# **Prevention Peer Network**

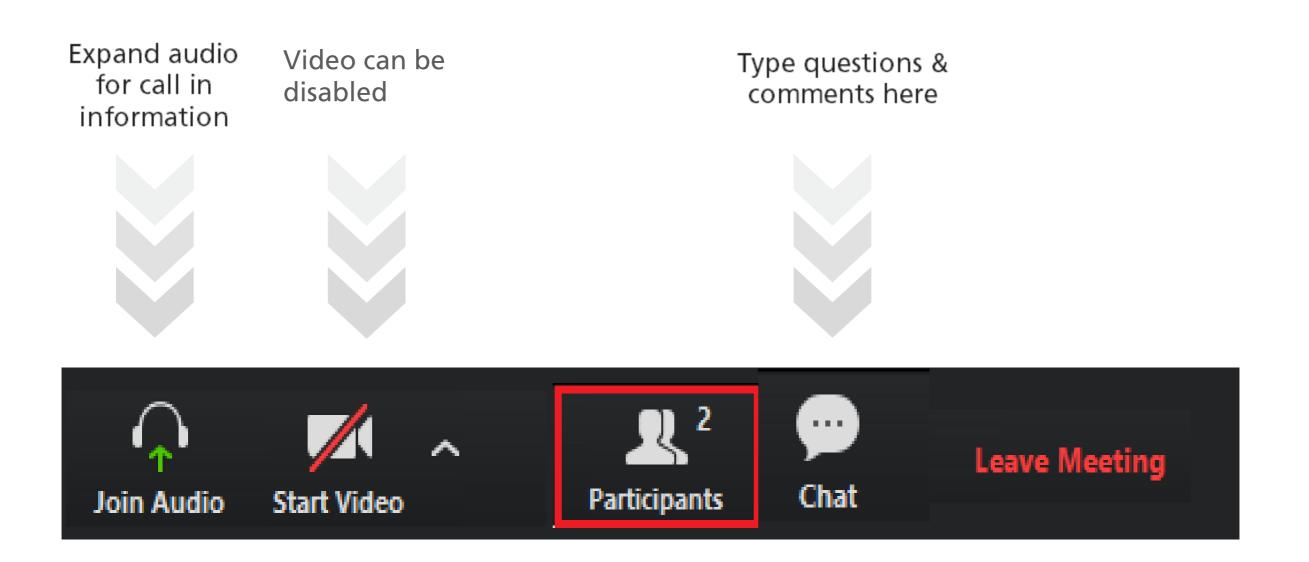
April 16, 2020





#### **Control Panel**

Please note, this webinar is being recorded





# Agenda

#### Opening Circle

- Topic: Adapting Your Communications Strategies During the COVID-19 Pandemic: A New Prevention Peer Webinar Series
  - Presenters:
    - Sabrina Hughes
    - Nicole Zárate
    - Janae Sargent
    - Arti Kothari Allard
    - Jessica Merrill
- Q&A
- Discussion: Shared expertise, emerging issues, challenges, triumphs



# **Opening Circle**

#### Please type in your name, agency and location





# Social Media & Social Distancing

#### Sabrina Hughes & Nicole Zárate April 16, 2020



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### Our social media approach

• 7-person Social Media Committee -- Prevention, Advocates,

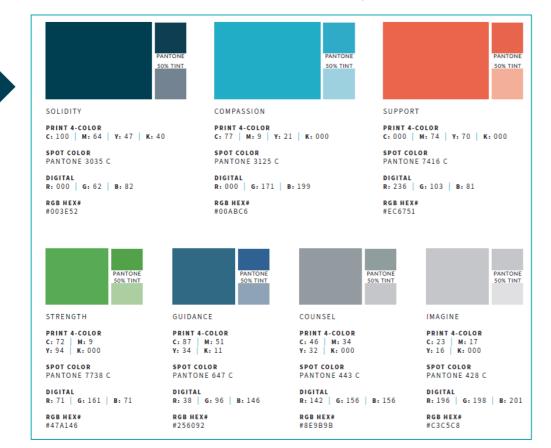
Management

- Established July 2018 to share responsibility & broader perspectives (extremely helpful in current situation!)
- Monthly meetings
- Shared Google Drive & monthly calendar
- Mix of evergreen & current events posts

