

# #SaySCLERODERMA

## Scleroderma Awareness Month, June 2021

Materials from the Scleroderma Research Foundation

### Social Media Basics

We want to see what you're sharing and amplify your voice as possible. Please tag us:

- On Facebook - [@srfcure](#)
- On Instagram - [@SRFcure](#)
- On Twitter - [@srfcure](#)
- On LinkedIn - [Scleroderma Research Foundation](#)

And make sure to use the hashtag **#SayScleroderma**.

### Sample Post Language

Here are some examples of what you could write in your social media post.

- *Scleroderma. More people need to know what this disease is and does. Visit [srfcure.org/SayScleroderma](#) to learn more. #SayScleroderma*
- *Scleroderma is a tough word to say and an even harder word to understand. Spread awareness of scleroderma with me; go to [srfcure.org/SayScleroderma](#) to learn how to do so. #SayScleroderma*
- *Have you heard of scleroderma? Want to learn more about what this disease is or how it affects people? Ask me! Let's raise awareness of scleroderma throughout June. Learn more at [srfcure.org/SayScleroderma](#) today. #SayScleroderma*
- *Often when I tell people that I have Scleroderma, they have never heard of it before. It takes time to educate people about this rare and complicated disease. Visit [srfcure.org/SayScleroderma](#) to learn more. #SayScleroderma*
- *Someone I love has scleroderma, which is why I want to get the word out. More people need to know about this rare and complicated disease. Visit [srfcure.org/SayScleroderma](#) to learn more. #SayScleroderma*

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### Add a frame to your Facebook Profile Photo

Update your FB profile with a frame for the month of June.

1. Go to <https://www.facebook.com/profilepicframes>
2. Search #SayScleroderma
3. Click on the frame you'd like to use and preview how it looks on your current profile photo
4. Click "Use as Profile Photo", and your photo will be updated

### Graphics & Images

Included in this zipped folder are images you can use online. The images marked "Square" are best for Instagram and Facebook, and the images marked "Rectangle" are best for Twitter and LinkedIn.

### Make and share a video

#SayScleroderma by sharing your story. Find a quiet and comfortable place with good natural light, set your camera to selfie mode, and record yourself talking about scleroderma.

What you can say:

- *Scleroderma. More people need to know what this disease is and does. I'm saying the word scleroderma today because..... [ whatever your personal reason is]. Say scleroderma.*