



# **AWHF INSTAGRAM STICKERS**

## **A HOW TO GUIDE**

---



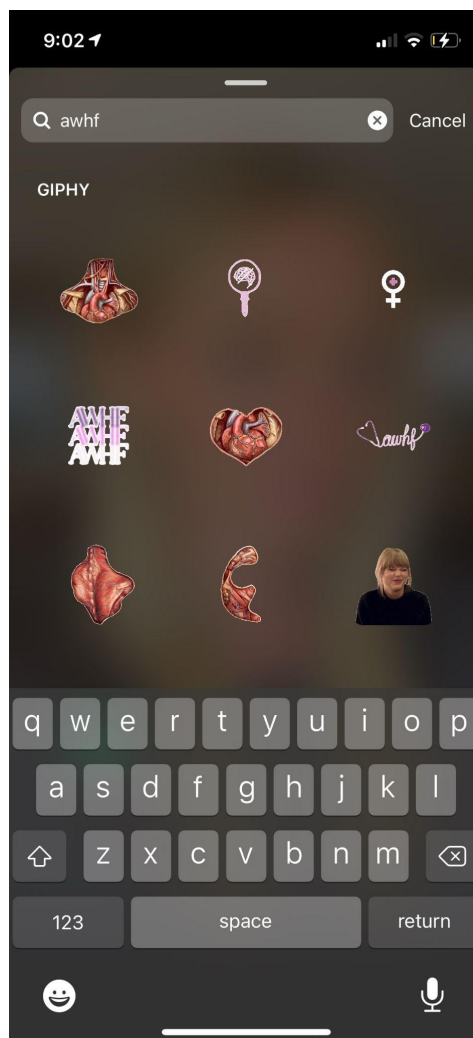
[@abwomenshealthfoundation](https://www.instagram.com/abwomenshealthfoundation)

**Show your support for women's health by using our anatomical stickers on Instagram. You can place these digital stickers over your face, chest and other body parts to create anatomical windows on your skin, just like our models.**

Be sure to use the hashtag #RefocusTheResearch and tag/nominate a friend to do the same.

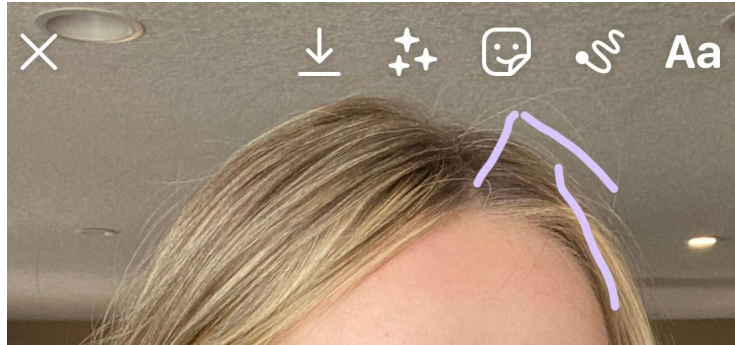
*What is an Instagram Sticker? They are graphic design elements that you can add to your Instagram Story. Some stickers are animated, others allow you to mention your friends or share your location, and all of them allow you to make your stories more engaging.*

Step 1: Pick which sticker you want to use -- you can view this in Instagram, by searching "AWHF" within Instagram Stories, or in the screenshot below:



Step 2: Take a selfie within Instagram Stories, or use an existing photo.

Step 3: Add the sticker of your choice to your selfie, by clicking the "Smile" on the top right.



Step 4: Search "AWHF", and click the sticker you would like to use.

Step 5: Move it around, and resize if needed.



Step 6: Tag a friend, and nominate them to post their own story.

Step 7: Tag @abwomenshealthfoundation, add #RefocusTheResearch, and hit "Send To".

If you have any questions, or need help, please reach out to Amber via email at [ablaszkiewicz@royalalex.org](mailto:ablaszkiewicz@royalalex.org).