

Social Media Actions & Sample Posts

Social media is a powerful tool to help amplify our advocacy messages. We encourage you to post on social media prior to our Cancer Action Week and throughout the week, February 23-25. Please use our campaign hashtag in all your posts and use the templates below to share on Facebook, Twitter and Instagram.

Hashtags

- #TNCancerActionWeek – use in all posts
- #TNFightsCancer – use in all posts
- #TNCancerStoryMatters – use when sharing your personal cancer story
- #ProtectTennCare – use when sharing TennCare related posts
- #MoreThanZeroTN – use on tobacco cessation and prevention posts
- #StepTherapyReform – use on Step Therapy posts
- #TNLeg – use on tweets

Like/Follow and Tag Us!

Facebook: @ACSCANTennessee

Instagram: @ACSCANTennessee

Twitter: @ACSCANTennessee

Pre-Event Sample Posts (Now - February 22nd)

- February 23rd – 25th I will be advocating for cancer fighting policies from home during ACS CAN Tennessee's Cancer Action Week! Check out my posts and click on the hashtags to see how my fellow cancer advocates and I are making a difference. #TNCancerActionWeek #TNFightsCancer
- I am a volunteer with @ACSCANTennessee (tag organization), and February 23rd – 25th I will be advocating for cancer fighting policies with advocates from across the state for ACS CAN Tennessee's Cancer Action Week. We may not be at the Capitol in Nashville this year, but we will still make an impact and tell our lawmakers to make fighting cancer a top priority! #TNCancerActionWeek #TNFightsCancer
- The current pandemic puts increased stress on so many cancer patients. That's why I am advocating with @ACSCANTennessee during ACS CAN Tennessee's Cancer Action Week, February 23rd – 25th. I will be advocating for cancer fighting policies to support cancer patients, survivors and caregivers. Cancer hasn't stopped so neither have we. #TNCancerActionWeek #TNFightsCancer

Week-of Sample Posts (February 23rd – 25th)

- Today is the beginning of ACS CAN Tennessee's Cancer Action Week! I will be joining advocates across the state to advocate for cancer fighting policies, to share our personal stories and to make calls to our lawmakers. I may not be able to meet with (tag your state representative & state senator) in person in Nashville, but I will still be asking them to make fighting cancer a top priority! #TNCancerActionWeek #TNFightsCancer
- As a volunteer with @ACSCANTennessee I am calling on (tag your state representative & state senator) to create transparency to ensure TennCare does not limit access to lifesaving medications for cancer patients enrolled on TennCare. #TNCancerActionWeek #TNFightsCancer #ProtectTennCare

- As a volunteer with @ACSCANTennessee I am calling on (tag your state representative & state senator) to reinstate funding for Tennessee's Department of Health tobacco cessation and prevention funding. #TNCancerActionWeek #TNFightsCancer #MoreThanZeroTN
- As a volunteer with @ACSCANTennessee I am calling on (tag your state representative & state senator) to keep drug decisions be between a patient and their doctor and support #StepTherapyReform. #TNCancerActionWeek #TNFightsCancer
- Today I'm virtually meeting with (tag your state representative & state senator) to ask them to reinstate funding for our state tobacco control programs, ensure cancer patients enrolled on TennCare have access to lifesaving treatments and medications, and support step therapy reform. #TNCancerActionWeek #TNFightsCancer #MoreThanZeroTN #ReformStepTherapy #ProtectTennCare
- Thank you to (tag your lawmaker) for meeting with me during #TNCancerActionWeek. I hope you will support reinstating funding for state programs to prevent kids from smoking and help adults quit. #MoreThanZeroTN #TNFightsCancer
- Thank you to (tag your lawmaker) for meeting with me during #TNCancerActionWeek. I hope you will ensure cancer patients enrolled on TennCare have access to lifesaving treatments and medications. #TNFightsCancer #ProtectTennCare
- Thank you to (tag your lawmaker) for meeting with me during #TNCancerActionWeek. I hope you will support #steptherapyreform. #TNFightsCancer
- Join me throughout the week by following along with @ACSCANTennessee and take action! Will you help me call on Tennessee lawmakers to make cancer fighting policies a top priority. Cancer hasn't stopped so neither have we. #TNCancerActionWeek #TNFightsCancer

Additional Activities

Sidewalk/Window Decoration

We invite you to participate in a fun activity prior to joining us February 23rd-25th! Decorate your sidewalk/driveway or windows at home with our hashtag #TNCancerActionWeek and include a couple cancer facts listed below. Take a picture of your creation and share it on social media. Please use #TNCancerActionWeek in your post.

