

Friday
November
17th
1 PM EST

**National Injury Prevention Day
Twitter / X Chat
2023**

Join the conversation! Use hashtag
#BeInjuryFree

Talk with specialists about important safety topics including **Opioid Overdoses**

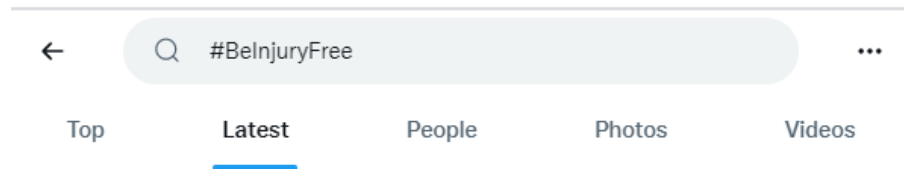
 Injury Free Coalition
for Kids®

Learn more at injuryfree.org

Twitter Chat 101 for Participants

- Thanks so much for participating in the second annual X (formerly Twitter) chat for National Injury Prevention Day on Wednesday, November 18th.
- Our X chat is set for **Friday, November 17th at 1-2pm EST**. (Please note that this is a day earlier than the normal November 18th date because it falls on a Saturday.)
- Before the date:
 - Follow @InjuryFreeKids and others in injury prevention
 - You can look at the Peds Injury Prevention list run by @tarhealer to find others; this is accessible by clicking the “more” button (3 dots) next to the follow button → view lists
 - Reach out to social media partners about promoting the X chat
 - Promote the chat on your own accounts. Start posting about NIPD as soon as possible! Feel free to use the promotional posts or our photos from a prior NIPD year with buildings lit up green that can be found on the Resource page.
 - Use the hashtag: #BeInjuryFree in every response
 - Review X chat questions (below) and craft your responses beforehand. This is NOT mandatory, but it help minimize stress during the X chat!
 - Great responses might include:
 - Links to important references - make sure the link works and the website looks good. You can shorten links by going to tinyurl.com.
 - Relevant images, GIFs, and videos
 - Appropriate hashtags and mentions (using handles starting with @)

- These steps are not mandatory, but highly recommended to maximize your impact.
- Day of X chat:
 - Log onto X a few minutes before the session starts.
 - You can either search @InjuryFreeKids and follow the chat or search #BelInjuryFree and sort by “Latest” to read the conversation as close to chronological order as possible.



- If you subscribe to X Premium, you can also use X Pro (tweetdeck.twitter.com) to follow the hashtag, Injury Free handle and your notifications...all at once! Add columns w/ the “+” sign.



- Use #BelInjuryFree in every response.
 - You can respond to the questions using Quote Post, Reply, or making a new post with the hashtag.
 - Remember to include the Answer number (A1, A2, A3...) to help us know which question you are answering.
- Notifications: You will get notifications if someone likes, reposts or replies to your tweets, or mentions you. It can be hard to keep up in real time, but if there is some downtime in the conversation, we suggest you review your notifications as some people might be asking you questions.
- Engage with others! Answer questions and respond to other partners' responses that you find interesting or especially useful!
- Have fun!! You can always go back to read all the tweets after the session is over by searching #BelInjuryFree.

Questions / Timeline

<p>Welcome 1:00 pm EST</p>	<p>Welcome to National Injury Prevention Day Twitter chat! We are talking about several topics today regarding the number one cause of death in ages 1-44 years – injuries.</p>
<p>Instructions 1:01 pm EST</p>	<p>To participate in the chat, follow & use #BelInjuryFree in all responses. We encourage you to ask questions and engage with each other! Partners: please use (A1, A2, A3...) with each answer response corresponding to the question number (Q1, Q2, Q3...).</p>
<p>Introduction 1:02 pm EST</p>	<p>We are happy to have you join us in today’s chat. Who’s here? #BelInjuryFree Partners: please jump in and introduce yourself.</p>
<p>Q1 1:05 pm EST</p>	<p>Q1. How do you bring up firearm safety when visiting another home or welcoming visitors into your home? #BelInjuryFree <i>Participants could potentially discuss secure storage for different firearm types, scripting to use in these situations, resources to share with families and friends.</i></p>
<p>Q2 1:11 pm EST</p>	<p>Q2. What are the potential harms of unintentional or intentional cannabis ingestions? How can we address these potential harms? #BelInjuryFree <i>Participants could potentially discuss children who mistake cannabis as candy, look alike pictures, symptoms of ingestion, storage of products, labeling of products, making them less enticing, impaired driving, long-term impacts of cannabis use etc.</i></p>
<p>Q3 1:17 pm EST</p>	<p>Q3. How can we address injury prevention for neurodivergent or disabled individuals? #BelInjuryFree <i>Participants could potentially discuss resources they have at their organization, using Alt-text or other modalities on social media, discuss injury prevention strategies for people with ADHD and autism, etc.</i></p>
<p>Q4 1:23 pm EST</p>	<p>Q4. What are some lessons you have learned about injury prevention in the midst of the pandemic? How have these lessons impacted your future injury prevention activities? #BelInjuryFree <i>Participants could potentially discuss the changing epidemiology, widening or improving disparities, how would you approach future pandemics? How have your practices changed for better or worse, working with community groups in unique ways, new outreach modalities (e.g. social media, virtual consults/meetings), etc.</i></p>

