Social Media Tool Kit

Prepared by

Pay Our Interns Team
Adapted for Interns for Change
On November 20th, Pay Our Interns will officially launch a new initiative: Interns for Change. This initiative, started by current interns, aims to bring awareness to the injustice created by unpaid internships. #InternsForChange will spark the broader conversation that interns must be paid, experience doesn't pay the bills and if we want to live in a society that reflects our country we must provide equal opportunity.

In Washington, D.C. we will be hosting a rally in Freedom Plaza, peacefully calling on all employers to shift their course from providing unpaid internships to paid ones. Throughout the country we will be partnering with student leaders who will stand in solidarity with the protest.

Throughout the day we will trend #InternsForChange so that all parts of the country are not left out of the conversation. All of us must unite to spread one message.

It's time to pay our interns!
No one should have their opportunities for personal and professional growth curtailed by economic or social instabilities. On November 20th, I am standing in solidarity with #Interns and @PayOurInterns to fight for more equitable access to internships! #InternsForChange

Ensuring that internships are paid is essential to diversifying the workforce. Join us on November 20th, as we advocate for internship compensation and accessibility! #InternsForChange

Today we demonstrate our solidarity for unpaid interns. We are walking out to protest unpaid labor #InternsForChange

Today we stand in solidarity with interns. Tag us in tweets that show how you’re supporting the movement. #InternsForChange

Be sure to follow @PayOurInterns to stay up to date on the progress made, and stay informed on the ways you can help #InternsForChange
Internships are the gateway for the workforce.

Internships often open up opportunities for students and young professionals and serve as an entry-point that propels young professionals into the working world.

Last year, Congress allocated nearly $14 Million for intern funding. As we celebrate that the number of paid internships has increased in the past year, we recognize that most interns still don't receive compensation. Experience doesn't pay the bills. #InternsForChange

Research says interning is the entry point in the workforce pipeline. Offering only unpaid internships creates a barrier for young people from lower socioeconomic backgrounds. On November 20th, we have to make sure that we aren't only celebrating interns advocating for equality in labor compensation.
#InternsForChange Today we celebrate our interns!

Unpaid internships create a barrier for young adults of lower socioeconomic backgrounds, we're changing the game by advocating for paid internships. #InternsForChange
THANK YOU!

If you need immediate assistance please email the team at guillermo@payourinterns.org or call/text at 202-257-0093.

Let's start a conversation!
#InternsforChange