- Approximately 20% of Tennesseans are covered by TennCare, Tennessee's Medicaid program, including cancer patients, children, pregnant women, the elderly, and individuals with disabilities.
- It is vital that the Department of TennCare is transparent about any proposed changes that would impact access to lifesavings medications and treatments or access to health care services, including care and medications that can help enrollees prevent, manage, maintain, and win their battles against diseases like cancer.
- Tobacco use remains the single largest preventable cause of disease and premature death in our state.
- Tennessee has the 3rd highest smoking rate in the nation and is tied for last in the nation in funding prevention and cessation programs
- During the 2020 session our Tennessee lawmakers entirely cut funding for tobacco prevention and cessation programs. The current budget has \$0 set aside for tobacco prevention and cessation programs
- Step therapy, often called "fail first," is a process that requires patients to try and fail on one or more medications chosen by their insurer before they can access the optimal treatment

- Requiring a patient to follow a step therapy protocol may have adverse and even dangerous consequences for the patient who may either not realize a benefit from taking a prescription drug or may suffer harm from taking an inappropriate drug.

Sample posts to accompany a picture of your creation:

- Here's how I spent my day! I am spreading cancer awareness in my community before ACS CAN Tennessee's Cancer Action Week! I will be joining @ACSCANTennessee in a virtual week of advocacy. Be on the lookout for my posts about how we are making a difference for those impacted by cancer in Tennessee!
#TNCancerActionWeek
- (Insert a cancer fact from above). #TNCancerActionWeek
- Today I participated in a challenge to decorate my sidewalk/windows to spread cancer awareness with @ACSCANTennessee. I challenge my friends to do the same and decorate their sidewalk or window to spread awareness in our community before ACS CAN Tennessee's Cancer Action Week, Feb 23-25!
#TNCancerActionWeek

Use #TNCancerStoryMatters

Throughout the week:

- ✓ Post a picture of who you advocate for and why.
- ✓ Post a video of who you advocate for and why.
- ✓ Do both!

Other Ideas: Video, selfie, or regular post

- State why you care about one of our two issues
- State why you support advocate
- Share your cancer story
- The current pandemic puts increased stress on so many cancer patients. To bring hope to those currently in treatment, I'm supporting @ACSCANTennessee because no one fights alone. To #SpreadHopeFromHome please consider donating to honor or remember a loved one who has been touched by cancer. Make your donation here www.fightcancer.org/donate
- I continue to fight for better cancer policies because...<>
 - Example: I continue to fight for better cancer policies because of my friend's mom, who lost her fight to breast cancer way too young. I am advocating today because cancer is something that everyone I know has been impacted by in some way. I think enough people have been impacted. It's time to do my part in stopping the devastating impact of cancer. #TNCancerActionWeek
#TNCancerStoryMatter
- Did you know <>. It is for this reason I volunteer with @ACSCANTennessee and am participating in the virtual Cancer Action Week. #TNCancerStoryMatter #TNCancerActionWeek

Tag Your Lawmaker

What does it mean to "tag" my lawmaker? How do I do that?

When you tag a lawmaker's page in a Facebook post or comment, a link is created. The audience for the link that's created depends on the privacy settings of the post you've made. For example, **if your Facebook account is set to**



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private, only your friends – and NOT the lawmaker – can see your post. If it’s public, the lawmaker’s page you tag may get a notification, and the post or comment may appear on their timeline.

To tag a lawmaker’s Facebook page in a post or comment:

- 1. Find your lawmaker on the list below
- 3. In your post, type the “@” and what followed, as it appears in the charts on the next pages.
- 4. Select your lawmaker from the list that appears.

Keep in mind that depending on a lawmaker’s page’s settings, you may not be able to mention it. If that happens, let Jessica know.

The same goes for **Twitter**. If your account is private, your lawmaker and/or their staff won’t be able to see the tweet you tagged them in. However, you should always be able to tag a lawmaker’s Twitter account, provided that they have one.

To tag a lawmaker’s Twitter account in a tweet:

- 1. Find your lawmaker on the list below
- 2. Type the @ and then the lawmaker’s account handle, as it appears in the charts on the next pages.
- 3. Select it from the list that appears.

