## Social media campaign explainer

**CAMPAIGN: It Left No Marks** 

**RELEASE DATE:** 24 January 2026



These generic tiles will be useful to promote your service's readiness to respond to strangulation with service providers, healthcare providers and women. We have supplied each tile in an appropriate size/shape for Facebook (Fb), LinkedIn (Li) and Instagram (IG). We have created suggested posts and optional hashtags, but do modify both as you see fit, including by linking to your service's website.

No.	Graphic	Audience	Suggested post	Hashtags
1	You've looked after her safety, what about her health?  Strangulation injuries can be hard to see.	Service providers	After you've made a safety plan together, talk about visiting a GP. A medical referral letter to help her advocate for what she needs: https://www.itleftnomarks.com.au/resources/medical-referral-template_print-version/	#strangulation #womenshealth
2	What if she says she's been strangled?  Healthcare providers have a role to play.	Healthcare providers	It Left No Marks has resources for healthcare providers who encounter women who have experienced strangulation. Find out more: https://www.itleftnomarks.com.au/health_providers/	#strangulation #health #womenshealth
3	Did he put pressure on your neck? Or hold you so you couldn't breathe?  We can help.	Women	Staff at this service have been trained to support women who have experienced strangulation or sexual choking.  Ask us how we can help: <a href="#"><insert service="" website=""></insert></a>	#sexualchoking #strangulation #womenshealth
4	Strangulation can hurt your brain.  We can help.  Hiefmoments.com.au/strangulation/	Women	Pressure on your neck can hurt your brain. If you still don't feel right, come and talk to us. We can help: <a href="#"><insert service="" website=""></insert></a>	#sexualchoking #strangulation #braininjury