



# CREATE ENGAGING & PERSUASIVE SRHR CONTENT

Day 4: SRHR Content & Popular  
Platforms



**our approach to  
content creation**

**Target Audiences**

**Persuasive Aims**

**Storytelling**

**Creative Formats**

**SRHR Content**

**Popular Platforms**

# AGENDA DAY 4

**The Pleasure Approach**

**Types of SRHR Content**

**Facebook & WhatsApp**

**Instagram & TikTok**

# First thought that comes to mind:

- ❖ **Winter**
- ❖ **Bank**
- ❖ **Thirsty**
- ❖ **Cristiano Ronaldo**
- ❖ **Love Matters**
- ❖ **Pleasure**

**The pleasure approach** recognises that young people are living sexual beings that want to experience love, sex and relationships that are both enjoyable and safe.

By doing so, sexuality education information using the pleasure approach covers the full scope of sexual experience and pleasure, and not exclusively topics related to the reduction of sexual health risks

**Don't think of...**

- **Your dad, an elephant**

**Don't look...**

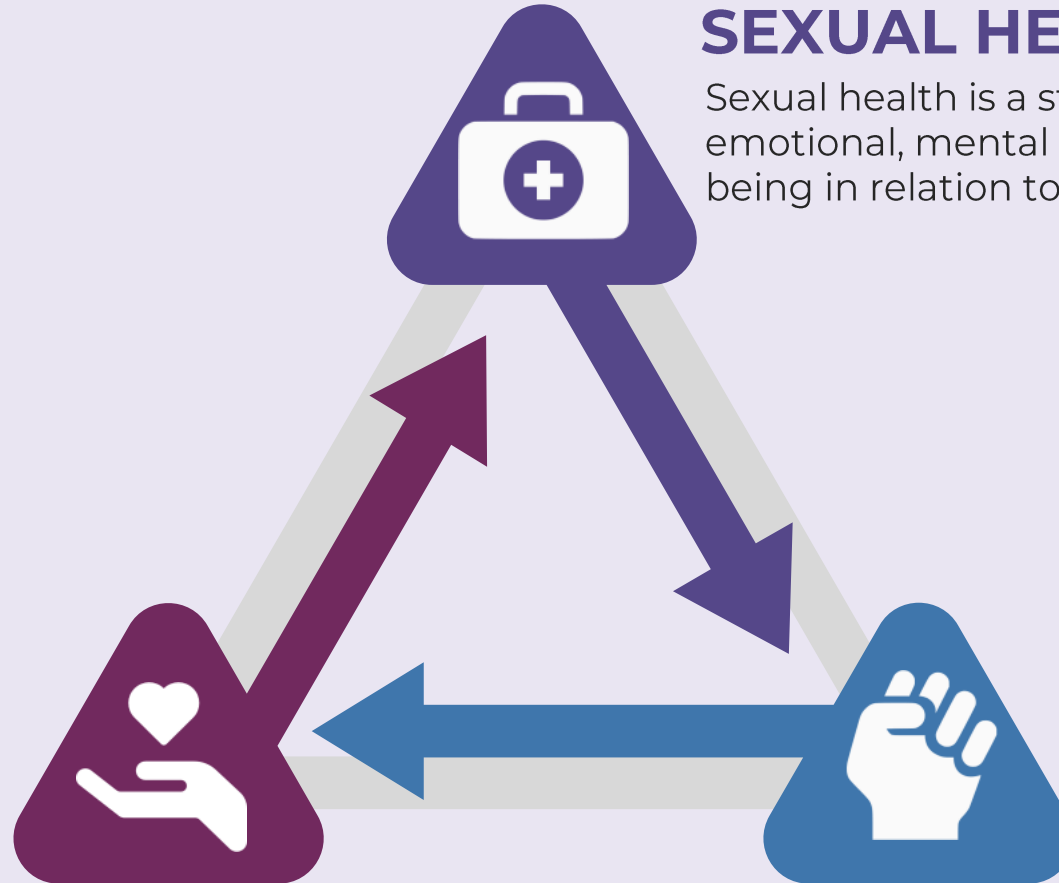
**Furniture store...**

- **Do not sit on it**
- **Do not learn on me**

# THE TRIANGLE FRAMEWORK

## SEXUAL PLEASURE

Sexual pleasure is the physical and/or psychological satisfaction and enjoyment derived from solitary or shared erotic experiences.