House of Representatives	District	Facebook	Twitter
Alexander, Rebecca	R-District 7		@rebeccafortnhouse
Baum, Charlie	R-District 37		@BaumForStateHouse
Beck, Bill	D-District 51	@beckfortn	@BeckForTN
Boyd, Clark	R-District 46	@ClarkBoydTN	@clarkboydtn
Bricken, Rush	R-District 47	@RepRushBricken	
Byrd, David	R-District 71	@	@
Calfee, Kent	R-District 32	@RepKentCalfee	@kcalfee49
Campbell, Scotty	R-District 3	@ScottyCampbellTN	@ScottyIsOn
Camper, Karen	D-District 87	@KarenDCamper	@KarenDCamper
Carr, Dale	R-District 12	@votedalecarr	@DaleCarrTN
Carringer, Michele	R-District 16	@RepMicheleCarringer	@
Carter, Mike	R-District 29	@mikecartertn	@RepMikeCarter
Casada, Glen	R-District 63	@glencasada	@GlenCasada
Cepicky, Scott	R-District 64	@scottcepicky4TN64	@ScottCepicky
Chism, Jesse	D-District 85		
Clemmons, John Ray	D-District 55	@johnrayfortn	@JRClemmons
Cochran, Mark	R-District 23		
Cooper, Barbara	D-District 86		@TNRepCooper
Crawford, John	R-District 1		@johncrawford1
Curcio, Michael G.	R-District 69	@tnmichaelcurcio	@StateRepCurcio
Darby, Tandy	R-District 76	@votetandydarby	
Dixie, Vincent	D-District 54	@vincentdixiefortn	@vincentdixie54
Doggett, Clay	R-District 70	@DoggettForTennessee	
Eldridge, Rick	R-District 10		
Faison, Jeremy	R-District 11	@JeremyFaison4TN	@JeremyFaison4TN
Farmer, Andrew	R-District 17	@AndrewEFarmer	@RepAndrewFarmer
Freeman, Bob	D-District 56	@VoteBobFreeman	@VoteBobFreeman
Gant, Ron	R-District 94	@RepRonGant	@RonGant



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Garrett, Johnny	R-District 45	@johnnycgarrett	@JohnnyGarrett4
Gillespie, John	R-District 97		
Griffey, Bruce	R-District 75		
Grills, Rusty	R-District 77	@rustygrillsforstaterepresentative	@rustygrills
Hakeem, Yusuf	D-District 28		@HakeemForHouse
Halford, Curtis	R-District 79	@curtishalfordTN79	@rephalford
Hall, Mark	R-District 24	@MarkHallForTN	
Hardaway, G. A.	D-District 93	@StateRepresentativeGAHardawaySr	@GAHardaway
Harris, Torrey C.	D-District 90	@torreyfor90	@TorreyHarris901
Haston, Kirk	R-District 72	@HastonForTheHouse	@KirkHaston35IU
Hawk, David	R-District 5		@DavidHawkForTN
Hazlewood, Patsy	R-District 27		@PatsyHazlewood
Helton, Esther	R-District 30	@EstherHeltonD30	@estherhelton5
Hicks, Gary	R-District 9		
Hicks, Tim	R-District 6		
Hodges, Jason	D-District 67	@JasonAHodgesTN	@JasonAHodgesTN
Holsclaw, Jr., John B.	R-District 4	@johnholsclawjr	@HolsclawRep
Howell, Dan	R-District 22	@RepDanHowell	@DanHowell10
Hulsey, Bud	R-District 2	@BudHulseyTN	
Hurt, Chris	R-District 82	@staterepchrishurt	@StateHurt
Jernigan, Darren	D-District 60	@DarrenJerniganTN	@dsjernigan
Johnson, Curtis G.	R-District 68	@RepCurtisJohnson	@rep_johnson
Johnson, Gloria	D-District 13	@VoteGloriaJohnson	@VoteGloriaJ
Keisling, Kelly	R-District 38	@kellykeislingtn	@KellyKeislingTN
Kumar, Sabi 'Doc'	R-District 66		
Lafferty, Justin	R-District 89	@LaffertyforStateHouse	
Lamar, London	D-District 91	@RepLondonLamar	@RepLamar
Lamberth, William	R-District 44	@StateRepresentativeWilliamLamberth	@WilliamLamberth
Leatherwood, Tom	R-District 99	@Tom.Leatherwood.TN.Representative .District.99	
Littleton, Mary	R-District 78	@RepresentativeMaryLittleton	@78RepLittleton
Love, Harold M., Jr.	D-District 58	@haroldlovejr	@HaroldLoveJr
Lynn, Susan	R-District 57	@StateRepSusanLynn	
Mannis, Eddie	R-District 18	@staterepeddiemannis	@EddieMannis
Marsh, Pat	R-District 62	@RepPatMarsh	@RepPatMarsh
McKenzie, Sam	D-District 15		
Miller, Larry J.	D-District 88		@RepLarryJMiller
Mitchell, Bo	D-District 50	@VoteBo	@VoteBo
Moody, Debra	R-District 81	@debramoodystaterep	@RepDebraMoody
Moon, Jerome	R-District 8		
Ogles, Brandon	R-District 61	@StateRepBrandonOgles	@ogles4staterep
Parkinson, Antonio	D-District 98	@TNRepParkinson	@TNRepParkinson
Potts, Jason	D-District 59		
Powell, Jason	D-District 53	@powellfortennessee	@JasonLPowell
Powers, Dennis	R-District 36	@PowersForThePeople	@DennisHPowers
Ragan, John	R-District 33	@JohnRagan4TN	



