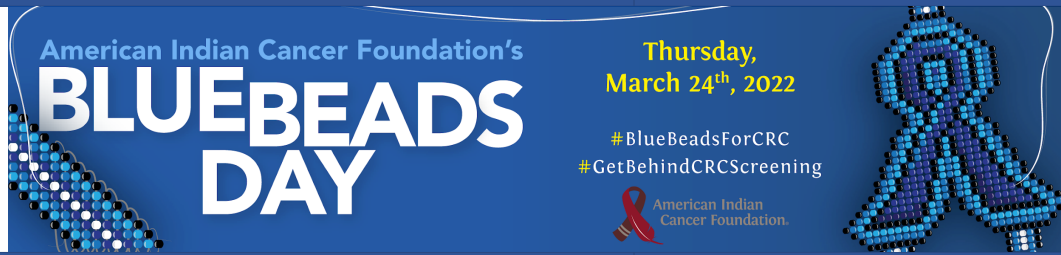




The American Indian Cancer Foundation (AICAF) created the **#BlueBeadsDay Social Media Toolkit** to engage community members, health professionals, and leaders working towards cancer equity in raising awareness of colorectal cancer (CRC) in Native communities. AICAF will celebrate Colorectal Cancer Awareness Month throughout March, sharing new and old resources, webinars, survivor stories, and colorectal health information. The Toolkit shares AICAF's events and culturally-tailored resources, and includes sample posts for Facebook and Twitter that can be easily copied and pasted into the social media platform of your choice. We encourage you to personalize these posts with pictures and information that is unique to your community!

Post Date	Facebook	Twitter
3.1.22	March is Colorectal Cancer Awareness Month! Colorectal cancer is the second most common cancer among Indigenous people, and the second leading cause of cancer death. #GetBehindCRCScreening to help us end colorectal cancer in Indian Country! <a href="http://ow.ly/ABTX30nL6OE">http://ow.ly/ABTX30nL6OE</a>	March is Colorectal Cancer Awareness Month! Colorectal cancer is the second most common cancer among Indigenous people, and the second leading cause of cancer death. #GetBehindCRCScreening to help us end colorectal cancer in Indian Country! <a href="http://ow.ly/ABTX30nL6OE">http://ow.ly/ABTX30nL6OE</a>
3.2.22	#BlueBeadsDay happens Thursday, March 24! Help us raise awareness about colorectal cancer in Indian Country by wearing blue beads and spreading the word to #GetBehindCRCScreening! Join our event: <a href="http://ow.ly/gVAF50HYS42">http://ow.ly/gVAF50HYS42</a>	#BlueBeadsDay happens Thursday, March 24! Help us raise awareness about colorectal cancer in Indian Country by wearing blue beads and spreading the word to #GetBehindCRCScreening! Join our event: <a href="http://ow.ly/gVAF50HYS42">http://ow.ly/gVAF50HYS42</a>
3.4.22	This year thousands of our relatives will be diagnosed with colorectal cancer. Join our fight to end this preventable disease by wearing blue on #BlueBeadsDay to honor all those impacted by CRC. Join the movement: <a href="http://ow.ly/DT9750ypDN2">http://ow.ly/DT9750ypDN2</a>	This year thousands of our relatives will be diagnosed with colorectal cancer. Join our fight to end this preventable disease by wearing blue on #BlueBeadsDay to honor all those impacted by CRC. Join the movement: <a href="http://ow.ly/DT9750ypDN2">http://ow.ly/DT9750ypDN2</a>
3.7.22	Most colorectal cancer starts as non-cancerous growths or polyps, which can be detected with regular screenings and removed with a colonoscopy. Screening is highly recommended for Native men and women ages 45-75. #GetBehindCRCScreening and talk to your doctor about when screening is right for you! <a href="http://ow.ly/j5tf50Hv4TY">http://ow.ly/j5tf50Hv4TY</a>	Most colorectal cancer starts as non-cancerous growths or polyps, which can be detected with regular screenings and removed with a colonoscopy. Screening is highly recommended for Native men and women ages 45-75. #GetBehindCRCScreening and talk to your doctor about when screening is right for you! <a href="http://ow.ly/j5tf50Hv4TY">http://ow.ly/j5tf50Hv4TY</a>
3.8.22	AICAF's Blue Beads Campaign plays an important part in creating colorectal cancer awareness in Native communities. Colorectal cancer is the second leading cause of cancer death for Indigenous people. Check out this article published by the CDC on how AICAF is increasing awareness: <a href="http://ow.ly/UaTb50Hv5NF">http://ow.ly/UaTb50Hv5NF</a>	AICAF's Blue Beads Campaign plays an important part in creating colorectal cancer awareness in Native communities. Colorectal cancer is the second leading cause of cancer death for Indigenous people. Check out this article published by the CDC on how AICAF is increasing awareness: <a href="http://ow.ly/UaTb50Hv5NF">http://ow.ly/UaTb50Hv5NF</a>
3.9.22	Post a picture of something blue to help raise awareness of colorectal cancer in Indian Country! #BlueBeadsDay #GetBehindCRCScreening (e.g. tribal flag, beadwork, etc.)	Post a picture of something blue to help raise awareness of colorectal cancer in Indian Country! #BlueBeadsDay #GetBehindCRCScreening (e.g. tribal flag, beadwork, etc.)
3.11.22	But(t) I don't have any symptoms! Indigenous people are often diagnosed with CRC in its later stages when symptoms are more obvious. Pay attention to your body and use AICAF's resource to help you learn the signs and symptoms of CRC: <a href="http://ow.ly/yw9k50yvFct">http://ow.ly/yw9k50yvFct</a>	But(t) I don't have any symptoms! Indigenous people are often diagnosed with CRC in its later stages when symptoms are more obvious. Pay attention to your body and use AICAF's resource to help you learn the signs and symptoms of CRC: <a href="http://ow.ly/yw9k50yvFct">http://ow.ly/yw9k50yvFct</a>
3.14.22	Blue Beads Day is coming up! Be sure to join AICAF's special support circle for colorectal cancer (CRC) survivors on March 24 to help raise awareness of CRC in Indian Country. Register here: <a href="https://bit.ly/2022BlueBeadsCircle">https://bit.ly/2022BlueBeadsCircle</a>	Blue Beads Day is coming up! Be sure to join AICAF's special support circle for colorectal cancer (CRC) survivors on March 24 to help raise awareness of CRC in Indian Country. Register here: <a href="https://bit.ly/2022BlueBeadsCircle">https://bit.ly/2022BlueBeadsCircle</a>
3.16.22	Food is medicine. Post a picture of your favorite traditional food that promotes gut health, and check out AICAF's Indigenous Food resource for tips! <a href="http://ow.ly/i6Zb50DGxmf">http://ow.ly/i6Zb50DGxmf</a>	Food is medicine. Post a picture of your favorite traditional food that promotes gut health, and check out AICAF's Indigenous Food resource for tips! <a href="http://ow.ly/i6Zb50DGxmf">http://ow.ly/i6Zb50DGxmf</a>

