

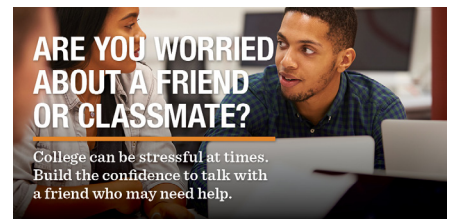
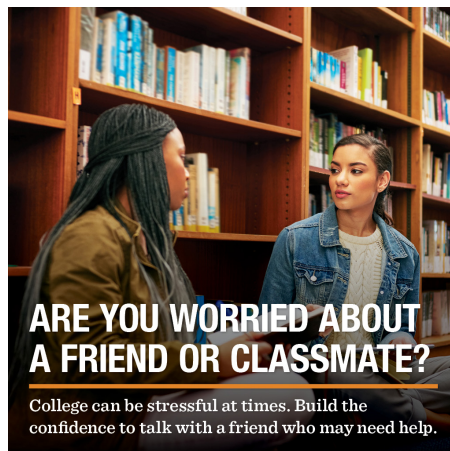
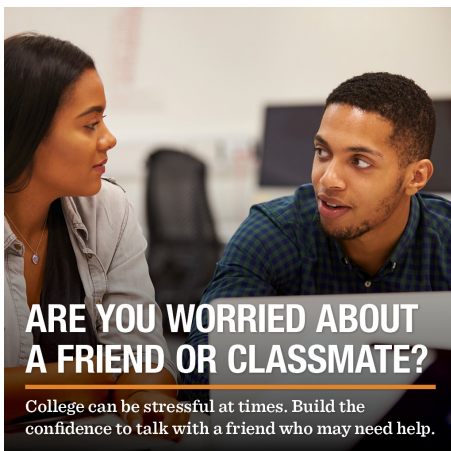
SPREAD THE WORD

Social Media

Below are several different social media copy options and sample graphics that you can use to help promote the usage of Kognito simulations. Modify the **highlighted** text to fit your needs. Please customize the language as you see fit.

- Learn to connect friends to help when #campus struggles start to drag them down. [\[insert link\]](#)
- Be ready to help your #friends with their #collegestress & be #StigmaFree. [\[insert link\]](#)
- Being a #collegestudent isn't easy. Be ready to talk with #friends when the semester gets tough. [\[insert link\]](#)
- College [\[Midterms\]](#) [\[Finals\]](#) can be overwhelming. Learn to listen and connect friends to help. [\[insert link\]](#)
- Adjusting to #campus life can be hard; being a great friend can be easy. [\[insert link\]](#)
- Exams & your workload can be stressful. Learn to help #friends struggling with the pressure. [\[insert link\]](#)
- Learn to help your #friends who feel social pressures. [\[insert link\]](#)
- Classes, relationships, friends, finances—college can be stressful. Are you ready to connect friends to help? [\[insert link\]](#)

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*Sample graphics shown on this page are for illustration purposes only. Download graphics to post to social media from link above.

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