# Social Media Post Examples

Help share NCCDD’s Five-Year State Plan survey by sharing on the social media pages you use. Here are examples of posts you can share on your own Facebook or Instagram pages. Feel free to make changes or to create your own message!

**Facebook**

POST 1:

Individuals with I/DD, parents, relatives, caretakers and more! @NCCouncilonDD is launching the five year planning process and we need YOUR help! Complete the survey and share your ideas as the Council plans for the next five years.

Help shape your community by taking the survey today: <https://nccdd.org/the-council/five-year-plan>

POST 2:

@NCCouncilonDD wants to hear from YOU! We want to learn how individuals with intellectual or other developmental disabilities (I/DD) are doing. As NCCDD starts its planning process, your input will make a difference for the next 5 years!

Give your feedback today: <https://nccdd.org/the-council/five-year-plan>

POST 3:

Do you want to make a difference in the disability community? Do you want to help shape the next five years for this community? If YES, take the NCCDD survey! @NCCouncilonDD is launching its five-year planning process and your input is needed! Take the survey today: <https://nccdd.org/the-council/five-year-plan>

**Instagram**

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