

Create a Reel on Social Media

Share your story to help spread awareness around Angelman syndrome, FAST, and mobilize your community to take action!

Examples: [@LucasWithWings: Instagram](#) [@AngelmanbyHugo: Instagram](#)

Recording:

- Record yourself in portrait mode (phone is vertical, not horizontal)
- Speak slowly and clearly and pausing after each sentence to edit easier (if you do it in multiple takes)

Suggested Script:

- Say hello and your name, relationship to your loved one, their age and genotype, and your location
- Share a little bit about your loved one, AS symptoms, characteristics, challenges.
- Answer 1-2 of the questions below:
 - One thing you wish people understood about AS that might not be clear
 - Share why Angelman research matters to you
 - What would a meaningful change look like for your loved one
- Make an ASK to the viewers: Share post, donate, learn more, etc!

Editing:

- Use Canva, Microsoft ClipChamp, or edit right in Instagram/Facebook
- Add captions to help with accessibility and global reach.

Posting:

- Post as a “Reel” between February 1-15th on Instagram/Facebook
- Use #InternationalAngelmanDay #IAD2026 #AngelmanSyndrome #CureAngelman
- Instagram: Use the “Invite collaborator” feature so the post will appear on FAST’s page. You can also tag @cureangelman within the copy of the post.
- Facebook + LinkedIn: Tag @Foundation for Angelman Syndrome Therapeutics