

# OWN YOUR OVARIES

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OVARIAN CANCER AWARENESS MONTH



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## Social Media Toolkit

Advocacy in action matters. The National Ovarian Cancer Coalition's (NOCC) OWN YOUR OVARIES campaign aims to highlight the risks, signs, and symptoms of ovarian cancer and the work that real people like you are doing across the country to spread awareness and help others advocate for their health. The following toolkit will provide you with the facts, tools, and resources you need to inspire action in your community.

Anyone born with ovaries is at risk for ovarian cancer, and the NOCC knows that in order to truly make an impact on this disease, we need your help in spreading the word.

We invite you to use your passion and skills to spread ovarian cancer awareness alongside the NOCC during National Ovarian Cancer Awareness Month. Join us and let's work towards a world where no one loses their life to ovarian cancer.



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## Purpose of this toolkit

To introduce and support advocates across the country to our #OwnYourOvaries campaign. The following pages provide advocates like you with social media content to spread awareness across Facebook, Instagram, Twitter, and LinkedIn.

The facts, tools, and resources found here and at [ovarian.org/OWNYOUROVARIES](https://ovarian.org/OWNYOUROVARIES) will allow you to share your connection to ovarian cancer, your purpose for spreading this message and inspire friends and family to advocate for their health.

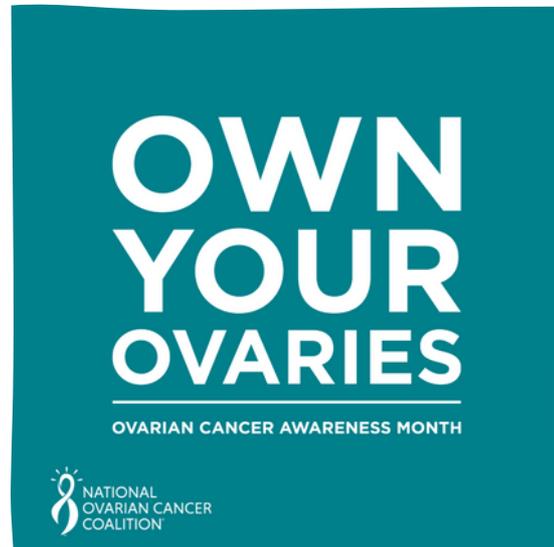
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## How can you help?

- Download one of our social media graphics in this toolkit or create your own using our [social media generator tool](#).
- Copy and paste the suggested copy based on what platform you plan to spread awareness on.
- Be sure to tag NOCC in your message on Facebook, Instagram, LinkedIn, or Twitter.
- Follow NOCC on Facebook, Instagram, LinkedIn, or Twitter.
- Send this toolkit to family and friends so they can spread awareness!

## Social Media Shareables - Click to Download



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## Social Media Suggested Copy - Facebook/Instagram

- September is #NationalOvarianCancerAwarenessMonth, and I am on a mission to share the risks, signs, and symptoms of #OvarianCancer so that everyone has the tools and resources to advocate for their health. Join @NOCC\_National and me as we work towards a world where no one loses their life to ovarian cancer. #OwnYourOvaries #KnowOvarian.  
<https://bit.ly/3QJ5c9K>
- It's true! The pap test does NOT detect #ovariancancer. With the help of my friends at @NOCC\_National, I am working to raise awareness in my community during #NationalOvarianCancerAwarenessMonth. The more we know, the better we can advocate for ourselves and others. To learn more and join in, visit their website today! #OwnYourOvaries #KnowOvarian.  
<https://bit.ly/3QJ5c9K>
- Are you ready to #OwnYourOvaries? September is #NationalOvarianCancerAwarenessMonth and @NOCC\_National is providing everyone with the tools and resources they need to spread the word about #OvarianCancer. Will you join us? #KnowOvarian  
<https://bit.ly/3QJ5c9K>

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## Social Media Suggested Copy - Twitter

- I'm joining @NOCC\_National during #NOCAM to raise awareness for #OvarianCancer. Join me in supporting their #OwnYourOvaries campaign, and let's work towards a world where no one loses their life to this disease:  
<https://bit.ly/3QJ5c9K> #KnowOvarian
- @NOCC\_National's #OwnYourOvaries campaign provides advocates with the tools and resources they need to raise #OvarianCancerAwareness! Will you join me throughout September to spread the risks, signs, and symptoms of #OvarianCancer? #KnowOvarian  
<https://bit.ly/3QJ5c9K>
- Advocacy in action matters. I'm using the tools and resources from @NOCC\_National's #OwnYourOvaries #NOCAM campaign to raise #OvarianCancer awareness in my community. Check out their website and help us spread the word! <https://bit.ly/3QJ5c9K> #KnowOvarian

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## Social Media Suggested Copy - LinkedIn

Did you know that September is #NationalOvarianCancerAwarenessMonth? Here are some other facts you may not know about #OvarianCancer:

- Anyone born with ovaries is at risk for ovarian cancer
- Ovarian cancer has the highest mortality rate of all #GYNCancers
- There is NO screening test for ovarian cancer

The @National Ovarian Cancer Coalition is helping advocates like me raise awareness by providing the tools, tips, and resources needed to #OwnYourOvaries. Join us today, and let's work towards a world where no one will lose their life to ovarian cancer. #KnowOvarian <https://bit.ly/3QJ5c9K>

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