



Have  
the  
chat

Tigerlily Foundation

**TOOLKIT**

# Have the Chat Social Media Posts

This toolkit provides you with suggested social media messages to help promote Tigerlily Foundation's Have the Chat program. Thank you for your support and partnership!

## Have the Chat With Your Daughter About Breast Health 1

Link: <https://www.tigerlilyfoundation.org/for-girls/>



**Facebook:** Give your daughter tools to empower her. Share your knowledge and start the conversation – early – about her breast health to help her understand her body. Read the Have the Chat guide to start this important conversation; have the chat with your daughter, share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation](#) [#havethechat](#)



**Twitter:** Noelle shares her story on how her mother engaged her by speaking with her about breast health at an early age. Share this video and tag five friends, so they can have the chat too. [@tigerlilycares](#) [#havethechat](#)



**Instagram:** Your daughter looks up to you to share your knowledge and experience. [your Instagram handle] and [@tigerlily\\_foundation](#) wants you to empower her with education about her breast health. Have the chat with your daughter, share this video and tag five friends, so they can have the conversation too! [@tigerlily\\_foundation](#) [#havethechat](#)

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## Have the Chat With Your Daughter About Breast Health 2

Link: <https://www.tigerlilyfoundation.org/for-girls/>



**Facebook:** Once Paola was diagnosed with breast cancer, she shared her news with her 8 year old daughter. Paola wanted to empower her daughter with this important information. Read more of Paola's story and Tigerlily's Have the Chat guide to start this important conversation; have the chat with your daughter, share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation](#) [#havethechat](#)



**Twitter:** Our Have the Chat series explains why Paola educated her daughter about breast health, encouraging her to be her own best advocate. Share this video and tag five friends, so they can have the conversation too. [@tigerlilycares](#) [#havethechat](#)



**Instagram:** Let's encourage our daughters to be their own best advocates. In this Have the Chat feature, Paola discusses breast health with her daughter to empower her with education. [@tigerlily\\_foundation](#) [#havethechat](#)

# Have the Chat About Your Genes

Link: <https://www.tigerlilyfoundation.org/toolkit/genomics/>



**Facebook:** Hereditary or environmental factors might impact your breast cancer risk. Tigerlily Foundation reviews the importance of learning your family's health history and discussing these factors with a genetic counselor. Read Tigerlily's Have the Chat guide to start this important conversation; have the chat about your genes, share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation](#) [#havethechat](#)



**Twitter:** Tigerlily Foundation shares how Kate found her breast cancer risk factors by learning about her BRCA1 gene mutation. Share this video and tag five friends, so they can have the conversation too. [@tigerlilycares](#) [#havethechat](#)



**Instagram:** Kate found a lump during her breast self-exam and later discovered she had the BRCA1 gene mutation. Tigerlily's Have the Chat About Your Genes discusses the importance of learning about your family's health history and empowering yourself with this knowledge as Kate did. [@tigerlily\\_foundation](#) [#havethechat](#)

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# Have the Chat About the Tough Stuff During and After Breast Cancer

Link: <https://www.tigerlilyfoundation.org/toolkit/mental-health/>



**Facebook:** Tonya shares her story in Tigerlily's Have the Chat series about maintaining a balance in her mental health. She says, "Your mental health is key to fighting cancer. Do it for you." Read more of Tonya's story and the Have the Chat guide to start this important conversation; have the chat about the tough stuff, share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation](#) [#havethechat](#)



**Twitter:** Tigerlily Foundation shares Tonya's story about taking care of her mental health and finding support during and after breast cancer. Share this video and tag five friends, so they can have the conversation too. [@tigerlilycares](#) [#havethechat](#)



**Instagram:** You might question your breast cancer diagnosis: why, how, and now? Know that you're not alone. Tigerlily's Have the Chat guide encourages you to stay strong and find support through the tough stuff. [@tigerlily\\_foundation](#) [#havethechat](#)

# Have the Chat About Metastatic Breast Cancer

Link: <https://www.tigerlilyfoundation.org/metastatic/>



**Facebook:** Metastatic breast cancer can be painful and scary. We're opening up the conversation to talk about MBC in an honest and open setting. Check out Shonte's story as she discusses MBC – talking about it, no longer avoiding it. Read more about Tigerlily's Have the Chat guide to start this important conversation; have the chat about MBC, share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation #havethechat](#)



**Twitter:** Shonte shares how she chose to take her power back and help others in Tigerlily's Have the Chat about Metastatic Breast Cancer feature. Share this video and tag five friends, so they can have the chat too. [@tigerlilycares #havethechat](#)



**Instagram:** Don't avoid important conversations about metastatic breast cancer. Connect with others. Learn more and be educated. Tigerlily's Have the Chat guide encourages you to surround yourself with a positive support group and express yourself in a safe environment. [@tigerlily\\_foundation #havethechat](#)

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# Have the Chat for the Caregiver

Link: <https://www.tigerlilyfoundation.org/breast-cancer-toolkit/caregiver-support/>



**Facebook:** Feeling stressed or overwhelmed with your role as a caregiver? Read Tigerlily's Have the Chat series to focus on achieving a healthy balance and finding your support group; Read more of the caregiver's Have the Chat guide to start this important conversation; share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation #havethechat](#)



**Twitter:** Martha, National Breast Center, dives into caring for yourself as a caregiver so you can stay strong in Tigerlily's Have the Chat feature. Share this video and tag five friends, so they can have the conversation too. [@tigerlilycares #havethechat](#)



**Instagram:** You are caring for a loved one after diagnosis with breast cancer. You've got your patient's back. But how are you doing? Martha shares her experience serving as and working with caregivers to find healthy outlets. [@tigerlily\\_foundation #havethechat](#)

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# Have the Chat About Clinical Trials

Link: <https://www.tigerlilyfoundation.org/breast-cancer-toolkit/clinical-trials/>



**Facebook:** Wondering if clinical trials might help you in your breast cancer journey? Angelica sheds light on participating in clinical trials, and how this led to a lifesaving solution for her friend. Read more of Angelica's story and Tigerlily's Have the Chat guide to start this important conversation; have the chat about clinical trials, share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation #havethechat](#)



**Twitter:** Angelica talks about educating young women about clinical trials for breast cancer. Power can lead to action that could save lives. Share this video and tag five friends, so they can have the chat too. [@tigerlilycares #havethechat](#)



**Instagram:** Clinical trials could lead to a lifesaving solution. Angelica shares how she discovered clinical trials for breast cancer patients, encouraging young women to learn about this option. [@tigerlily\\_foundation #havethechat](#)

# Have the Chat with Your Healthcare Provider

**Link:** <https://www.tigerlilyfoundation.org/toolkit/your-healthcare-provider-and-you/>



**Facebook:** Our Have the Chat series guides you through tips to finding a trusted healthcare provider. In this series, Dr. David Weintritt with the National Breast Center, shares his ability to listen to patients and build trust. Read more of Dr. Weintritt's story and our Have the Chat guide to start this important conversation; have the chat with your healthcare provider, share this video and tag five friends, so they can have the conversation too! [@Tigerlily Foundation](#) [#havethechat](#)



**Twitter:** Tigerlily Foundation shares how Dr. David Weintritt builds a healthy, trusting relationship with patients before and during breast cancer. Share this video and tag five friends, so they can have the chat too. [@tigerlilycares](#) [#havethechat](#)



**Instagram:** If you're diagnosed with breast cancer, find a doctor you trust and one who will advocate for you. Dr. David Weintritt shares how he communicates with patients to put the focus on their needs. [@tigerlily\\_foundation](#) [#havethechat](#)

