

#FamilyLifeEd

Enter Our Giveaway and Help Promote Family Life Education!



Show practitioners, employers, other professionals, and families **what Family Life Education (FLE) is about** by meeting them where they are: **on social media!**

Giveaway Details: February is Family Life Education Month, and NCFR will give five lucky winners a \$50 AMEX gift card to celebrate the occasion.

To enter the giveaway, you must do the following:

1. Follow NCFR on [Instagram](#), [Twitter](#), [Pinterest](#), [Facebook](#), OR [LinkedIn](#)
2. Share an NCFR post on FLE Month or create your own with **#FamilyLifeEd** (see ideas below)
3. Tag at least one person in the comments

Entry is open from Thursday, February 1, 2024, until Thursday, February 29, 2024, at 11:59 PM CST. The winner will be announced on Friday, March 1, 2024, and asked to provide a full name and mailing address to receive their gift card.

Here are some ideas for posts:

For Practitioners:

- Share a photo of a community session/event you've taught.
- Post or link to a handout you've created and are willing to share.
- Share a narrative/story from your work that has impacted your work or how you've implemented Family Life Education into your work.
- Share blog posts you've written or read — or credible web pages — on an FLE-related topic.
- Share your favorite item to use in your community classroom/with your families (i.e., magnatiles, soft box building blocks) and how you build FLE into that.
- Share your favorite FLE methodology to use in your community courses.
- Provide links to online event listings for your presentations and classes.
- Post quick video tips on a specific topic that can benefit families.
- Share your WHY for why you choose Family Life Education.

For Students:

- Post pictures of your work as you complete a project for class.
- Create a short post or video clip (30 seconds is great!) about something that you learned during a class presentation or that stood out from one of your readings.
- Create a meme/TikTok challenge/post that captures a fun aspect of FLE.
- Share moments in your practicum/internship that capture your work in Family Life Education.

For Faculty Members:

- Post pictures or videos of your students giving FLE presentations, attending their internship, or attending job fairs.
- Post short videos (2 minutes or less — even 15-30 seconds is great!) of your students engaged in FLE-related service projects.
- Share memes, infographics, and videos your students create on class topics (this can be a great class assignment).
- Encourage your students to share facts they hear from their peers' class presentations.
- Post a list of job interview tips for Family Life Educators.

For University Administrators and Agency Directors:

- Post pictures of faculty/staff gatherings (meetings, luncheons), or of visuals displayed in your department that promote FLE.
- Share facts about the number of graduates in your program, including what alumni are doing now.
- Share information about job openings and reasons to hire a Family Life Educator.
- Share testimonials from families you serve.
- Provide a sneak peek from behind the scenes as you prep for a presentation.
- Post a quick video sharing takeaways from a conference.

At Conferences You Attend (does not need to be NCFR):

- Take a picture or short video with someone who presented a great FLE-related session or poster.
- If at the NCFR conference, share a photo of yourself and others at the CFLE Reception.
- Tag someone new that you've met so they become part of your networking efforts.
- Tag an exhibitor in the exhibit hall and a product you are excited to try.
- Post a tip you hear during a session that will be valuable to agencies, employers, or families.
- If at the NCFR conference, take a photo with an NCFR staff member, board member, conference chair, or CFLE Advisory Board member.
- Ask a fellow Family Life Educator to record a quick video tip to benefit families.
- Do a Facebook Live post where you share something fun happening in real-time.

Looking for some tools to help you get creative?

- Canva:** free photo editing software; create social media graphics, edit photos, add text, and more
- PicMonkey:** free photo editing software; premium options available
- Movie Maker:** free Windows movie-editing software installed on most PCs
- iMovie:** free Apple equivalent of Movie Maker
- Piktochart:** free infographic maker; for premium features, nonprofit and educational pricing available
- Infogram:** free charts and infographics
- Vennage:** free infographic maker; premium options available
- Easel.ly:** infographic templates