



The American Indian Cancer Foundation (AICAF) created the [Colorectal Cancer Awareness Month](#) media toolkit that includes sample social media posts for Facebook and Twitter. The following content can be easily copied and pasted into the social media platform of your choice. Please feel free to personalize these posts with pictures and information that is unique to your community! We have highlighted a cancer champion we know, colon cancer survivor Robert DesJarlait (Red Lake Band of Chippewa) - we encourage you to share his story, as well as to uplift the voices of the cancer survivors in your community.

Date		Sample Post	Sample Tweet
Friday	3/1	It's Colorectal Cancer Awareness Month! Colon cancer is the second most common cancer among American Indians and Alaska Natives, and the second leading cause of cancer death. #GetBehindCRCScreening to end colon cancer in Indian Country http://ow.ly/ABTX30nL6OE	It's #ColorectalCancer Awareness Month! Colon cancer is the second most common cancer among American Indians & Alaska Natives, and the second leading cause of cancer death. #GetBehindCRCScreening to end colon cancer in Indian Country! http://ow.ly/ABTX30nL6OE
Monday	3/4	Colon cancer screening is for American Indian and Alaska Native men and women ages 45-75. #GetBehindCRCScreening and talk to your doctor about your options! http://ow.ly/30BN30nRtzu	Colon cancer screening is for American Indian and Alaska Native men and women ages 45-75. #GetBehindCRCScreening and talk to your doctor about your options! http://ow.ly/30BN30nRtzu
Tuesday	3/5	#BlueBeadsDay is March 20th! Help raise awareness about colorectal cancer in Indian Country by wearing blue beads and spreading the word to #GetBehindCRCScreening!	#BlueBeadsDay is March 20th! Help raise awareness about colorectal cancer in Indian Country by wearing blue beads and spreading the word to #GetBehindCRCScreening!
Thursday	3/7	Most colon cancers start as noncancerous clumps of cells called polyps, which may turn cancerous if left untreated. Screening saves lives by detecting polyps in the early stages. Talk with your doctor about your options and #GetBehindCRCScreening! http://ow.ly/30BN30nRtzu	Most colon cancers start as noncancerous clumps of cells called polyps, which may turn cancerous if left untreated. Screening saves lives by detecting polyps in the early stages. Talk with your doctor about your options and #GetBehindCRCScreening! http://ow.ly/30BN30nRtzu
Monday	3/11	Let's chat #CRC in Indian Country! Join AICAF this Friday, March 15th from 11-11:30 AM CST for a Facebook Live Q&A and demonstration. The team will answer questions about colon cancer screening and stool-based testing. http://ow.ly/Ndx030nL6RE	Let's chat #CRC in Indian Country! Join AICAF this Friday, March 15th from 11-11:30 AM CST for a Facebook Live Q&A and demonstration. The team will answer questions about colon cancer screening and stool-based testing. http://ow.ly/Ndx030nL6RE
Tuesday	3/12	Colon cancer often has no symptoms in its early stages. If it's found and treated early enough, 9 out of 10 people will survive. Stay up to date on screening guidelines and talk with your doctor about which options are best for you! #GetBehindCRCScreening http://ow.ly/czcN30nSq1Z	Colon cancer often has no symptoms in its early stages. If it's found and treated early enough, 9 out of 10 people will survive. Stay up to date on screening guidelines and talk with your doctor about which options are best for you! #GetBehindCRCScreening http://ow.ly/czcN30nSq1Z
Thursday	3/14	Don't take any chances with colon cancer! Quit smoking, limit alcohol use, and #GetBehindCRCScreening to help prevent it. Get informed about other risk factors and steps you can take for prevention: http://ow.ly/30BN30nRtzu	Don't take any chances with colon cancer! Quit smoking, limit alcohol use, and #GetBehindCRCScreening to help prevent it. Get informed about other risk factors and steps you can take for prevention: http://ow.ly/30BN30nRtzu