## SEXUAL HEALTH

Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality.

## SEXUAL RIGHTS

Sexual rights protect all people's rights to fulfil and express their sexuality and enjoy sexual health, with due regard for the rights of others.

**GAB's Triangle Approach to Addressing Sexuality**

# SEXUAL RIGHTS?

*Which are rights critical to the realization of sexual health?*



The rights to equality and non-discrimination



The rights to information as well as education



The rights to freedom of opinion and expression



The right to attain the highest standard of sexual health



The rights to decide the number and spacing of one's children



The right to be free from cruel treatment or degrading punishment

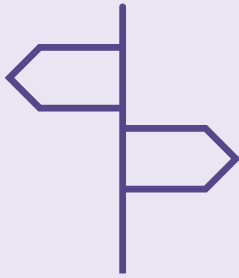


# SEXUAL PLEASURE

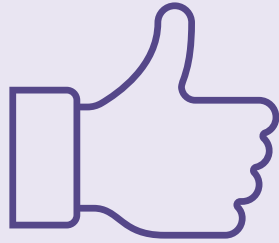
*Enabling factors in the GAB's definition of pleasure*



Physical and  
psychological  
enjoyment



Self-  
determination



Consent



Safety



Privacy



Confidence



Communication



## EXERCISE

Answer the following question:

**Are these article titles related to sexual health, rights or pleasure?**



© LOVE MATTERS



- Maybe I don't want to have children
- How can you improve sex with a condom
- Consent: does no always mean no?
- 11 tips for talking to your partner
- All you need to know about PrEP
- Loving your body: a look at body positivity
- 7 signs you are in an emotionally abusive relationship
- The problem with revenge porn
- He is pressuring me to send nudes, should I?



**The pleasure approach** in sexuality education has yielded some promising results in terms of:

- ✓ Improved communication between sexual partners
- ✓ Increased awareness of diverse sexual identities
- ✓ Increased safer sexual practices such as increased use of condoms and better use of family planning techniques
- ✓ Greater acceptance of individual's own sexuality
- ✓ Increased sexual agency and empowerment



# CASE STUDY

## #1

In Kenya, Love Matters creates a series of pleasure-positive images to engage users. The images depict sex and how to receive pleasure safely, respectfully and enjoyably. In true Love Matters style the images are informal, educational and intriguing.



