Social Media Guide

StrongHearts Native Helpline is a 24/7 culturally-appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives, available by calling or texting 1-844-762-8483 or clicking on the chat icon on strongheartshelpline.org. StrongHearts Native Helpline is a proud partner of the National Indigenous Women’s Resource Center and the National Domestic Violence Hotline.

Mission Statement
We exist to restore power to Native Americans impacted by domestic, dating and sexual violence by weaving together a braid of safety, sovereignty and support.

Vision Statement
We envision a return to our traditional lifeways where our relatives are safe, violence is eradicated and sacredness is restored.

Land Acknowledgement
StrongHearts Native Helpline’s headquarters are located in the greater Minneapolis/St. Paul area on the ancestral lands of the Sioux Santee (Eastern Dakota) Wahpekute (Waȟpékhute) peoples.

Read more about StrongHearts Native Helpline’s history and values here: strongheartshelpline.org/about

When approaching this issue, we ask you to use care and empathy and consider the safety of domestic violence survivors. We recommend reading What is Domestic Violence? on our website.

Native voices deserve to be heard.
**Important Dates**
January: Stalking Awareness Month and Human Trafficking Awareness Month
February: Teen Dating Violence Awareness Month
April: Sexual Assault Awareness Month
May 5: Missing and Murdered Indigenous Relatives Awareness Day
September (fourth Friday): Native American Day
October: Domestic Violence Awareness Month
October (second Monday): Indigenous People’s Day
November: Native American Heritage Month

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**StrongHearts on Social Media**
Find StrongHearts online
● Facebook: fb.com/strongheartsdv
● Twitter: @strongheartsdv
● Instagram: @strongheartsdv
● YouTube: StrongHearts Native Helpline

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**Graphics**
You can find and download shareable graphics here: [Social Media Graphics](#)

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**Hashtags**
- #Native
- #NativeAmerican
- #Indigenous
- #DV
- #Resilient
- #AbuseisNotok
- #nativehelpline
- #Survivor
- #StrongHeartsDV
- #EndDV
- #IPV
- #notourtradition
- #Advocacy
- #love is
- #Nativeloveis
- #Native
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- #EndDV
- #IPV
- #notourtradition
- #Advocacy
- #love is
- #Nativeloveis
- Plus anymore that are specific to your audience or topic like #LGBTQI2S, #parents, #teens, #colonization, #decolonize
Messages to Share on Your Social Media Platforms
All messages are 280 characters or less so they will fit on any platform.

**General**
These messages describe StrongHearts Native Helpline, our services and why culturally-appropriate advocacy matters.

StrongHearts Native Helpline is a confidential and anonymous culturally-appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives providing peer-to-peer support, personalized safety planning and referrals to specific Native-centered services.

LIKE, FOLLOW AND SHARE.

Culturally appropriate support services and advocates matter.
WATCH: [https://youtu.be/WwdI9S-GxT4](https://youtu.be/WwdI9S-GxT4)
StrongHearts is a 24/7 culturally appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives.

LIKE, FOLLOW AND SHARE to show your support.
<table>
<thead>
<tr>
<th>Title</th>
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<td>Native American Stories</td>
<td>These messages highlight the importance of sharing Native American and Alaska Native survivor stories.</td>
<td>StrongHearts Native Helpline</td>
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| **Center Native Voices:** My Experience with Gaslighting             | “Recovering from gaslighting takes time - a lot of time. Victims should never blame themselves.”  
| **Center Native Survivors:** Watch Corrine’s Story                   | “It was through calling StrongHearts Native Helpline that I felt supported, empowered, listened to and safe for the first time in a very long time.”  
- Corrine Grey Cloud, @misscorinne86                                                                                                                                                                                                                   | https://bit.ly/31AIOuJ |
| **Center Native Voices:** Recognizing Rape, Finding Bravery, and Beginning Healing | “From the moment I fell asleep to the moment I woke up everything was a blur. I knew that I had laid down with the intention to sleep but that’s not what happened.”  

*Native American Stories*

These messages highlight the importance of sharing Native American and Alaska Native survivor stories.

