**Suggested social posts: Could you donate 1 minute to give someone else a lifetime?**

Copy and adapt the below for your social media for DonateLife Week.

**Campaign dates**

Please consider sharing posts, stories and reels either:

* Week before DonateLife Week: Sunday 16 July to Saturday 22 July
* During DonateLife Week: Sunday 23 July to Sunday 30 July

**Hashtags & handles:**

Please tag us in your posts!

#DonateLifeWeek2023

#organandtissuedonation

#registertoday

Tag us on:

* Instagram: @donatelifetoday
* Facebook: @DonateLifeAustralia
* Twitter: @DonateLifeToday
* LinkedIn: @organ-and-tissue-authority

**Link:**

Please consider using the below link in your posts, stories, reels and Instagram bio:

donatelife.gov.au/register

**Suggested post #1: Share our TV ad**

Post between Sunday 16 July to Saturday 22 July

*Post idea*

Share our TV ad which will be posted across DonateLife socials on Sunday 16 July. Or you can create your own post/reel/story by [downloading the 15 second ad to your phone.](https://www.donatelife.gov.au/donatelifeweek-resources#videos)

*Caption*

Next week is DonateLife Week. Did you know there are 9 million Australians who say they support organ and tissue donation but haven’t yet signed up?

Here in Australia, your family will always be asked to support your decision before donation goes ahead. They are much more likely to agree if they know you’re registered and want to be a donor.

Could you donate 1 minute to give someone a lifetime? Head to donatelife.gov.au/register or jump into the Medicare app to register in just 3 taps.

#DonateLifeWeek #organandtissuedonation #register today

@donatelifetoday

**Suggested post #2: Video content**

Post on Sunday 23 July

*Post idea*

Print out our [A4 social media poster series](https://www.donatelife.gov.au/donatelifeweek-resources#posters) and use these to create a short 1 minute video.

*Caption*

Today is the start of DonateLife Week - a cause you know is close to my heart.

Right now there around 1,800 Australians on the waitlist for a life-saving organ transplant.

Let’s give them hope by all registering as organ and tissue donors and making sure we chat with our families so they know what we to be a donor.

Could you donate 1 minute to give someone a lifetime? Head to donatelife.gov.au/register or jump into the Medicare app to register in just 3 quick taps.

#DonateLifeWeek #organandtissuedonation #register today

@donatelifetoday

**Suggested post #3: Have the chat**

Post between Monday 24 July to Sunday 30 July

*Post idea*

Share our socal media tile ‘take a minute to talk to your family about organ and tissue donation’ to encourage your family and friends to have the chat.

*Caption*

Did you know that in Australia, your family will always be asked to support your decision to be an organ and tissue donor before donation goes ahead. Families are much more likely to agree if they know you want to be a donor.

I’ve had the chat about donation with my family and friends, it’s important you do this with yours too.

#DonateLifeWeek #organandtissuedonation #register today

@donatelifetoday