



Speaking out for people with  
intellectual and developmental  
disabilities

[www.vor.net](http://www.vor.net)



Feedback or  
questions? [info@vor.net](mailto:info@vor.net)

VOR  
Awareness  
Event

Join or Donate  
to VOR Today!

Refer a Friend!

## Twitter 101

*Twitter, VOR and You: Using Social Media*

### Twitter 101

#### A helpful overview of Twitter basics

---

By Jill Goldstein, VOR Board Member, Marketing Committee Member, and President, JGoldsteinPR (New York, NY)

The following "Twitter 101" resource was prepared to help VOR members and others receive news and updates on VOR activities as they happen. That's the power of Twitter!

#### **Here's how you can get you started on Twitter:**

**1) Set up your own free Twitter account.** You must have your own twitter account to follow VOR. To create a twitter page, go to [twitter.com](http://twitter.com). You will be asked to create a username and password.

**2) Follow VOR\_NET and at least 4 others.** You will then be asked to "follow" five people or organizations. The official VOR twitter page name VOR\_NET. Just click on the logo and select "follow." You can search for who you know by name or page name.

**3) Start tweeting!** You find an icon in the upper right corner of the screen. Look for the square paper with quill icon.

#### **Basics of a Tweet**

**1)** Your tweets can only be 140 words. Your profile is 160 words.

**2)** You can add a Hashtag (#) before a word or group of words in your tweet. This will distribute your tweet to the entire twitter community that hashtags that phrase, whether or not they are followers. For example, VOR members can consider adding #dd, #specialneeds, #disabilities, #specialeducation, #volunteer, etc.

**3)** If you want your tweet to go to someone in particular, in addition to your followers, add that individual's twitter address in your tweet, e.g., "Check out [VOR's website](http://www.vor.net), a voice for choice #dd #disabilities @VOR\_NET"

#### **Conclusion**

**Get started, Tweet and Re-Tweet!** That's the best way to really learn.

=====

***Coming Up:***

**\*Twitter 101 (Part 2):** *Twitter for Nonprofits: It's Who (Not Just How Many) You Know*

**\*Facebook 101**

**\*Tips for LinkedIn**

Tel: (605) 399-1624  
Toll Free: (877) 399-4867  
Fax: (605) 399-1631  
Email: [info@vor.net](mailto:info@vor.net)

JOIN VOR. DONATE TO VOR. MAKE A DIFFERENCE