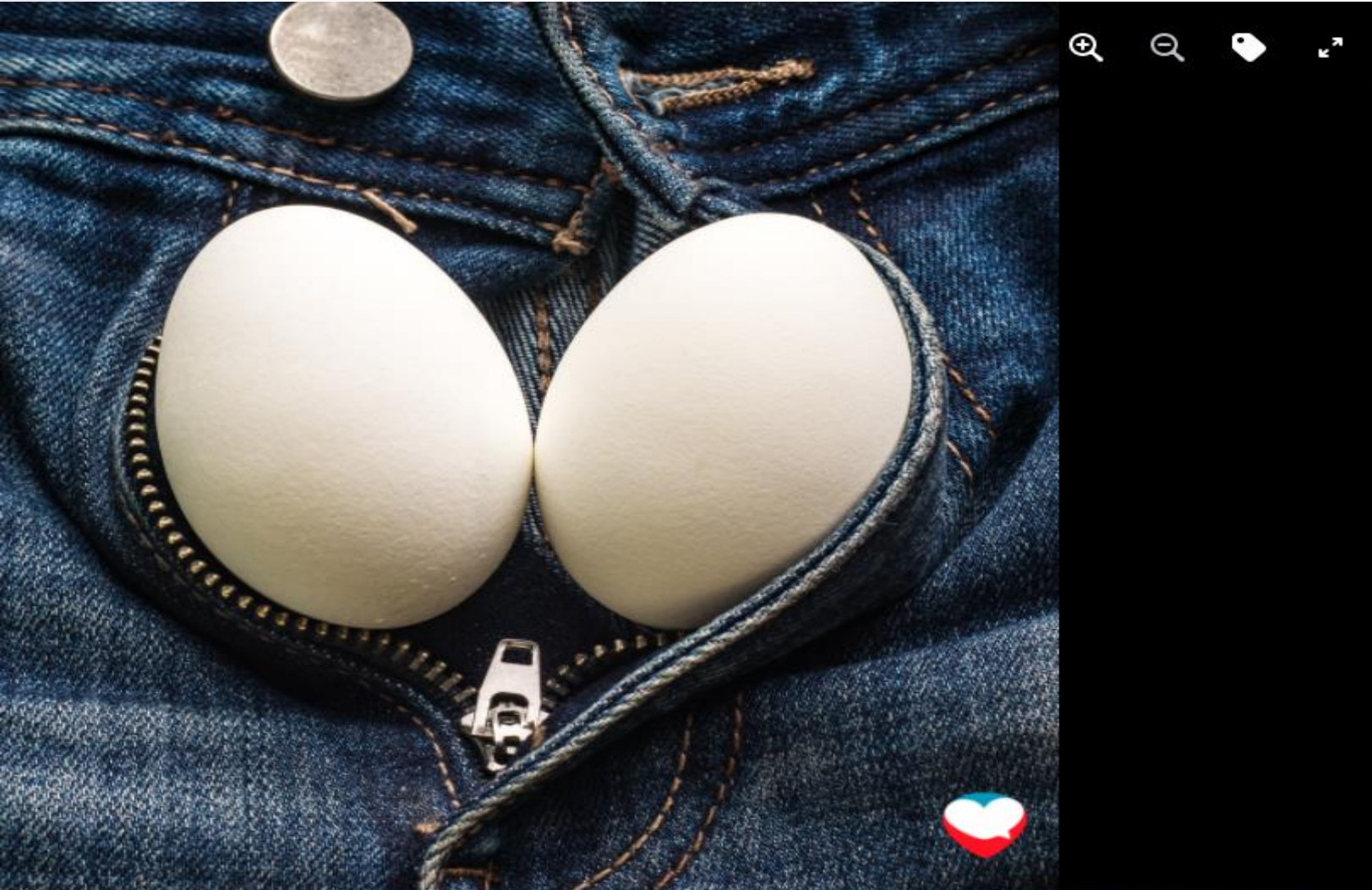
#2



#3



#4



Love Matters Kenya  
Published by Michael Okun Oliech · November 19 at 10:30 AM ·

Men, mkienda kwa bafu kuoga, do you usually examine your testicles? How often do you examine your balls every month?

Edit

5K 3.7K Comments 9 Shares

Like Comment Share

Most Relevant

Nimmoh Irene  
I always have to check on him everyday. I'm the examiner....and you can guess how it ends up 😂😂  
Like · Reply · Hide · Message · 3d 18  
11 Replies

Agr LENUS PMA  
We always check our wealth everytime in bathroom

Comment as Love Ma... 🗨️ 📷 🎞️ 🗣️



# SRHR CONTENT TYPES USED BY THE LMGN



**FACTS**



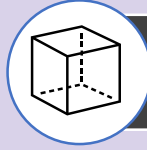
**STORIES**

# FACTS

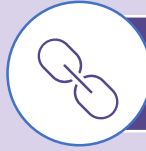
Facts, or evidence based SRH information content, is straightforward, objective information about love, sex, sexuality, relationships and the body.



Fact-based content should be created by an SRHR expert



Fact-based content should be simple, free from jargon and wordplay, and easy to understand for low-literacy readers.



If the source is a scientific article, include a link to the page or provide a downloadable file.



Thoroughly check the accuracy of any information you include about sexual health or medication.



