

# #BEFREE

## Achieve more

### Social media content for #befreeachievemore campaign

#### **Examples for organisations/employability providers/colleges**

We're delighted to support the new #befreeachievemore campaign. Young adults who choose to be #smokefree will achieve more and be fitter, happier and better off. Find out more at [befree.scot](http://befree.scot)

Spread the word that being #smokefree leaves young adults fitter, happier, better off #befreeachievemore [befree.scot](http://befree.scot)

#befreeachievemore – find out how you can support young adults to be #smokefree and be happier, fitter and better off [befree.scot](http://befree.scot)

We support @ASHScotland with the launch of their new #befreeachievemore campaign. Check out the campaign page at [befree.scot](http://befree.scot) and find out how being #smokefree can leave young adults happier, better off and achieving more!

#befreeachievemore - encouraging young adults to choose a #smokefree break while working or studying will help them to achieve more and be fitter, happier and better off. Access free resources at [befree.scot](http://befree.scot)

Find out how young adults you support can be fitter, happier and better off by being #smokefree. #befreeachievemore. [befree.scot](http://befree.scot)

Explore the #befreeachievemore top tips to support young adults to be #smokefree. Young adults are fitter, happier and better off when they don't smoke [befree.scot](http://befree.scot)

#### **Example tweets for use by Young Adults**

I choose to be #smokefree, you too can find out how you can be fitter, happier, better off #befreeachievemore [befree.scot](http://befree.scot)

I found out how I can be fitter, happier and better off by being #smokefree. You can find out too at [befree.scot](http://befree.scot) #befreeachievemore

I'm better off and achieve more because I choose to be #smokefree – I treated myself to #XYZ because I saved £XYZ a week. #befreeachievemore [befree.scot](http://befree.scot)

#befreeachievemore – I choose to be #smokefree and be happier, fitter and better off [befree.scot](http://befree.scot)

I'd rather save for driving lessons and passing my test than spend money on cigarettes, so I'm choosing to be #smokefree and better off #befreeachievemore befreescot

I want to have fun at college and meet new people, I choose to be #smokefree, fitter, happier and better off #befreeachievemore befreescot

Being smoke-free means I can focus on saving for a place of my own. #befreeachievemore be happier, be better off. befreescot

I want to have more money to spend time with friends, I'm better off and happier by being #smokefree #befreeachievemore befreescot

#befreeachievemore means having the money to buy lunch at college and spend time with my friends. I'm #smokefree, happier, fitter and better off befreescot

Being active looks after my fitness and wellbeing and lets me spend time with friends. I choose to be fitter and happier by being #smokefree. #befreeachievemore befreescot

I know I will have more energy to study if I'm active. I choose to be #smokefree, happier and fitter #befreeachievemore befreescot