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### The basics

- Agency brand guidelines messaging, color palette, typography, logos
  - Creates cohesion, but allows personal creativity Ο
  - Inviting and positive imagery, not re-victimizing Ο







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the series where we answer some your FAQs about Waymakers Sexual Assault Victim Services and Prevention (Orange County's Rape Crisis Center)

Today's question is:

What should I expect from getting a "rape kit" done?



the series where we answer some your FAQs about Waymakers Sexual Assault Victim Services and Prevention (Orange County's Rape Crisis Center)

Today's question is:

What happens when someone calls the hotline?



the series where we answer some your FAQs about Waymakers Sexual Assault Victim Services and Prevention (Orange County's Rape Crisis Center)

Today's question is:

What does a Waymakers SAVS Advocate do?



### Teal Table Talk (2019)

- Goal: de-mystify Rape Crisis Center services
  & SART processes
- We want to work from a place of transparency - laid groundwork for our COVID-19 response
- Can be found on Instagram through #TealTableTalk

### Who is our audience?



- Community members, future/current clients (survivors), local advocates, service providers, our volunteers, community partners
- Insight gained from CALCASA social media training January 2019
  - Instagram younger audiences (for us, 18-24)
  - Facebook older folks, parent-centered content
  - Twitter organizations and activists

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## Covid-19 Approach

- March 19 scrapped remaining March posts & pre-planned April posts
- Impromptu Social Media Committee (SMC) Meeting to hear different perspectives about our approach
- Brainstormed posts/strategies to address anxiety & uncertainty
- Remaining flexible with sudden changes
- Remind audience we're still a dependable resource

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# Covid-19 Engagement



757 Posts

1,204 Followers Following

683

Waymakers SAVS & Prevention

Nonprofit Organization Waymakers Sexual Assault Victim Services is Orange County's sole rape crisis center. Speak to a confidential advocate now: 714-957-2737 bit.ly/VirtualClotheslineOC Santa Ana, California





#### Instagram stories

### The first community check-in of April 🕻

SAAM 2020 2w

From Create Mode

How are you going to take care of yourself in order to engage with <u>#SAAM</u> this April?

OR: are you going to engage with Sexual Assault Awareness Month this year?

> Be honest 😤 where are you at re: SAAM 2020? Type something....

> > More

Seen by 144

Be honest 🍄 where are you at re: SAAM 2020?

A mix of up, down or the middle. Haven't been sleeping well these past 2 days either

#### Absolutely 🎢

Our capacity to engage in activism (& sexual violence as a topic in general) can change moment to moment, or day to day.

A lot of folks have been struggling to sleep restfully. Here are some suggestions that may be useful ?



#### SAAM 2020 1w From Create Mode

#### Suggestions for aiding in sleep:

Solidify a nightly routine. When we have consistent a ritual, it signals to the body that it's time to relax & get ready to sleep.

Try a meditation that is aimed at helping sleep. These can be found on @<u>youtube</u>, or apps like @<u>insighttimer</u> and @<u>headspace</u>





Aromatherapy! Scents like lavender and chamomile can be used to relax the body. If you can, purchasing essential oils or candles might be helpful (though make sure to blow the candle out before you go to bed!!)

Try to limit time on screens (phones, computers, TVs) in the evening, as the bright light can keep the brain awake.