**Center Native Voices:** My Experience with Gaslighting

“Recovering from gaslighting takes time - a lot of time. Victims should never blame themselves.”  
- Diane Pavlat

Read more here: https://bit.ly/3psCHQw

**Center Native Survivors:** Watch Corrine’s Story

“It was through calling StrongHearts Native Helpline that I felt supported, empowered, listened to and safe for the first time in a very long time.”  
- Corrine Grey Cloud, @misscorinne86

Watch the full video here: https://bit.ly/31AIOuJ

**Center Native Voices:** Recognizing Rape, Finding Bravery, and Beginning Healing

“From the moment I fell asleep to the moment I woke up everything was a blur. I knew that I had laid down with the intention to sleep but that’s not what happened.”  
- Cassie Roy

Read more here: https://bit.ly/3DnQMUY

Center Native American survivors. “Little did I know the extent to which his lies would permeate every aspect of our lives…” READ about Gaslighting: https://bit.ly/3pxGHQw  
StrongHearts Native Helpline | 1-844-7NATIVE | strongheartshelpline.org

Center Native American survivors. CENTER Native American survivors. WATCH Corrine’s story on Instagram: https://bit.ly/31AIOuJ. StrongHearts is a 24/7 culturally appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. strongheartshelpline.org

Center Native American survivors. “From the moment I fell asleep to the moment I woke up everything was a blur…”  
These messages provide education about the unique barriers to justice experienced by Native Americans and Alaska Natives.

Native Americans face unique barriers to leaving an abusive partner like gaps in culturally-based services. StrongHearts Native Helpline exists to help fill that gap - as a 24/7 culturally appropriate domestic and sexual violence helpline for #Natives. strongheartshelpline.org

DYK that Native Americans face many cross-jurisdictional issues when seeking help and/or reporting domestic and sexual violence? READ: https://bit.ly/334PFgx
StrongHearts Native Helpline | 1-844-7NATIVE | strongheartshelpline.org

Domestic violence isn’t a Native American tradition, it was introduced through colonization. READ: https://bit.ly/3ppvbGA
StrongHearts Native Helpline | 1-844-7NATIVE | strongheartshelpline.org
Native American communities have to contend with historical trauma - a cumulative emotional and psychological wounding over one's lifetime and from generation to generation following the loss of lives, land, and vital aspects of culture. READ: https://bit.ly/3y2JHbw

Two-Spirit is generally used by a Native American person to express that they do not conform to colonized systems of identity and kinship. READ: https://bit.ly/3y0oi2z

StrongHearts Native Helpline | 1-844-7NATIVE | strongheartshelpline.org
Statistics and Reports
These messages provide reports and statistics regarding domestic and sexual violence experienced by Native Americans and Alaska Natives.

More than 1 in 2 #Native women and 1 in 3 Native men have experienced physical violence by an intimate partner in their lifetime. READ: https://bit.ly/2XAfEKm
StrongHearts Native Helpline | 1-844-7NATIVE | strongheartshelpline.org

DYK that Native American women are twice as likely to experience sexual assault or rape when compared to other races in the United States? WATCH: https://bit.ly/3Ggz33G
StrongHearts Native Helpline | 1-844-7NATIVE | strongheartshelpline.org

When Tribal sovereignty is respected, Tribes are able to develop, implement and sustain more culturally-appropriate victim resources that are responsive to Native survivor needs, and therefore the safety barriers can be mitigated. READ StrongHearts’ report https://bit.ly/3ptRsDf

**Take Action**

These messages provide action items for allies.

**Volunteer Opportunities:**

Take ACTION: Learn more about volunteering opportunities in the movement to end domestic and sexual violence in Native communities. https://bit.ly/3y0EDEI

StrongHearts Native Helpline | 1-844-7NATIVE | strongheartshelpline.org

**Keep up to date with Native American issues.**

JOIN StrongHearts’ email list and stay informed about Native American issues. StrongHearts is a 24/7 culturally appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Sign up here: https://bit.ly/3oBsbYR
StrongHearts Native Helpline is a confidential and anonymous culturally-appropriate domestic, dating and sexual violence helpline for Native Americans. TAKE ACTION and SHARE awareness: order our materials for your community on our website! https://bit.ly/32YOleZ

StrongHearts Native Helpline
is a 24/7 safe, confidential and anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy.

1-844-NATIVE | strongheartshelpline.org