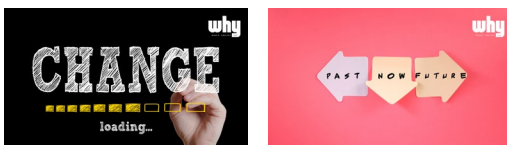




WHY CAMPAIGN SOCIAL MEDIA TOOLKIT | TEENS

It's time to change the way we think about health. For teens, health can be especially difficult to navigate. The Whole Healthy You (WHY) social media campaign will help teens learn more about health while promoting KDHE's new Youth Health Guide. We've included graphics and sample social media messages to help you get started. We encourage you to customize your messages to meet the needs of the youth & young adults in your community. Visit the [Youth Health Guide](#) for ideas and inspiration. Brain, body and emotions all play a role in maintaining health!

General Statements



I choose to be a Change Maker for health because...
You can be a Change Maker too! Ask me how.
#WhyTheHealthNot

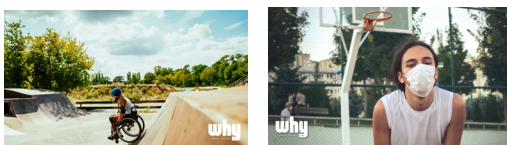
Healthy Eating



Fresh food is the best fuel for your body. Learn how to nourish your mind and body at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

Healthy eating is key for your mental and physical health, but sometimes it can be hard to know what eating healthy is all about. Find out at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

Fitness/Physical Activity



Discover why exercise is wise at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

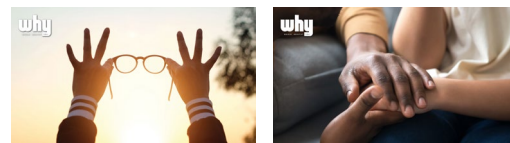
The more you move, the better your mood. Find ideas to improve your mood at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

Healthy Relationships



Why are some relationships so difficult? Healthy relationships include respect, communication, support, boundaries and balance. Learn more at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

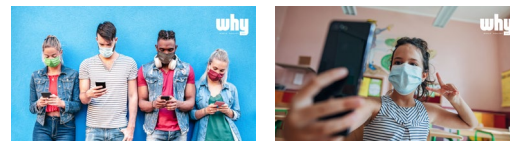
Substance Use:



Walk through life with High Definition (HD) clarity by avoiding drugs, alcohol and tobacco. Learn how to live your best life at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

Alcohol, e-cigarettes, prescription drugs and other substances are extremely addictive and can cause lasting damage to your brain and body. #WhyTheHealthNot

Social Media



Eliminate digital drama. Think before you post. More at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

Social media is great for connecting with others, fueling creativity and keeping up with current events, but too much can be harmful to your health. Learn more at [WholeHealthyYouKS.org](#). #WhyTheHealthNot