SOCIAL							SOCIAL COPY (to be filled in 3 days before	
NETWORK	DATE (MONTH/DAY/YEAR)	TIME (EST)	CONTENT TYPE	TOPIC	MEMBER	NOTES (e.g., specific images, etc.)	publishing)	LINK
	WEEK 9 (SENSIS PITCH)							
INSTAGRAM	Saturday 8/5/21	19:00:00 (7pm)	Carousel post	SELF-AWARENESS: What is self awareness? Informative post	Kristine	- A simple way to begin practising self-awareness is by regularly checking and asking yourself: What am I feeling in my body right now? What thoughts are running through my mind? What am I saying to myself? What emotions are around? What am I wanting to do or what am I doing as a consequence of how I think and feel?		
& FACEBOOK								
(CROSS-POST)	WEEK 10							
	WEEK 10							
INSTAGRAM	Tuesday 11/5	19:00:00 (7pm)	IG stories	SELF- AWARENESS: How you can check in on yourself /ask someone how they're doing? Relate it to the pandemic, tips	Mayara and Alexandra	Two people film themselves talking, add interactive features like Q&A, polls		
	Thursday 13/5	19:00:00 (7pm)	Carousel post	SELF-AWARENESS: How do our followers practice self awareness of their media habits? Do they believe social media has impacted their mental health?	Chloe	Send DMs to 3 of our mutual followers / other accounts asking how they check in on themselves. Then highlight their responses as quotes 3x, in a carousel		
				NEW TOPIC				
	Saturday 15/05	19:00:00 (7pm)	Carousel post	MENTAL HEALTH AND FAMILY RESOURCES: Fact sheet on family and mental health, informative		Include some infographics and Sensis statistics, graphs etc. Include a call to action - where to find professional resources		
& FACEBOOK (CROSS-POST)								
	WEEK 11							
INSTAGRAM	Tuesday 18/05	19:00:00 (7pm)	IG stories	MENTAL HEALTH AND FAMILY RESOURCES: How to have open conversations with family, friends or S/O about mental health		Q&A- Ask the question/poll 'Do you find it easy to have conversations with family about mental health?' And post responses on stories		
	Thursday 20/05	19:00:00 (7pm)	Carousel post	MENTAL HEALTH AND FAMILY RESOURCES: How to have open conversations with family, friends or S/O about mental health		Include a call to action - where young people can find professional resources		
				NEW TOPIC				
	Saturday 22/5	19:00:00 (7pm)	Carousel post	International students resources				
& FACEBOOK								
(CROSS-POST)								
	WEEK 12 (SUBMIT)							
INSTAGRAM								
& FACEBOOK								
(CROSS-POST)								