



TWEET ABOUT IT!

ACTIVITY OUTLINE AND INSTRUCTIONS

ACTIVITY:

Sending out periodic messages to your peer group/residents/group members is a great way to reinforce the information they have learned during the *Every Choice* video. Use whatever method of distributing the messages that you are most comfortable with and which are used by your social circle. These statements are designed for Twitter in that they are 140 characters or less, but you can use them for whatever distribution methods works for you (Facebook, email listserv, Instagram [a photo of you holding a piece of paper with the statement on it], written on a board on your door, etc.)

Instructions:

Post these as Facebook status updates or Twitter messages (or other method of communication) during your 4-week series. You could set up a Tweetdeck which will automatically send out your Tweets at specific times. To create a Tweetdeck, go to <http://tweetdeck.com>.

Messages:

- Direct, Distract, Delegate. There are lots of good choices. #everychoice
- Violence doesn't have to be part of the college experience. #everychoice
- Nomophobia is the fear of being without your cell phone or losing your signal.
- I work towards making this campus safer. #everychoice
- Find your moment. #everychoice
- Studies show that eating chocolate can improve your math skills.
- No one has to do everything, everyone has to do something. #everychoice
- Intervene yourself or find someone who will. #everychoice
- You are more likely to memorize what you have written, if you wrote it in blue ink.
- Above all, try something. #everychoice
- Individuals can change the course of history. #everychoice
- People who daydream are often better at solving complex problems.
- Direct, Distract, Delegate. Which one are you? #everychoice
- The month of May is "Zombie Awareness Month".
- Our choices define who we are. #everychoice
- Groaking is the act of watching someone else eat food and hoping they will offer you some.
- Change happens because we decide it will. #everychoice
- I look out for my friends at parties. #everychoice
- Sexual violence, stalking, and dating violence? No more. #everychoice