Ramsey, Bob	R-District 20	@StateRepresentativeBobRamsey	
Reedy, Jay D.	R-District 74	@ReedyforTN	@JayDReedy
Rudd, Tim	R-District 34	@RepresentativeTimRudd	@TimRudd34
Rudder, Iris	R-District 39		
Russell, Lowell	R-District 21	@Lowell.Russell07	@lowellrussell21
Sexton, Cameron Speaker	R-District 25	@cameronsextontn	@CSexton25
Sexton, Jerry	R-District 35	@StateRepJerrySexton	@JerrySexton19
Shaw, Johnny	D-District 80	@staterepjohannyshaw	
Sherrell, Paul	R-District 43	@Rep.Paul.Sherrell	
Smith, Robin	R-District 26	@RobinSmithTennessee	@robints
Sparks, Mike	R-District 49	@votemikesparks	
Stewart, Mike	D-District 52	@tnrepmikestewart	@RepMikeStewart
Terry, Bryan	R-District 48	@BryanTerry4TN	@BryanTerry4TN
Thompson, Dwayne	D-District 96	@ThompsonTN96	@HDwayneThompson
Todd, Chris	R-District 73		@RepChrisTodd
Towns, Joe, Jr.	D-District 84		@RepJoeTownsJr
Travis, Ron	R-District 31	@RonTravisforStateRepresentative	@RonTravis31
Vaughan, Kevin	R-District 95	@Vaughan4TNHouse	@wkevinv
Warner, Todd	R-District 92	@toddforn	
Weaver, Terri Lynn	R-District 40	@RepresentativeTerriLynnWeaver	@TerriLynnWeaver
White, Mark	R-District 83	@StateRepresentativeMarkWhite	
Whitson, Sam	R-District 65	@RepresentativeWhitson	
Williams, Ryan	R-District 42	@Ryan.Williams.For.State.Rep	@RyanWilliamsTN
Windle, John Mark	D-District 41	@johnmarkwindle	@JMW_TN41
Wright, Dave	R-District 19		
Zachary, Jason	R-District 14	@StateRepJasonZachary	

Senate	District	Facebook	Twitter
Akbari, Raumesh	(D-29)	@SenAkbari	@SenAkbari
Bailey, Paul	(R-15)	@paulbaileyforsenate	@PaulBaileyforTN
Bell, Mike	(R-9)	@SenMikeBell	@SenMikeBell
Bowling, Janice	(R-16)	@SenatorJaniceBowling	@janicebowlingtn
Briggs, Richard	(R-7)	@RichardBriggsTN	
Campbell, Heidi	(R-20)	@campbelltn20	@campbelltn20
Crowe, Rusty	(R-3)		
Gardenhire, Todd	(R-10)	@VoteGardenhire	@SenGardenhire
Gilmore, Brenda	(D-19)	@SenatorGilmore	@SenatorGilmore
Haile, Ferrell	(R-18)	@FerrellHaileTN	@HaileforSenate
Hensley, Joey	(R-28)	@SenatorJoeyHensley	@joey_senator
Jackson, Ed	(R-27)	@SenEdJackson	@SenEdJackson
Johnson, Jack	(R-23)	@SenatorJackJohnson	@SenJohnson
Kelsey, Brian	(R-31)	@briankelsey	@BrianKelsey
Kyle, Sara	(D-30)	@sarakyletn	@SaraforTN
Lundberg, Jon	(R-4)	@JonLundbergForSenate	@lundbergjon
Massey, Becky Duncan	(R-6)	@MasseyForTNSenate	@MasseyForSenate
McNally, Lt. Gov. Randy	(R-5)	@ltgovmcnally	@ltgovmcnally



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Niceley, Frank S.	(R-8)	@SenatorFrankNiceley	@SenFrankNiceley
Pody, Mark	(R-17)	@MarkPodyTN	@mark_pody
Powers, Bill	(R-22)	@BillPowersTN	@BillPowersTN
Reeves, Shane	(R-14)	@Sen.ShaneReeves	@SenShaneReeves
Roberts, Kerry	(R-25)	@senatorkerryroberts	@kerryroberts
Robinson, Katrina	(D-33)	@senatorkatrinarobinson	@katrinafortn
Rose, Paul	(R-32)	@paulrosetn	@PaulRoseTN
Southerland, Steve	(R-1)		
Stevens, John	(R-24)	@SenatorJohnStevens	@SenJohnStevens
Swann, Art	(R-2)	@artswannfortn	
Walley, Page	(R-26)	@pagewalley4statesenate	
Watson, Bo	(R-11)	@SenBoWatson	@SenBoWatson
White, Dawn	(R-13)	@VoteDawn	@VoteDawn
Yager, Ken	(R-12)	@KenYagerTN	@YagerTweets
Yarbro, Jeff	(R-21)	@jeff.yarbro	@yarbro



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