Friday	3/15	Join AICAF today from 11-11:30 AM CST for a Facebook Live Q&A and demonstration. The team will answer questions about colon cancer screening and stool-based testing. #GetBehindCRCScreening http://ow.ly/Ndx030nL6RE	Join AICAF today from 11-11:30 AM CST for a Facebook Live Q&A and demonstration. The team will answer questions about colon cancer screening and stool-based testing. #GetBehindCRCScreening http://ow.ly/Ndx030nL6RE
Monday	3/18	#GetBehindCRCScreening in Indian Country! Keep the conversation going and join AICAF for a live Twitter chat happening March 27th from 1-2 PM CST. Use #aicaforC2019 to engage with the team. http://ow.ly/8hq030nL7h3	#GetBehindCRCScreening in Indian Country and keep the conversation going! Join AICAF for a live Twitter chat happening March 27th from 1-2 PM CST. Use #aicaforC2019 to engage with the team. http://ow.ly/8hq030nL7h3
Wednesday	3/20	Today is #BlueBeadsDay! Help raise awareness to end colon cancer in Indian Country by wearing blue beads. Take action and #GetBehindCRCScreening!	Today is #BlueBeadsDay! Help raise awareness to end colon cancer in Indian Country by wearing blue beads. Take action and #GetBehindCRCScreening!
Friday	3/22	AICAF partnered with colon cancer survivor Robert DesJarlait (Red Lake Nation) for the Powwow Colon Cancer Initiative. He visited six tribal communities across Minnesota to share his journey and advocate for American Indians to #GetBehindCRCScreening. http://ow.ly/3liV30nL7nJ	AICAF partnered with colon cancer survivor Robert DesJarlait (Red Lake Nation) for the Powwow Colon Cancer Initiative. He visited 6 tribal communities across MN sharing his journey & advocating for American Indians to #GetBehindCRCScreening. http://ow.ly/3liV30nL7nJ
Monday	3/25	Most #CRC occurs in people without a family history, but people with a history of colorectal cancer or polyps in close relatives are at increased risk. Learn more about your risk factors http://ow.ly/H0r230nL7pQ	Most #CRC occurs in people without a family history, but people with a history of colorectal cancer or polyps in close relatives are at increased risk. Learn more about your risk factors http://ow.ly/H0r230nL7pQ
Wednesday	3/27	#GetBehindCRCScreening in Indian Country! Keep the conversation going and join AICAF for a live Twitter chat happening today from 1-2 PM CST. Use #aicaforC2019 to engage with the team! http://ow.ly/8hq030nL7h3	#GetBehindCRCScreening in Indian Country! Keep the conversation going and join AICAF for a live Twitter chat happening today from 1-2 PM CST. Use #aicaforC2019 to engage with the team! http://ow.ly/8hq030nL7h3
Thursday	3/28	A colon cancer diagnosis can be terrifying. Once there is an initial diagnosis, tests will help your doctor determine the stage of the cancer, and recommend the right course for treatment: http://ow.ly/nCtq30nL7GB	A colon cancer diagnosis can be terrifying. Once there is an initial diagnosis, tests will help your doctor determine the stage of the cancer, and recommend the right course for treatment: http://ow.ly/nCtq30nL7GB
Friday	3/29	Colon cancer survivor Margie LaMorie (Lac Courte Oreilles Ojibwe) says people often avoid screening for "the fear of the unknown." Her advice? "You gotta face it. [Cancer] is something that has to be talked about and discussed." #GetBehindCRCScreening http://ow.ly/5Plu30nRuJ5	Colon cancer survivor Margie LaMorie (Lac Courte Oreilles Ojibwe) says people often avoid screening for "the fear of the unknown." Her advice? "You gotta face it. [Cancer] is something that has to be talked about and discussed." #GetBehindCRCScreening http://ow.ly/5Plu30nRuJ5