Seen by 101 M

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### Logistics



- Timing doesn't matter so much right now, but typically want to post 11am-1pm, 4:30 onwards
- File type: **.PNG**
- Live people less included to interact
  Q&As through Instagram stories (question sticker)
- Think ahead: what's your plan for...
  - Disclosures!! not a confidential space
  - Inappropriate comments

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#### Social Media Tools





- We use the free version
- Able to share & edit directly

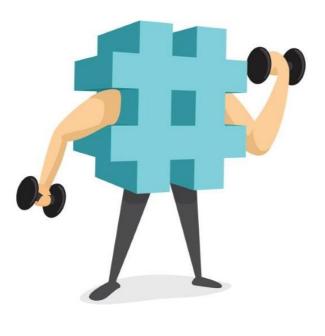
Copyright-free, high resolution photos

**Unsplash** 

Free management and scheduling tool

**Hootsuite**<sup>®</sup>

### Connecting with Others



#### @SAVSWaymakersOC



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## Using Hashtags

#### Most posts include:

**#WaymakersOC** #SAVS #RapeCrisisCenter #OrangeCounty #OC #California #SexualAssault #SexualAbuse #SexualViolence Client Services posts can include:

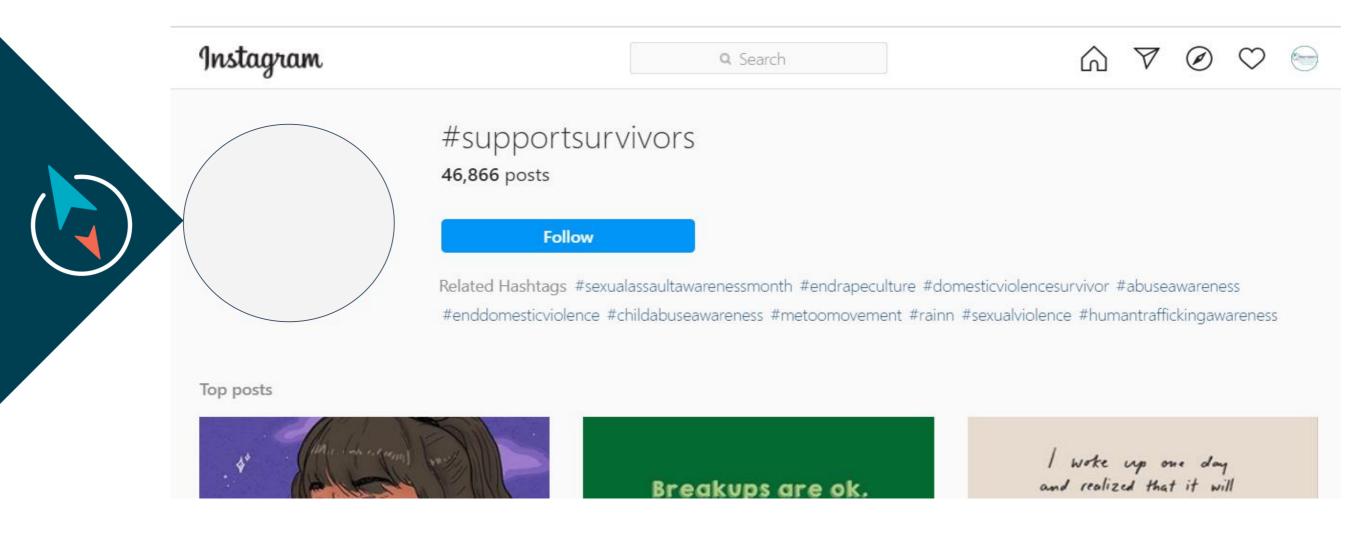
#SupportSurvivors #BelieveSurvivors #VictimAdvocacy #Boundaries #Respect #Resilience #Healing #VictimServices #Empowerment Prevention:

#ConsentCulture #EndRapeCulture #InvestInPrevention

#PreventionIsPossible #PreventionWorks #SexualAssaultPrevention

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### Using Hashtags



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# Shared expertise and discussion

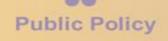
- Current emerging issues?
- Challenges or triumphs in your prevention efforts?



DOMESTIC **VIOLENCE** Together, We're Stronger.

#### Together we're stronger

# Prevention at the Partnership



Communications

**Capacity Building** 



Alejandra Aguilar Pronouns: She/Her Program Specialist alejandra@cpedv.org



Jessica Merrill Pronouns: She/Her Communications Manager jessica@cpedv.org



Miranda Stiers Pronouns: They/Them Capacity-Building Program Specialist miranda@cpedv.org

