



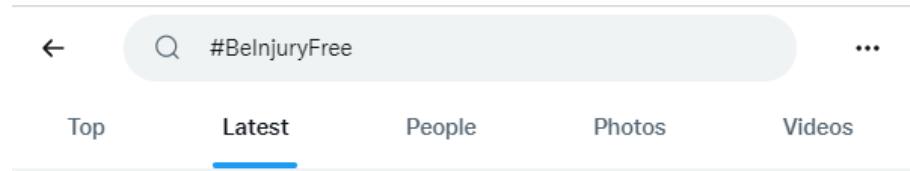
## National Injury Prevention Day

### November 18, 2021

#### Twitter Chat 101 for Participants

- Thanks so much for participating in the second annual Twitter chat for National Injury Prevention Day on Wednesday, November 18th.
- Our Twitter chat is set for **November 18<sup>th</sup> at 1-2pm EST**.
- Before the date:
  - Follow @InjuryFreeKids and others in injury prevention
  - Reach out to social media partners about promoting the Twitter chat
  - Promote the chat on your own accounts. Start posting about NIPD as soon as possible! Feel free to use the promotional posts or our photos from 2020 with buildings lit up green that can be found on the Resource page.
  - Use the hashtag: #BeInjuryFree in every response
  - Review Twitter chat questions (below) and craft your responses beforehand. This is NOT mandatory, but it help minimize stress during the Twitter chat!
    - Great responses might include:
      - Links to important references - make sure the link works and the website looks good. You can shorten links by going to tinyurl.com.
      - Relevant images, GIFs, and videos
      - Appropriate hashtags and mentions (using handles starting with @)
    - These steps are not mandatory, but highly recommend to maximize your impact.

- Day of Twitter chat:
  - Log onto Twitter a few minutes before the session starts.
  - You can either search @InjuryFreeKids and follow the chat or search #BeInjuryFree and sort by “Latest” to read the conversation as close to chronological order as possible.



- You can also use Tweetdeck.twitter.com to follow the hashtag, Injury Free handle and your notifications...all at once! Add columns w/ the “+” sign.



- Use #BeInjuryFree in every response.
  - You can respond to the questions using Quote Tweet, Reply, or posting as a new tweet.
  - Remember to include the Answer number (A1, A2, A3...) to help us know which question you are answering.
- Notifications: You will get notifications if someone likes, retweets or replies to your tweets, or mentions you. It can be hard to keep up in real time, but if there is some downtime in the conversation, we suggest you review your notifications as some people might be asking you questions.
- Engage with others! Answer questions and respond to other partners’ responses that you find interesting or especially useful!
- Have fun!! You can always go back to read all the tweets after the session is over by searching #BeInjuryFree.

## Questions / Timeline

Welcome 1:00 pm EST	Welcome to National Injury Prevention Day Twitter chat! We are talking about several topics today regarding the number one cause of death in ages 1-44 years – injuries.
Instructions 1:01 pm EST	To participate in the chat, follow & use #BeInjuryFree in all responses. We encourage you to ask questions and engage with each other! <b><i>Partners: please use (A1, A2, A3...) with each answer response corresponding to the question number (Q1, Q2, Q3...).</i></b>
Introduction 1:02 pm EST	We are happy to have you join us in today's chat. Who's here? #BeInjuryFree <b><i>Partners: please jump in and introduce yourself.</i></b>
Q1 1:05 pm EST	Q1. When it comes to cars and crashes, how do you promote passenger safety with kids and adults? #BeInjuryFree
Q2 1:10 pm EST	Q2. Firearm injuries are a leading cause of death in US children & young adults. How can we approach firearm safety with families? #BeInjuryFree
Q3 1:15 pm EST	Q3. Swimming, boating, beaches, lakes, pools, bathtubs! How do you talk to individuals about staying safe around water? #BeInjuryFree
Q4 1:20 pm EST	Q4. What are the strategies you use when you encounter your friends or family using unsafe sleep practices? #BeInjuryFree
Q5 1:25 pm EST	Q5. Unintentional poisonings are a leading cause of injury and death in almost all ages. What are some ways to address this in your community? #BeInjuryFree
Q6 1:30 pm EST	Q6. How has the pandemic affected mental health in your community, and how have you addressed this issue? #BeInjuryFree
Q7 1:35 pm EST	Q7. What steps can communities take to keep pedestrians safe around roadways? #BeInjuryFree
Q8 1:40 pm EST	Q8. What is an important piece of safety advice for riders of ATVs and other off-road vehicles? #BeInjuryFree
Q9 1:45 pm EST	Q9. Helmets are useful in preventing head injuries at all ages. How do you promote helmet use in bicycling and beyond? #BeInjuryFree
Q10 1:50 pm EST	Q10. Tell us your favorite injury prevention success story! #BeInjuryFree
Thanks 1:55 pm EST	That's all the time we have today. HUGE thank you to our experts for sharing advice about preventing injuries at home, at work, and at play!

