



# TIBET LOBBY DAY

June 2025 | Washington, DC

## Using Social Media and Getting Media Coverage on Tibet Lobby Day

### SOCIAL MEDIA

- You are encouraged to post about Tibet Lobby Day on your social media accounts;
- Use **#TibetLobbyDay** in your posts;
- Take a photo with your fellow Lobby Day participants and share it on social media with the following example text: "We're in Washington, DC for #TibetLobbyDay!";
- Ask the members of Congress/staff members you meet with to take a photo with you, then share that photo on social media and tag the member of Congress on your post.
- Tag ICT on your posts:
  - Facebook: @InternationalCampaignForTibet
  - Instagram: @SaveTibetOrg
  - Bluesky: @savetibet.bsky.social
  - X: @SaveTibetOrg

### CONTACTING THE PRESS

- Call or email your local newspapers, magazines and TV stations. Tell them a group of Tibetan Americans from your community are in Washington for Tibet Lobby Day and ask if they're interested in doing a story. Offer to send them photos and videos of the event.
- During Lobby Day, members of the media may ask to interview you. If they do, tell them why you came to Lobby Day and mention that you're asking to co-sponsor legislation celebrating the Dalai Lama's 90th birthday and urging the United States continue to invest in the Tibetan people's struggle for democracy and human rights in the face of the CCP's oppression.
- After Lobby Day, write an op-ed for your local newspaper about your experience and why the US should support Tibet.

## QUESTIONS?

- Contact Chad Chitwood, ICT Communications Officer at [chad.chitwood@savetibet.org](mailto:chad.chitwood@savetibet.org).

## PHOTOS

- Upload your photos directly to ICT so we can share them at our reception:  
<https://bit.ly/TLDphotos2025>



- Email your photos to [photos@savetibet.org](mailto:photos@savetibet.org)

