



Social Media Posts

Please feel free to use these in whole, in part, or create your own.

Leading up to BTSD – APRIL 1st Forward

Awareness

- The herpes advocates are coming, the herpes advocates are coming! It's not an invasion, it's not an attack, it's an awareness campaign! Stay tuned on April 24th for Break the Stigma Day! <https://www.prlog.org/12759270.html> #btsd #breakthestigma #whatstigma #herpesstigma
- Did you know that April is STD Awareness Month?! Yea, we figured. But I bet you didn't know that April 24th is Break the Stigma Day! Stay tuned as the 25 advocates from the Herpes Activists Network take over your feed in the name of ending stigma. <https://www.prlog.org/12759270.html> #btsd #breakthestigma #whatstigma #herpesstigma
- Breaking the stigma of herpes starts with Awareness, it continues with Education, and it ends with Acceptance. That's why, on April 24th, HANDS will be taking over your feed for Break the Stigma Day! <https://www.prlog.org/12759270.html> #btsd #breakthestigma #whatstigma #herpesstigma

Education

- An estimated 3.7 billion people under age 50 (67%) have an HSV1 infection globally, and an estimated 417 million people aged 15-49 (11%) worldwide have an HSV2 infection. Help us spread herpes education, not infection, on Break the Stigma Day: April 24th, 2019 <https://www.prlog.org/12759270.html> #btsd #breakthestigma #whatstigma #herpesstigma
- Herpes is a common and usually mild recurrent skin condition caused by a virus: the herpes simplex virus (HSV). Help us spread herpes education, not infection, on Break the Stigma Day: April 24th, 2019 <https://www.prlog.org/12759270.html> #btsd #breakthestigma #whatstigma #herpesstigma
- HSV is in a family of viruses called herpesviruses. This family includes Epstein-Barr virus (the cause of mono) and the varicella zoster virus (the cause of chicken pox and shingles). Help us spread herpes education, not infection, on Break the Stigma Day: April 24th, 2019 <https://www.prlog.org/12759270.html> #btsd #breakthestigma #whatstigma #herpesstigma

Acceptance

- Break the Stigma Day is April 24th, during STD Awareness month, and we'd like to showcase your experiences and stories around herpes. Send us an inbox message, and we'll share your perspective anonymously on our social media channels! #btsd #breakthestigma #whatstigma #herpesstigma
- Break the Stigma Day is coming up on April 24th, and if you'd like to help us reduce stigma by sharing your story anonymously, fill out this template <https://www.thestdproject.com/std-interviews-std-stories/> #btsd #breakthestigma #whatstigma #herpesstigma
- Break the stigma of herpes with us for Break the Stigma Day, on April 24th, by anonymously sharing your story with the 69 Story Collection here <https://docs.google.com/forms/d/e/1FAIpQLScMU4zGX6LzIrdz8CLiZyYlIzdUoQjxf2IC7sXW9rGQk6ZfJA/viewform> #btsd #breakthestigma #whatstigma #herpesstigma



Herpes Activists Networking to Dismantle Stigma

On BTSD – APRIL 24th

Awareness

- Just diagnosed with herpes and need the facts? What about dealing with stigma and dating? Are you feeling completely lost and like a giant monster? Sex educator Emily Depasse has compiled one of the most handy and helpful lists of resources around <https://www.emilydepasse.com/sexeld> #btsd #breakthestigma #whatstigma #herpesstigma
- Herpes is way common, but most people don't know they have it, because most people aren't tested for it. In this shareable infographic, from Tinder Lotus, you can learn the herpes basics <https://herpes.education/herpesinfographic/> #btsd #breakthestigma #whatstigma #herpesstigma
- You might be surprised to learn there are people who have herpes and who aren't ashamed of it. Christine I Am Runner Girl is one of those people and has been boldly running races around the country promoting herpes awareness since 2015 <http://www.iamrunnergirl.com/> #btsd #breakthestigma #whatstigma #herpesstigma
- A person with herpes can be your neighbor, your best friend, your Aunt, your teacher, or someone you barely know, and the only things they have in common is their infection and that no one knows they have it. Ashley Tomes was that person for a while, but now she shares her day-to-day living with herpes in order to help others <https://www.facebook.com/ashley.tomes.712/posts/152590379084753> #btsd #breakthestigma #whatstigma #herpesstigma
- People from all around the world are living with herpes in silence and are lacking support and resources to help them overcome shame and stigma. If you're in New Zealand, there's a support network for you <https://www.meetup.com/NZ-H-Friends/> #btsd #breakthestigma #whatstigma #herpesstigma
- The only time you hear herpes mentioned in public is as a punchline, and that trope is tired, played out, and lacking creativity. It also hurts a large portion of your audience. Here's why you should consider a different joke <https://www.theherpeshub.com/single-post/2017/12/27/The-Dreadful-Herpes-Punchline> #btsd #breakthestigma #whatstigma #herpesstigma
- Herpes stigma persists because of a lack of consistent, comprehensive, sex-positive education, so registered nurse Rae Ann is dismantling stigma, diminishing shame, and empowering others through meetups online and in her local area of Austin, TX <https://www.pleasureeducation.com/about-me> #btsd #breakthestigma #whatstigma #herpesstigma