3.18.22	Does colorectal cancer run in your family? If so, you may be at an increased risk. Learn your family's health history and ask your doctor if you should be screened for CRC before the recommended age of 45. Use AICAF's Family History Tree to guide you: <a href="http://ow.ly/7Ose50Hv55Y">http://ow.ly/7Ose50Hv55Y</a>	Does colorectal cancer run in your family? If so, you may be at an increased risk. Learn your family's health history and ask your doctor if you should be screened for CRC before the recommended age of 45. Use AICAF's Family History Tree to guide you: <a href="http://ow.ly/7Ose50Hv55Y">http://ow.ly/7Ose50Hv55Y</a>
3.21.22	We took the pledge! Join us in the fight to end colon cancer in Indian Country by taking the "I'm Behind CRC Screening Pledge." Receive one of these beautiful blue certificates after you've taken it. Take the pledge to #GetBehindCRCScreening today: <a href="http://ow.ly/nK2t50DGEL9">http://ow.ly/nK2t50DGEL9</a>	We took the pledge! Join us in the fight to end colon cancer in Indian Country by taking the "I'm Behind CRC Screening Pledge." Receive one of these beautiful blue certificates after you've taken it. Take the pledge to #GetBehindCRCScreening today: <a href="http://ow.ly/nK2t50DGEL9">http://ow.ly/nK2t50DGEL9</a>
3.23.22	Colorectal cancer often has no signs or symptoms in its early stages. If found and treated soon enough, 9 out of 10 people will survive. #GetBehindCRCScreening and talk to your doctor about which screening option is right for you: <a href="http://ow.ly/fNu850DH0hO">http://ow.ly/fNu850DH0hO</a>	Colorectal cancer often has no signs or symptoms in its early stages. If found and treated soon enough, 9 out of 10 people will survive. #GetBehindCRCScreening and talk to your doctor about which screening option is right for you: <a href="http://ow.ly/fNu850DH0hO">http://ow.ly/fNu850DH0hO</a>
3.24.22	It's #BlueBeadsDay! Encourage friends and relatives in your community to #GetBehindCRCScreening by wearing blue beads & clothing. Join AICAF's Facebook event to get involved and help raise awareness about colorectal cancer screening in Indian Country: <a href="https://ow.ly/c1Qg50ypGuw">https://ow.ly/c1Qg50ypGuw</a>	It's #BlueBeadsDay! Encourage friends and relatives in your community to #GetBehindCRCScreening by wearing blue beads & clothing. Join AICAF's Facebook event to get involved and help raise awareness about colorectal cancer screening in Indian Country: <a href="https://ow.ly/c1Qg50ypGuw">https://ow.ly/c1Qg50ypGuw</a>
3.25.22	Create a #GetBehindCRCScreening Postcard for our relatives! AICAF invites youth to personalize our card with a message that reminds loved ones to get screened, or honors a survivor. <a href="http://ow.ly/J4hr50DI4TR">http://ow.ly/J4hr50DI4TR</a>	Create a #GetBehindCRCScreening Postcard for our relatives! AICAF invites youth to personalize our card with a message that reminds loved ones to get screened, or honors a survivor. <a href="http://ow.ly/J4hr50DI4TR">http://ow.ly/J4hr50DI4TR</a>
3.28.22	What we eat has a big impact on the health of our colon. Including more high-fiber fruits and vegetables, whole grains, and foods rich in Omega-3 fatty acids helps our systems function properly, and can prevent #ColorectalCancer	What we eat has a big impact on the health of our colon. Including more high-fiber fruits and vegetables, whole grains, and foods rich in Omega-3 fatty acids helps our systems function properly, and can prevent #ColorectalCancer
3.30.22	A lot can be learned from the wisdom of our elders. Read about the experiences and inspiring journeys of these brave colorectal cancer survivors: <a href="http://ow.ly/c1Qg50ypGuw">http://ow.ly/c1Qg50ypGuw</a>	A lot can be learned from the wisdom of our elders. Read about the experiences and inspiring journeys of these brave colorectal cancer survivors: <a href="http://ow.ly/c1Qg50ypGuw">http://ow.ly/c1Qg50ypGuw</a>



American Indian Cancer Foundation's  
**BLUE BEADS DAY**

Thursday,  
 March 24<sup>th</sup>, 2022

#BlueBeadsForCRC  
 #GetBehindCRCScreening

American Indian Cancer Foundation.