

#FREETHESHOULDERS

GET INVOLVED ON SOCIAL MEDIA

Now that you're taking part the only thing left to do is tell your friends and networks. Here's how:

Key info

During the campaign, we will be using the hashtag #FreeTheShoulders and sharing key messages, statistics from our latest research, videos and lots more from our social media accounts.



Follow us across socials @AntiBullyingPro

Get involved

Help us make a social splash by sharing photos and videos on your social media profile to show you are proudly supporting the #FreeTheShoulders campaign.

Don't know what to post? We've got you covered! Here are a few suggestions to get you started.

Download & Share

Use one of our supporting assets in your social media post! Download them all [here](#)

Twitter, Facebook and Instagram

- We support The @DianaAward 's @AntiBullyingPro campaign with @Headshoulders to educate 1 million young people, parents and adults on how to fight all forms of bullying including dandruff related bullying #FreeTheShoulders www.antibullyingpro.com/freetheshoulders

LinkedIn

- We are proud to support @TheDianaAward 's Anti-Bullying Programme campaign with Head and Shoulders to educate 1 million young people, parents and adults on how to fight all forms of bullying including dandruff related bullying. #FreeTheShoulders www.antibullyingpro.com/freetheshoulders