

Join us for the 5th Annual

# National Injury Prevention Day

**X CHAT**

**November 18, 2024  
1:00 PM (EST)**

Learn more at [injuryfree.org](https://injuryfree.org)




**#BeInjuryFree**

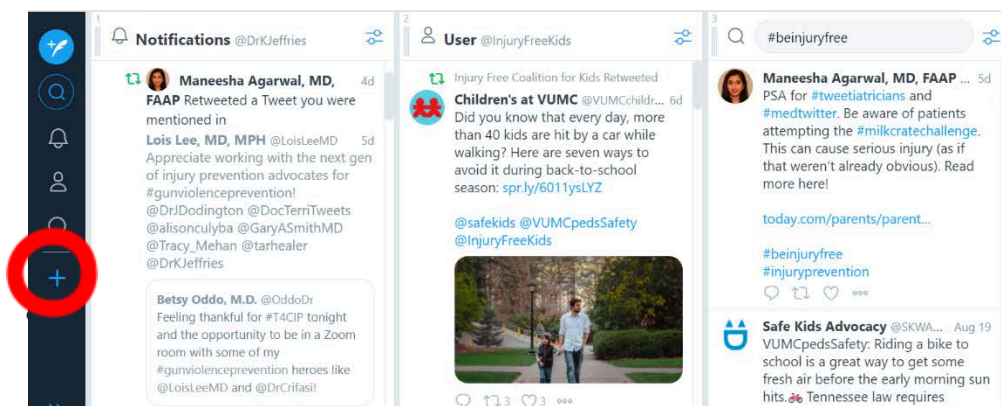
## X Chat 101 for Participants

- Thanks so much for participating in the 5th annual X (formerly Twitter) Chat for National Injury Prevention Day (NIPD) on Wednesday, November 18th.
- **The official hashtag for NIPD is #BeInjuryFree.** Please note that while we use "NIPD" internally, we do not use this hashtag on social media as it is used by other groups.
- Our X chat is set for **Monday, November 18<sup>th</sup> at 1-2pm EST.**
- Before the date:
  - Follow @InjuryFreeKids and others in injury prevention
    - You can look at the Peds Injury Prevention list run by @tarhealer to find others; this is accessible by clicking the "more" button (3 dots) next to the follow button → view lists
  - Reach out to social media partners about promoting the X 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 a prior NIPD year with buildings lit up green that can be found on the Resource page.
  - Use the hashtag: #BeInjuryFree in every response
  - Review X chat questions (below) and craft your responses beforehand. This is NOT mandatory, but it helps minimize stress during the X 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](https://tinyurl.com).
      - Relevant images, GIFs, and videos
      - Appropriate hashtags and mentions (using handles starting with @)
  - These steps are not mandatory, but highly recommended to maximize your impact.

- Day of X chat:
  - Log onto X 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.



- If you subscribe to X Premium, you can also use X Pro (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 Post, Reply, or making a new post with the hashtag.
  - 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, reposts or replies to your post, 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 posts after the session is over by searching #BeInjuryFree.

## 2024 Questions / Timeline

|                             |   |
|-----------------------------|---|
| Welcome<br>1:00 pm EST      | Welcome to National Injury Prevention Day X/Twitter chat! We are talking about several topics today regarding the number one cause of death in ages 1-44 years – injuries.  |
| Instructions<br>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!<br><br><b><i>Partners: please use (A1, A2, A3...) with each answer response corresponding to the question number (Q1, Q2, Q3...).</i></b>  |
| Introduction<br>1:02 pm EST | We are happy to have you join us in today's chat. Who's here? #BeInjuryFree<br><br><b><i>Partners: please jump in and introduce yourself.</i></b>   |
| Q1<br>1:05 pm EST           | Q1. How do you stay safe when you're <u>traveling</u> ? #BeInjuryFree<br><br><i>Participants can discuss ride share car seats, air travel, visiting family meds/guns, staying at AirBNB/pools/carbon monoxide/patio.</i>  |
| Q2<br>1:11 pm EST           | Q2. How do you approach discussing safety with <u>older generations</u> that might have survivors' bias or cultural differences? #BeInjuryFree<br><br><i>Participants can discuss drunk driving, pool safety, child passenger safety, safe sleep, etc. and how injury prevention has evolved over time.</i>                                 |
| Q3<br>1:17 pm EST           | Q3. How do you approach <u>adolescents</u> about safety when they are out and about away from parents? #BeInjuryFree<br><br><i>Participants can discuss teen driving, ATVs, opioids, e-bikes, e-scooters, etc.</i>  |
| Q4<br>1:23 pm EST           | Q4. What are unique risks and challenges with injury prevention in <u>rural / agricultural</u> communities? #BeInjuryFree<br><br><i>Participants can discuss ATVs, culture of riding, etc.</i>  |
| Q5<br>1:29 pm EST           | Q5. How has your approach to <u>firearm</u> injury prevention evolved over the past several years? #BeInjuryFree<br><br><i>Participants can discuss their personal experiences, changes in AAP recommendations, the development of new organizations, etc.</i>  |
| Q6<br>1:35 pm EST           | Q6. Problems can be identified with <u>products</u> after they've been in use by the general public. How do you make sure the products you're using are still safe? #BeInjuryFree<br><br><i>Participants can discuss the US CPSC, vehicle recalls/issues, car seats, Rock-N-Play, weighted sleep wear, water beads, Peloton tread, etc.</i> |

