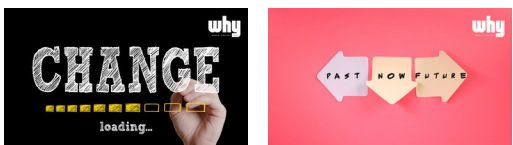




# WHY CAMPAIGN SOCIAL MEDIA TOOLKIT | ADULTS

It's time to change the way we think about health. The Youth Health Guide and the Whole Healthy You (WHY) campaign has been created by Kansas youth for Kansas youth. You can make a difference by sharing these social media messages and using the Youth Health Guide to create your own messages that will speak to your friends and peers in the 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 an Agent of Change for health because...Join me on this journey to improve the health of the youth in our community. Learn more at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

## Healthy Relationships



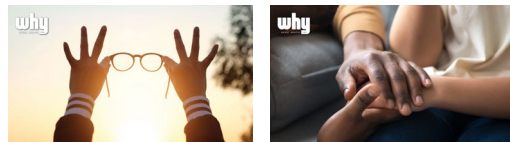
Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Learn more at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

## Healthy Eating



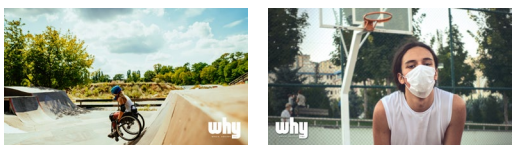
Being busy is no excuse to abandon healthy habits. Learn how to eat healthy on the go and how to make healthy choices when dining out: [WholeHealthyYouKS.org](#). #WhyTheHealthNot

## Substance Use:



Substance use can really hurt your physical and mental health. Learn more about the risks, warning signs and where to get help for a friend, a loved one or yourself at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

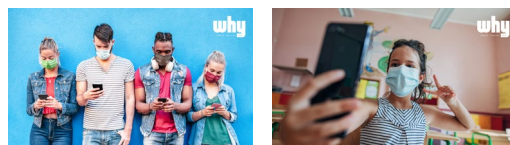
## Fitness/Physical Activity



Did you know 51% of Kansas students are physically active for at least 60 minutes per day, five or more times a week? Be part of this crew. Find ideas and inspiration at [WholeHealthyYouKS.org](#). #WhyTheHealthNot

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

## Social Media



Technology and social media play a huge role in our daily lives. Are you engaging responsibly? Learn how to be safe; be productive; and be responsible online: [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