	#BeInjuryFree
Closing 1:56 pm EST	Our partners are available to keep the conversation going, so if you have any questions or feedback, feel free to reply to the chat tweets. Tag #BeInjuryFree to add your voice to the discussion.
Ending 1:57 pm EST	Follow our experts for more on #BeInjuryFree and thank you for joining us!

If you encounter trolls or off-topic responses:

- Let's stay on the topic of preventing injuries to families, please. #BeInjuryFree

Have more questions? Please reach out to Lenita, and she will get you connected to resources from our social media committee, whether it's a one-on-one zoom or phone call.

#### Example responses

These are some example responses from other Twitter chats. You can (1) link to resources on your website, (2) post graphics, with or without text, that grab attention and highlight your answer, or (3) add short video clips, PSAs, etc. with your answer.

Children's Wisconsin 🏙️ ✅ @childrenswi · Nov 18, 2020

A6. When holiday shopping, pay attention to toy labels for age and safety guidelines. #BelInjuryFree

When holiday shopping, choose toys based on your child's age and skill level, and read all labels for age and safety guidelines.

SAFE KIDS WISCONSIN Led by Children's Wisconsin #toysafety

Injury Free Coalition for Kids @InjuryFreeKids · Nov 18, 2020

**Question 6**  
The holidays are right around the corner. What is a piece of advice to caregivers to keep kids safe this season? #BelInjuryFree

1 7 13

Show this thread

Lois Lee, MD, MPH @LoisLeeMD

Watch out for magnets, batteries, and other choking hazards! #BelInjuryFree @InjuryFreeKids @BostonChildrens @AmerAcadPeds

GIF GENURGIF.COM

Injury Free Coalition for Kids @InjuryFreeKids · Nov 18, 2020

Q3. With more families at home during the pandemic, what can families do to decrease injury risks inside the home? #BelInjuryFree

Safe Kids Georgia KIDS @safekidsgeorgia

Replies to @InjuryFreeKids

A1: It's important to ensure your child is properly fitted for a car seat based on their age, height, and weight. More on car seat safety: [bit.ly/36Nixlt](https://bit.ly/36Nixlt) #BelInjuryFree

STRONG4LIFE Children's Healthcare of Atlanta Car Seat Safety Tips

- Keep infants and toddlers rear-facing until they reach height and weight limits for their seat. Once they outgrow their rear-facing seat, switch to a front-facing seat with a harness.
- Wait until your child outgrows their front-facing seat before transitioning to a booster seat.
- Keep your child in a booster seat until they are big enough to fit into a seat belt properly with the lap belt over their upper thigh and shoulder belt snug across their shoulder and chest.
- Ensure children 12 and younger always ride in the back seat with seat belts safely secured.

12:07 PM · Nov 18, 2020 · Twitter Web App

1 Retweet 6 Likes

**Johns Hopkins Pediatric Injury Prevention Program** · Nov 18, 2020 · ...

A2: Contact your child's school and ask them to create another bus route or have crossing guards at crosswalks near the school. Reach out to your local DOT to encourage the involvement of **#SafeRoutes** to School Programs **#BeInjuryFree #pedestrian**

[bit.ly/2TtWQJ](https://bit.ly/2TtWQJ) ✓

Johns Hopkins Children's Center and 2 others

**Injury Free Coalition for Kids** @InjuryFreeKids · Nov 18, 2020

Question 2: Who should caregivers reach out to if they are worried that their child is at risk of being hit by a motor vehicle on their walk or bike to school? #BeInjuryFree

Replying to @InjuryFreeKids

A2: Contact your child's school and ask them to create another bus route or have crossing guards at crosswalks near the school. Reach out to your local DOT to encourage the involvement of **#SafeRoutes** to School Programs **#BeInjuryFree**

iOS: [apple.co/38Jjl3C](https://apple.co/38Jjl3C) ✓  
 Android: [bit.ly/3eXjly2](https://bit.ly/3eXjly2) ✓

**Phoenix Children's** @PhxChildrens

Replying to @InjuryFreeKids

A1: Use **@PhxChildrens'** free Car Seat Helper **#mobileapp** to choose the right car/booster seat based on **@AmerAcadPeds** guidelines. **#BeInjuryFree**

iOS: [apple.co/38Jjl3C](https://apple.co/38Jjl3C) ✓  
 Android: [bit.ly/3eXjly2](https://bit.ly/3eXjly2) ✓

12:05 PM · Nov 18, 2020 · Twitter Web App

1 Retweet 7 Likes