

# POLISHED MAN SUGGESTED SOCIAL MEDIA POSTS

—— another project by ——

ygap

## Suggested Posts for Men

So you've decided to join the YGAP Polished Man movement! We're thrilled to have you on board and would love to see you encourage other women to stand with you and end violence against children.

The best way to do this is post about Polished Man on social media and because we know you're super busy, so we've drafted some suggested posts for you.

Of course, we also welcome you free styling and coming up with your own. This is your movement and you are free to communicate your involvement in any way you see fit.

You can also take a photo with your favourite Polished Man and post it online, declaring "I prefer a #polishedman" and asking people to donate to his page.

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### On Signup:

I just signed up to the @YGAP @polishedman campaign! One in five children fall victim to physical and/or sexual violence, before they turn 18. That's one too many. For the month of October, I'll be painting one nail to represent this statistic and raise awareness and funds to end violence against children. Sign up today at [www.polishedman.com](http://www.polishedman.com) or donate to my page at [insert fundraising url] #polishedman

### October 1:

It's time to rock the Polish! This month I'll be painting one nail to raise funds and awareness for the one in five children affected by physical and/or sexual violence before the age of 18. Join the @polishedman movement today at [www.polishedman.com](http://www.polishedman.com) or donate to my page at [insert link]

@polishedman

f @polishedmancampaign

t @polished\_man

### October 7:

I'm a @YGAP #polishedman  
Being a @PolishedMan isn't just about remembering to buy flowers, how many rounds you shout, or how much you lift. It's about saying no to violence against children. That's why this October I'm painting my nail and asking you to donate to help the 1 in 5 kids globally who are subjected to physical or sexual violence before they turn 18.

And I nominate @X and @X to join me.

Nail it to end it.

Donate to my page here: [insert URL]

Become a polished man here:

[www.polishedman.com](http://www.polishedman.com)

### October 25:

For the month of October I've painted one fingernail for the @YGAP @polishedman campaign to nail it and end violence against children. There's still time to make a difference to the lives of children who have fallen victim to or are at risk of experiencing violence. Donate to my page at [insert link] or make a donation online today [www.polishedman.com](http://www.polishedman.com) #polishedman

