**Take Your Parent to PE Week Social Media Guidelines and Samples for Parents**

We encourage parents to post in their own voice to reflect the experience any time before, during or after Take Your Parent to PE Week. Be yourself! We just ask that you **use the hashtag #ParentsLovePE to share the fun**, and if possible, tag @ActiveSchoolsUS across channels.

In case you have writers block, we are including a few sample posts below to help get your creative juices flowing!

We want you to share your fun experience in photos! But please be sensitive to photographing and posting images of children other than your own. If another child’s face is clearly and prominently shown in your photo, be sure to ask their parents if its ok to post on your personal channels.

Sample Posts:

* Take Your Parent to PE Week was such a fun way to learn about the physical education program at my child’s school! #ParentsLovePE @ActiveSchoolsUS
* PE has come a long way since my day. I had the best time participating in Take Your Parent to PE Week today! #ParentsLovePE and thanks for showing us the importance of physical learning @ActiveSchoolsUS
* “I had a blast in PE class today” is something I never thought I’d say. But thanks to @ActiveSchoolsUS Take Your Parent to PE Week, it’s true! #ParentsLovePE
* I participated in Take Your Parent to PE at my kids’ school today, and I was so pleased to see that physical learning plays such an important role in their days. I already can’t wait until next year @ActiveSchoolsUS! #ParentsLovePE