



## Courage social media toolkit

Inspire your social media followers and generate more donations by sharing your personal connection to Courage. Encourage your friends and family to make a gift by sharing why you ride and how their donations can make an impact. Don't forget to tag Courage on any of your social platforms – if we see it, we might just share your post!

### Example 1 text for your post:

I'm riding with Courage to support children in my community.

Every year, Mary Bridge Children's Child Abuse Intervention Department (*note: tag Mary Bridge for higher visibility*) serves more than 2,000 children who have been abused or neglected. A gift from you, no matter the size, will ensure these children and their families receive the services they need to seek justice and healing.

Visit my fundraising page to learn more and make a gift today (*include link to your fundraising page*).

### Example 2 text for your post:

Every year, 2.9 million cases of child abuse are reported in the United States. It can happen to anyone and it can affect any family. Donations from the community allow for every child to receive the services Mary Bridge Children's Child Abuse Intervention Department (CAID) offers with no cost to them or their family.

"I'm riding with Mary Bridge Children's Courage because..." (*Include a sentence or two about why you ride with Courage*)

Please consider visiting my fundraising page and making a donation. (*include link to your fundraising page*)

**Note:** for both social posts, include a photo of yourself training for Courage or wearing Courage gear.

### Tag us:



@ridewithcourage



@marybridgecourage



@ridewithcourage

**Hashtags to use:** #ridewithcourage #marybridge #whyiride