across Indian Country! <a href="#">#CervicalCancerAwarenessMonth</a> <a href="#">#ScreeningSavesLives</a> .	Thank you to all who joined us for <a href="#">#TurquoiseThursday</a> , and for helping to raise awareness of <a href="#">#CervicalCancer</a> disparities in Native communities! You are making a difference for so many of our loved ones across Indian Country! <a href="#">#CervicalCancerAwarenessMonth</a> <a href="#">#ScreeningSavesLives</a> .
1.25.23	Cancer screenings can be overwhelming when you are a survivor of abuse or domestic violence. Use AICAF's new survivor sovereignty resource as a guide on your healing journey and know you are not alone. <a href="http://ow.ly/liK950H9PQ4">http://ow.ly/liK950H9PQ4</a>	Cancer screenings can be overwhelming when you are a survivor of abuse or domestic violence. Use AICAF's new survivor sovereignty resource as a guide on your healing journey and know you are not alone. <a href="http://ow.ly/liK950H9PQ4">http://ow.ly/liK950H9PQ4</a>

1.26.23	<p>Now that you, your grandmas, and aunts may have had your annual PAP Screening, check out AICAF's "My PAP results" to help prepare you for what your results might mean. Be sure to talk to your health care provider about your actual results. <a href="https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapResultsFinal-2.pdf">https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapResultsFinal-2.pdf</a></p> <p>#CancerScreeningSavesLives #TurquoiseThursday</p>	<p>Now that you, your grandmas, and aunts may have had your annual PAP Screening, check out AICAF's "My PAP results" to help prepare you for what your results might mean. Be sure to talk to your health care provider about your actual results. <a href="https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapResultsFinal-2.pdf">https://americanindiancancer.org/wp-content/uploads/2021/12/MyPapResultsFinal-2.pdf</a></p> <p>#CancerScreeningSavesLives #TurquoiseThursday</p>
1.30.23	<p>Vaccinations can help you and your relatives stay healthy. Did you know you can begin the HPV vaccination series from ages 9 through 26? There may even be an option to receive the HPV vaccination for people 27-45. It's important to discuss your options with your health care provider. #TurquoiseThursday</p>	<p>Vaccinations can help you and your relatives stay healthy. Did you know you can begin the HPV vaccination series from ages 9 through 26? There may even be an option to receive the HPV vaccination for people 27-45. It's important to discuss your options with your health care provider. #TurquoiseThursday</p>
1.31.23	<p>We are so thankful for your participation in Turquoise Thursday Month! We will carry what we learned into the next months, including the messages from our relatives with cervical cancer. Read more here: <a href="https://americanindiancancer.org/story-types/cervical-cancer-stories/">https://americanindiancancer.org/story-types/cervical-cancer-stories/</a></p>	<p>We are so thankful for your participation in Turquoise Thursday Month! We will carry what we learned into the next months, including the messages from our relatives with cervical cancer. Read more here: <a href="https://americanindiancancer.org/story-types/cervical-cancer-stories/">https://americanindiancancer.org/story-types/cervical-cancer-stories/</a></p>