**Sample Social Media: Youth Sports Injury**

**Facebook**

Seven exercises every female athlete needs to know to stay in the game http://bit.ly/19zxKLf

Preventing sports injuries: Help keep kids on the field with these important facts http://bit.ly/170eBvJ

Cleats? Check. Water bottle? Check. Make sure your kids have all the sports essentials they need to have fun and stay safe. Read our checklist: http://bit.ly/12cmH8s

New research: Stats, Stories and What Communities are Doing to Protect Young Athletes http://bit.ly/16a9vhd

**Twitter**

Surprising stat: Girls are 8 times more likely to have an ACL injury than male athletes. http://bit.ly/19zxKLf #sportsafety

These simple exercises can help prevent knee injuries in young athletes. Check it out: http://bit.ly/19zxKLf #sportsafety

New research: Every 25 seconds a young athlete suffers a sports injury severe enough to go to the ER. http://bit.ly/16a9vhd #sportsafety

Overuse injuries: Learn what they are and how to prevent your kids from getting them when playing sports. http://bit.ly/17yBcSi

4 Game changing strategies you can do to keep young athletes from getting injured. http://bit.ly/16a9vhd #sportsafetyG

Suggested # tag for twitter: #sportssafety