Education

- Genital herpes can be either HSV1 or HSV2, but most people assume that there's a good type of herpes (cold sores) and a bad type of herpes (genital), but both types can be in both places. That's one of the many reasons Soraia Francisco, who has HSV1, is passionate about educating folks about herpes through transformative sexology <https://www.instagram.com/clitcrewcrical/>
- There's a lot of inaccurate statistics and facts online that can easily skew your perception of herpes and the people who have it. Life coach Johana Dominguez, who is living with herpes, shares all of the authoritative resources you can use when you're looking for vetted clinical information <https://www.johanadominguez.com/learn-about-herpes> #btsd #breakthestigma #whatstigma #herpesstigma
- Did you know that you can contract herpes even if there are no visible sores? In this short video, Alexandra Harbushka, from Life with Herpes, talks about how you can contract herpes during viral shedding <https://youtu.be/A-w5Xi2tEM> #btsd #breakthestigma #whatstigma #herpesstigma
- It's super tough to sort out the online herpes facts from the snake-oil treatments and make-believe cures. So, after 15 years of digging, researching, and experiencing herpes first-hand, Dr Kelly Schuh wrote a book about living, loving, and thriving with the herpes virus <https://pinktent.com/book/> #btsd #breakthestigma #whatstigma #herpesstigma

- HSV1 is often transmitted by oral-to-oral contact causing oral herpes, but it can also cause genital herpes. HSV2 often causes genital herpes, but it can also cause oral herpes. In this 3-minute video, Ana Pelaez explains why it's silly to shame someone for having either type https://youtu.be/m_sMPEj1zJo #btsd #breakthestigma #whatstigma #herpesstigma
- Did you know there are 9 different types of herpes viruses? Do you think you might have herpes and you're wondering about testing? Life coach Belize Spivey can walk you through symptoms and testing, while also shedding light on what it's like to live with herpes <https://overcomingstigma.com.wordpress.com/blog/> #btsd #breakthestigma #whatstigma #herpesstigma
- Herpes sucks...sometimes. Usually herpes is no big deal, because most people don't have signs or symptoms, but if you're a person who gets recurrent outbreaks, finding someone who can break down the over-the-counter ways to prevent them, in a casual yet practical way, like Lauren HD does in this video, is a game changer <https://youtu.be/OCTJmivL3hA> #btsd #breakthestigma #whatstigma #herpesstigma

Acceptance

- The hardest thing about a herpes diagnosis is usually overcoming self-doubt and shame, not the symptoms of the infection, as most might assume. In this podcast, from Courtney Brame of Something Positive for Positive People, a guy with herpes talks about self-acceptance after his diagnosis <https://somethingpositiveforpositivepeople.podbean.com/e/episode-38-self-acceptance/> #btsd #breakthestigma #whatstigma #herpesstigma
- After a herpes diagnosis, it's easy to feel alone, but Clarice M Connolly, a women's life coach who also has herpes, shows you that you are still seen, heard, and understood <http://www.empoweringwomen.coach/> #btsd #breakthestigma #whatstigma #herpesstigma
- You don't have to learn how to overcome the shame of a herpes diagnosis alone. Folks like Devin Elise Wilson are available to support you through in-person and online meetups or coaching sessions <https://loveprofound.com/coaching> #btsd #breakthestigma #whatstigma #herpesstigma
- Learning to love yourself after a herpes diagnosis is one thing, and learning to appreciate herpes for the experience and opportunity it has presented you is something entirely different, but KellyAnne Herman of V for Vibrant shows it's possible <https://www.patreon.com/vforvibrant/posts> #btsd #breakthestigma #whatstigma #herpesstigma
- Are you in the UK and feeling completely out of sorts after a herpes diagnosis? It probably feels like you're never going to be the same ever again. And who can even imagine dating at a time like this? That's where Rukiat Ashawe comes in – her Instagram will have you feeling inspired, empowered, and like, "if she can rock herpes, then I can rock herpes." https://www.instagram.com/_rukiat/ #btsd #breakthestigma #whatstigma #herpesstigma
- Rebuilding confidence after a herpes diagnosis can take some time, and there's no right or wrong way to seek help. Sometimes, listening to others talk about their experiences, like Erin Devost does on the Herp-A-Derp podcast, is all you need to move forward <https://anchor.fm/herpaderppodcast> #btsd #breakthestigma #whatstigma #herpesstigma
- Looking for someone who's figured out how to live their best life with herpes? There are a lot of us, but Carlee Murrell is probably one of the most uplifting. Her energy shines right through the images she shares on Instagram, and she'll quickly inspire you to take up working out while loving yourself past, present, and future <https://www.instagram.com/itscarleefit/> #btsd #breakthestigma #whatstigma #herpesstigma
- Living with herpes and being on social media can be tough, because everyone seems like they have it all together, while deep down, you've got a secret. It's especially frustrating when you get an outbreak, because they always come during a not-so-awesome ridiculously stressful time, but Kiera Thomas, aka K. Tanae, does a really good job of making sure you know that it's just a blister, and it will be ok <https://www.instagram.com/kaytanaewroteit/> #btsd #breakthestigma #whatstigma #herpesstigma

SEE SOCIAL MEDIA IMAGES BELOW!!!

Break the Stigma Day

APRIL 24, 2019

Awareness, Education & Acceptance

*#btsd #breakthestigma #whatstigma
#herpesstigma*



HANDS

Herpes Activists Networking to Dismantle Stigma



APRIL 24, 2019

Break the Stigma Day

AWARENESS, EDUCATION & ACCEPTANCE

*#btsd #breakthestigma
#whatstigma #herpesstigma*

04

Awareness, Education & Acceptance

Break the Stigma Day

*#btsd #breakthestigma #whatstigma
#herpesstigma*



19

APRIL 24, 2019

Break the Stigma Day

Awareness, Education & Acceptance

*#btsd #breakthestigma #whatstigma
#herpesstigma*

