

Using social media

Social media platforms such as Facebook, YouTube and Twitter are a great way of connecting with people to voice your concerns and get your message across. It can be as simple as setting up a Facebook page and inviting your friends to join, making a video and uploading it to YouTube, or using a Twitter account to share interesting facts. To learn more about how to use social media to build and promote healthy communities, [download this great resource](#) by the Australian Drug Foundation.



A social media success story

A father of two in Hobart had some serious concerns about the way Australians were being targeted by alcohol, junk food and gambling advertising through sport. He decided to do something about it and created a Facebook page called [Game Changer](#). Make sure you check it out.

