

# Komen College Ambassador Program

susan g.  
komen.

**REPPING  
THE GIRLS**

Komen College Ambassador

## Photo Frame Template Instructions


The Susan G. Komen's College Ambassador program not only encourages students to understand their health but will equip them with tools and resources to speak about family history, and support friends and peers affected by breast cancer.

We invite you to create your own photo frame by taking action and committing to better breast health outcomes for all. Join us as we continue to build a Healthy Equity Revolution.



### Filter Options

- I am committed to knowing my normal.
- I am committed to knowing my family history.
- I am committed to knowing my risk.
- I am committed to. advocating for breast health.

1. Visit @komenhealthequityrevolution on Instagram and click the photo filter link in the bio or click here: **photo filter link**
2. Select the photo frame that you would like. Then **upload your photo to Canva**. Upload button on left menu bar. 
3. Add your photo to the empty box by dragging and dropping. From there, at the top right hand corner **click the share button and select download**.
4. Post your photo to your Instagram Feed. Write a caption, tag friends, add a favorite location, etc. **Tag @komenhealthequityrevolution. Add #KomenCollegeAmbassador**. Click Share and you're done!

# Komen College Ambassador Program



## Photo Frame Copy Options

### 1. Know Your Normal

I am committed to knowing my normal.

I am the expert of my body, and it's up to me to know what's normal for my breasts. I am taking charge of my breast health by prioritizing breast self-awareness and by encouraging my family and friends to "Know Your Normal." Do you know your normal? Your breasts change throughout your life — and you are the first to notice when something's off. Start here: [komen.org/standforher](http://komen.org/standforher).

### 2. Know Your Family History

I am committed to knowing my family history.

I am the CEO of my health, and it's up to me to know my family's health history. I am turning my commitment into action by encouraging my family and friends to "Know Your Family History." Do you know your family's health history? It could be one of the most important conversations you ever have. Start the conversation at [komen.org/standforher](http://komen.org/standforher).

### 3. Know Your Risk

I am committed to knowing my risk.

Everyone is at risk of breast cancer—but some of us are at higher risk than others. I am putting my knowledge into action by encouraging my family and friends to "Know your Risk." Do you know your risk? Everyone has some — but knowing yours puts the power in your hands. Get the facts at [komen.org/standforher](http://komen.org/standforher).

### 4. Advocate For Breast Health

I am committed to advocating for breast health.

Disparities in breast cancer outcomes for Black women in the U.S. are unacceptable. I am encouraging my family and friends to feel empowered to take action and "Advocate for Breast Health. Ready to use your voice? Black women deserve equitable care — and advocacy starts with us. Learn how to take action at [komen.org/standforher](http://komen.org/standforher).

**Learn more at [komen.org/standforher](http://komen.org/standforher)**

**Thank you!**