|                        |  |
|------------------------|--|
| Q7<br>1:41 pm EST      | <p>Q7. What are some of your favorite newest <u>innovations</u> for injury prevention? #BeInjuryFree</p> <p><i>Participants can discuss new car seats, new locks, new microwaves to prevent burns, technology to prevent children being left in vehicles, etc.</i></p> |
| Q8<br>1:47 pm EST      | <p>Q8. What are some evolving injury prevention areas that deserve urgent attention? #BeInjuryFree</p> <p><i>Participants can discuss the events they have planned, including shining a green light and community events.</i></p>                                      |
| Q9<br>1:53 pm EST      | <p>Q9. What are 3 of your favorite resources for injury prevention? #BeInjuryFree</p> <p><i>Participants can list favorite websites, organizations, social media sites, etc.</i></p>   |
| Thanks<br>1:58 pm EST  | <p>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</p>  |
| Closing<br>1:59 pm EST | <p>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.</p>  |

If you encounter trolls or off-topic responses, you can post a response like this:  
 "Let's stay on the topic of preventing injuries to families, please. #BeInjuryFree"

Have more questions? Please reach out to Walt Rice (WaltRiceJr@gmail.com), and he will get you connected to resources from our social media committee, whether it's a one-on-one zoom or phone call.

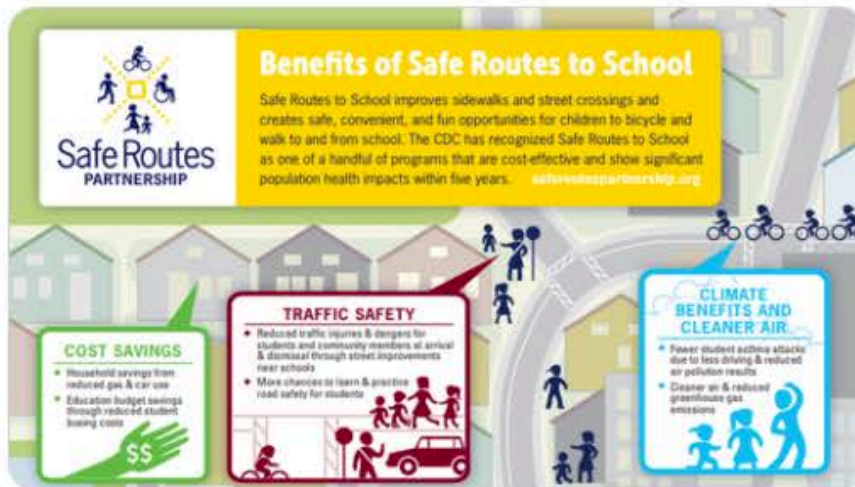
## Example responses

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.



Johns Hopkins Pediatric Injury Prevention Program · Nov 18, 2020

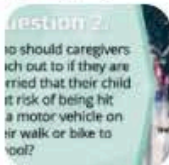
A2: Contact your child's school and ask them to create another bus route or have crossing guards at crosswalks near the school. Reach out to your local DOT to encourage the involvement of [#SafeRoutes](#) to School Programs [#BeInjuryFree](#) [#pedestrian](#)  
[bit.ly/2TTtWQJ](https://bit.ly/2TTtWQJ) ✓



Johns Hopkins Children's Center and 2 others



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



Q2. 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](#)







Safe Kids Georgia  
@safekidsgeorgia

...

Replying 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/36NixIt](https://bit.ly/36NixIt) ✓ #BeInjuryFree



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

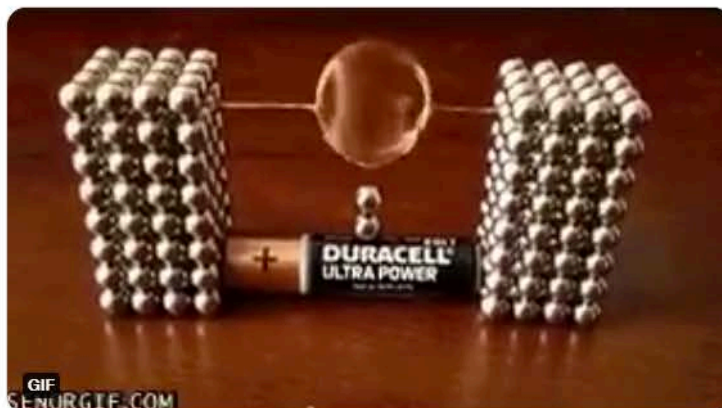
1 Retweet 6 Likes



Lois Lee, MD, MPH  
@LoisLeeMD

...

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



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? #BeInjuryFree



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/38Jl3C](https://apple.co/38Jl3C) ✓

Android: [bit.ly/3eXjly2](https://bit.ly/3eXjly2) ✓



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

1 Retweet 7 Likes



Children's Wisconsin @childrenswi · Nov 18, 2020

...

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



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?

Q6. The holidays are right around the corner. What is a piece of advice to caregivers to keep kids safe this season? #BeInjuryFree

1

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