Q5 1:29 pm EST	Q5. How do you find out about product recalls? How do you then dispose of products that are deemed to be unsafe? #BelInjuryFree <i>Participants could potentially discuss websites or apps for recalls, where parents can take these unsafe items, how to dispose of expired car seats, etc.</i>
Q6 1:35 pm EST	Q6. There has been a rise in opioid overdoses among young people. What are some ways to raise awareness and combat this epidemic? #BelInjuryFree <i>Participants could potentially discuss statistics in their area, local online or community resources, national efforts, Narcan distribution and availability, etc.</i>
Q7 1:41 pm EST	Q7. What are some strategies for incorporating cultural sensitivity and inclusivity in injury prevention programs? #BelInjuryFree <i>Participants could potentially discuss varying injury mechanisms and ways to address disparities, local and national efforts, online resources for training etc.</i>
Q8 1:47 pm EST	Q8. What are some cool events you are excited about for NIPD? #BelInjuryFree <i>Participants could potentially discuss the events they have for Saturday planned, including shining a green light and community events.</i>
Thanks 1:55 pm EST	That's all the time we have today. HUGE thank you to our experts for sharing advice about preventing injuries at home, at work, and at play! #BelInjuryFree
Closing 1:56 pm EST	Our partners are available to keep the conversation going, so if you have any questions or feedback, feel free to reply to the chat tweets. Tag #BelInjuryFree to add your voice to the discussion.
Ending 1:57 pm EST	Follow our experts for more on #BelInjuryFree and thank you for joining us!

If you encounter trolls or off-topic responses:

- Let's stay on the topic of preventing injuries to families, please. #BelInjuryFree

Have more questions? Please reach out to Walt Rice (WaltRiceJr@gmail.com), and he will get you connected to resources from our social media committee, whether it's a one-on-one zoom or phone call.

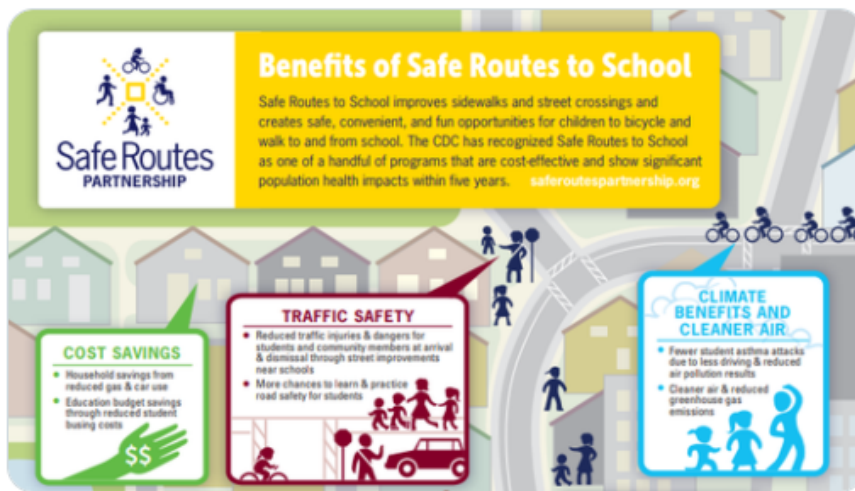
Example responses

These are some example responses from other Twitter chats. You can (1) link to resources on your website, (2) post graphics, with or without text, that grab attention and highlight your answer, or (3) add short video clips, PSAs, etc. with your answer.



Johns Hopkins Pediatric Injury Prevention Program · Nov 18, 2020

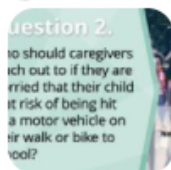
A2: Contact your child's school and ask them to create another bus route or have crossing guards at crosswalks near the school. Reach out to your local DOT to encourage the involvement of #SafeRoutes to School Programs #BeInjuryFree #pedestrian
bit.ly/2TTtWQJ



Johns Hopkins Children's Center and 2 others



Injury Free Coalition for Kids @InjuryFreeKids · Nov 18, 2020



Q2. Who should caregivers reach out to if they are worried that their child is at risk of being hit by a motor vehicle on their walk or bike to school? #BeInjuryFree



Replying to @InjuryFreeKids

A1: It's important to ensure your child is properly fitted for a car seat based on their age, height, and weight. More on car seat safety: bit.ly/36NixIt ✓ #BeInjuryFree



12:07 PM · Nov 18, 2020 · Twitter Web App

1 Retweet 6 Likes



Watch out for magnets, batteries, and other choking hazards! #BeInjuryFree @InjuryFreeKids @BostonChildrens @AmerAcadPeds



Injury Free Coalition for Kids @InjuryFreeKids · Nov 18, 2020
Q3. With more families at home during the pandemic, what can families do to decrease injury risks inside the home? #BeInjuryFree



Phoenix Children's 
@PhxChildrens



Replying to @InjuryFreeKids

A1: Use @PhxChildrens' free Car Seat Helper #mobileapp to choose the right car/booster seat based on @AmerAcadPeds guidelines. #BelInjuryFree

iOS: apple.co/38Jl3C 

Android: bit.ly/3eXjly2 



12:05 PM · Nov 18, 2020 · Twitter Web App

1 Retweet 7 Likes




Children's Wisconsin  @childrenswi · Nov 18, 2020



A6. When holiday shopping, pay attention to toy labels for age and safety guidelines. #BelInjuryFree



 Injury Free Coalition for Kids @InjuryFreeKids · Nov 18, 2020

Question 6.
The holidays are right around the corner. What is a piece of advice to caregivers to keep kids safe this season?

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1 7 13 

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