

SAMPLE SOCIAL MEDIA POSTS

Don't forget to use the hashtag #bikehelmetsafety on Facebook/Twitter/Instagram!

Week of April 6:

Mark your calendars! We're participating in Bike Helmet Safety Awareness Week May 2-10, 2015! Wear yours and be cool like us! Check out ["Put A Lid On It"](#) !

Week of April 13:

Did you know that by spending \$10 on a bike helmet for a child, we can take \$41 out of Ohio's health care system? Check out ["Put A Lid On It"](#) for more info.

Week of April 20:

In 2010, the number of people injured by not wearing a bike helmet was 51,000, enough people to fill Nationwide Arena in Columbus 2½ times. ["Put A Lid On It"](#) to save lives and prevent injuries!

Week of April 27:

One week from today, show your support for saving children's lives and preventing injuries by participating in Bike Helmet Safety Awareness Week. ["Put A Lid On It"](#) has more information!

May 2: (CHANGE YOUR PROFILE PIC TO THE PUT A LID ON IT LOGO!)

It's Bike Helmet Safety Awareness Week! What are you doing to help promote the use of bike helmets by children in your community? Visit ["Put A Lid On It"](#) to share!

May 5:

Summer is right around the corner, and this is the perfect time to make sure your child's helmet fits properly! It might be time for a new one, and it's Bike Helmet Safety Awareness Week. Visit ["Put A Lid On It"](#) for a free "fit a helmet" fact sheet to be sure your put a lid on it correctly!

May 6:

It's ["Put A Lid On It"](#) week! Bike Helmet Safety Awareness Week! Check it out!

May 7: Show your support for saving children's lives and preventing injuries by participating in Bike Helmet Safety Awareness Week. ["Put A Lid On It"](#) has more information!