



Street Squad – Social Media Instructions

Guidelines for Community Service Hours:

- **To be eligible to receive community service, you must register at: support.mymsaa.org/StreetSquad**
- The purpose of this volunteer activity is to spread our messaging and raise awareness about Multiple Sclerosis. Your established Facebook or Twitter accounts are expected to be utilized. Do not create new accounts for this purpose. Accounts must have a minimum of 25 followers. Please provide a screen shot of proof in your document.
- 10 posts = 1 hour of community service.
- We can only accept 2 posts total per day, and only if the posts are on different social media platforms (Example: 1 twitter post & 1 Facebook post).
- Information on posts must vary. Please limit posts on social media platforms to Facebook and Twitter. Other social media platforms will not be accepted. Please retweet our tweets on Twitter or share our Facebook posts! Only posts that relate to MSAA and MS will be accepted. Sharing our posts is preferred.
- Our hashtag needs to be present in your posts - #MultipleSclerosis and #SwimForMS. You must also tag our page in each post. Posts that are not tagged @MSassociation will not be accepted.
- Do not delete posts after posting.
- Screenshot posts so the date of the post is visible (example, avoid screen shots that read posted 1 hour ago). We will not accept posts without a visible date. For more information about how to do so, see instructions below.
- Posts must be documented in a word document or the social media log sent to you and must be sent in a single email to volunteer@mysaa.org for verification – you will receive a letter confirming your service hours. Please do not send less than ten posts at one time. You may accumulate posts and send more than ten. You will receive your letter within 2 business days of submitting your posts. All forms that need to be signed can be scanned and emailed to volunteer@mysaa.org.
- There is no limit to the amount of days you can post and there is no age requirement.
- The volunteer opportunity may not be approved for court ordered community service. Program supervisors can contact volunteer@mysaa.org for more information and approval.

You must follow MSAA on Social Media to Share and Retweet posts:

<https://www.facebook.com/msassociation>

<https://twitter.com/MSassociation/>

Tags: #MultipleSclerosis #SwimForMS #ImprovingLivesToday

Important Information:

You must follow all guidelines mentioned above in order to receive community service hours. MSAA will not be able to confirm any hours otherwise.

Social Media Tips & Tricks:

- To hashtag your posts, please put #MultipleSclerosis #SwimForMS or #ImprovingLivesToday at the end of each post.
- To tag us in your posts, you must first be following our social media account. Then put @MSassociation after each post.

For example, your post would look like this:

#MultipleSclerosis Association of America is a leading resource for the entire MS community, improving lives today. Follow @MSassociation

- To screen shot your posts with the date, you will need to do so from a desktop rather than a mobile device. If the date is not visible, please follow the steps listed below:
 - **For Facebook:** roll your mouse over the time – if it says posted Just Now, or 1 hour ago, hold your mouse over that and the date will become visible.
 - **For Twitter:** click on the post and it will bring you to another page that has just that one post – the date will be visible.

How to Screen Shot Posts:

To record your social media posts, you will need to screen shot each post.

1. Open a Microsoft Word Document.
2. Save the document name as your First and Last name.
3. On your internet browser, log into the social media accounts which you have posted for Street Squad.
4. Scroll over the posts so they are visible on your computer screen.
5. Using your Print Screen button on your keyboard, take a Screen Shot of your screen.
6. See the keyboard image below for the Print Screen button location. To use the Print Screen button, all you need to do is press it once.
7. Then go into your Word Document, go to File, click Paste and the image of your screen will appear in the document. Do this for every post.
8. Please put all posts in one document. You must have a minimum of ten posts to submit.
9. Attach the document to your email, send to volunteer@mysaa.org when completed.



Example Posts for Facebook & Twitter:

- #MultipleSclerosis Association of America is a leading resource for the entire MS community, improving lives today. Follow @MSassociation
- #MultipleSclerosis is a disease of the central nervous system w/varying symptoms. Learn more about MS & get involved: <http://MyMSAA.org>
- Approx. 400,000 people are diagnosed w/ #MultipleSclerosis in the US & as many as 2 1/2 million worldwide.
- #MultipleSclerosis is most frequently diagnosed in young adults. Learn more about MS in young adults at <http://mymsaa.org>
- Women are more likely than men to develop relapsing-remitting #MultipleSclerosis. Find out how to get involved at <http://mymsaa.org>
- #SwimForMS is a great way to combine your love of swimming w/helping others who have #MultipleSclerosis! Visit <http://SwimForMS.org>
- Approx. 400,000 people are diagnosed w/ #MultipleSclerosis in the US. Click to learn more: <http://mymsaa.org>
- Beginner or pro? Doesn't matter. #SwimForMS helps people with #MultipleSclerosis: <http://SwimForMS.org>

MSAA Multiple Sclerosis Association of America
August 22 at 11:00am · 🌐

Team DragonFLY will be swimming 20 miles in 5 days (August 21-25) to help raise awareness and funds to support individuals with MS as part of #SwimForMS. Show your support for Team DragonFLY and make a donation today. support.mymsaa.org/goto/Dragonfly.



Swim for MS: Team DragonFLY - the Multiple Sclerosis Association of America (MSAA)

Welcome to our team page for Swim for MS! If you would like to join our team, click the 'Join Team' button to the right. Any amount of laps will help - simply let me...

SUPPORT.MYMSAA.ORG

MS Assoc. of America @MSassociation · Aug 3

Help improve lives for the #MultipleSclerosis community by signing up for #SwimForMS: SwimForMS.org/support



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MSAA
MULTIPLE SCLEROSIS
ASSOCIATION OF AMERICA
Improving Lives Today!

TWEETS	FOLLOWING	FOLLOWERS	FAVORITES	LISTS	Follow
1,794	577	3,843	1,431	1	