A #CYP**Me**first introduction to Twitter

Join Twitter today.

Full name

Phone or Email

Password

☑ Tailor Twitter based on my recent website visits. Learn more.

Sign up

♦ Sign up at www.twitter.com & create your Twitter handle (screen name). It's a good idea to have something short & catchy (you don't want to waste too many of your precious 140 characters, especially as when people tag you in a post your screen name will use up the character allowance). You could create a twist on your name, or Twitter can suggest one for you if you're feeling uninspired.

♦ Post a profile picture & write a brief bio so that people can get a sense of who you are when visiting your page e.g. job title, speciality, interests, what you like to tweet about.

(If you don't upload your own photo, Twitter will turn you into an egg)
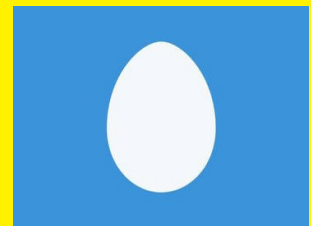
♦ Start to follow people. Here are some suggestions:

Me first team:	CYP healthcare-related:
@maura_neilson	@weCYPNurses
@Jo__reid	@RCPCH_and_Us
@RENphysio	@AYPHcharity
@_common_room	@CYPMentalHealth

♦ Spend some time scoping out the Twittersphere . Read what others are tweeting about and watch how they interact.

♦ To write a post, type into the bar at the top of your home page where it says 'What's happening?' Tweets can be a maximum of 140 characters long… so it must be fairly brief. It's ok (and positively encouraged) to use abbreviations in the Twitter world!

What's happening?

140   Tweet

♦ Interact with any topics you are interested in by clicking the reply icon and responding to a tweet. When you click reply, the @ sign will automatically generate followed by the twitter handle of the person you are responding to.

♦ Use hashtags (#) to flag a theme in your post. For example, when we tweet about anything related to **Me** first we use the hashtag #CYPMefirst. This ensures all tweets about a specific topic can be viewed together by typing the relevant hashtag into the search bar. So when you type #CYPMefirst into the search bar, all tweets with that hashtag will appear.
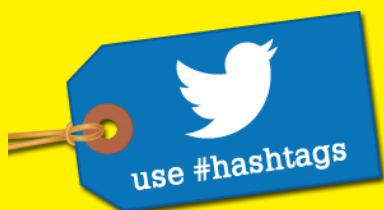
Other suggestions for hashtags: *#CYPexp, #Communication, #learningdisabilities, #PtExp, #education #training*
Symplur is a good place for healthcare related hashtag suggestons:
https://www.symplur.com/healthcare-hashtags/

♦ If you see a post you would like to share with your followers, 'retweet' it using the re-tweet button. You have the option to add a comment to your retweet, perhaps to tell your followers why you are retweeting, or to add further info. RT is the shortened code for Retweet.

♦ Mentions: you can tag someone else in a post using the @ sign preceded by their twitter handle. When you type the first couple of letters of a twitter handle, a relevant list of people you follow should be generated (whose twitter handles begin with those letters).

♦ You can post a photo to go alongside a post by clicking on the camera icon. You will also be offered the opportunity to tag people in the photo (a maximum of 10) This is a great way to get people to see your tweet as it will come up in their notifications. They don't actually need to be in the photo, it's more a suggestion that you think it is relevant to them.

♦ If you would like to acknowledge the source of your tweet by tagging them in a post, use the abbreviation 'HT' (hat tip)

♦ Keep in mind that a lot of your professional colleagues will be viewing what you post and share. Remember to ensure the content of your posts #professionalism is in line with your values and could not compromise your professional role. Do not talk about specific patients (even if you don't use their name) if they are identifiable or if they would know that you are talking about them. It is important that before you even start to use twitter in a professional capacity that you read your professional body's social media guidance and your workplace social media policy.

♦ As you begin to follow more people, your twitter feed can get very busy and become a bit overwhelming. Use programmes such as Tweet Deck to organise your twitter streams and help you keep track of conversations which are relevant to your interests. Twitter is not like email, there is no pressure to keep up to date with your timeline or notifications.

Happy tweeting!

Me first