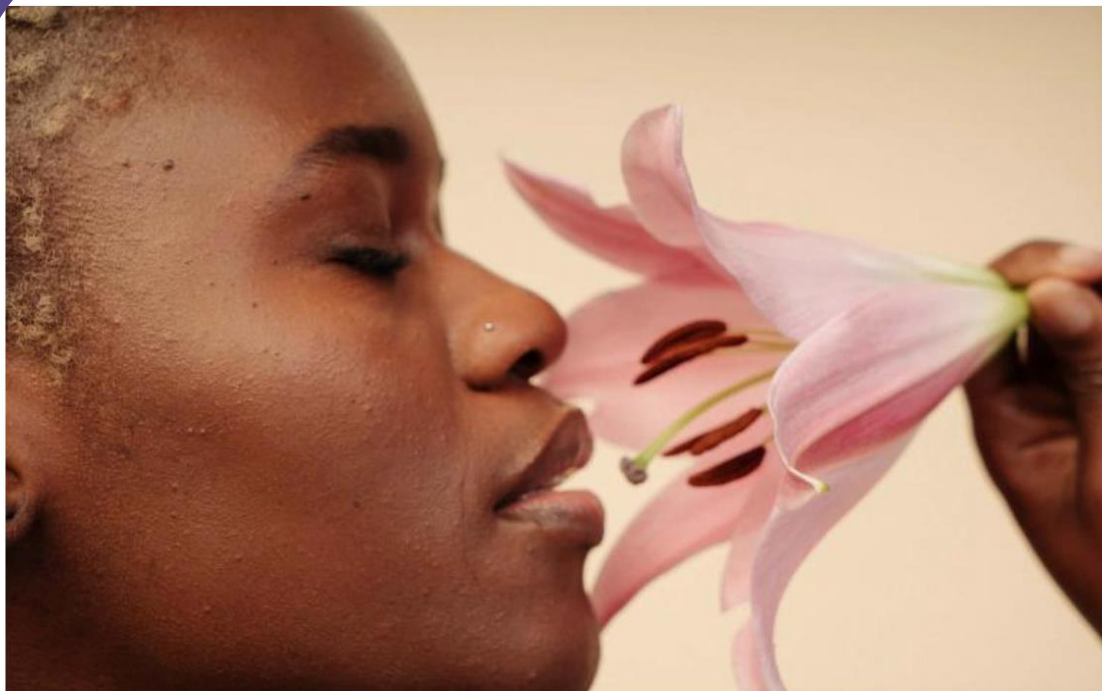
Refer to multiple sources to ensure information is correct.



Try to use objective and scientific information from reputable sources, including links to the source where possible



If reputable scientific or medical opinions on an issue are divided, mention this in the article.



(C) Love Matters | Rita Lino

MAKING LOVE > VIRGINITY

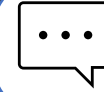
## The hymen: what is it?

The hymen is a thin piece of skin that is part of a woman's vulva. Its importance is mainly cultural, and many myths are associated with it.

Take care to protect the identity of other people who feature in the testimonial unless you have received their permission to use their real name.



Choose pseudonyms that are culturally appropriate.



Stay true to the facts and spirit of the testimonial. It is acceptable to write a testimonial you have heard from a subject as if it is in their voice, but events or details should not be altered.



It is not acceptable to make up fictional stories and present them as true stories.



The story should be factually correct to the best of your knowledge, and you should do your best to verify this as far as possible.



When anything has been changed you must always state that this story is true, but names and places have been changed to protect identities.



# STORIES

Stories are opinion pieces, experiences/personal stories, testimonials, agony aunt or “sexpert” articles, fun facts, tips, etc.



[OUR BODIES](#) > [FEMALE BODY](#)

# 6 first period stories you'll relate to

By [Christine](#) on

Do you remember your first-period experience? To many women, it is an unforgettable experience. 6 women share their first-period stories.



From screaming in the bathroom to inserting tissue in the vagina, here are 6 first-period stories that you will most likely relate to.

[RELATED FACTS](#)



[SAFE SEX](#) > [STDS & STIS](#)

# My partner and I have HIV, do we need to use condoms?


By [Cindy Amaiza](#) on

Julia and I had had HIV for three years now. We often have unprotected sex, and recently, I heard that we should still use condoms. Is this necessary?



# USER-GENERATED CONTENT

- ▶ Engagement
- ▶ Community building
- ▶ Cost
- ▶ Authenticity
- ▶ Content

 **Love Matters Naija**  
November 17 at 9:40 AM · 🌐

Dear LMN

I am confused. I don't know what to do. Two men are in love with me.


It all started when I was stranded and I met a guy who gave me accommodation. He loves me so much and I was pretending to love him too. We were together for one year and in this one year, I tried to love him but I couldn't.



After the first year, I got my own apartment and left his house, but he still loves me now and he's asking me to marry him but as I said earlier I don't have feelings for him.

I met another guy who loves me and I love him too. We're in love with each other but he is not yet ready for marriage.

Please friends, I'm not sure how to handle this situation. I need your advice. Should I go for the one in love with me which I don't love or the one that loves me and I love him too?

[#MessagesFromOurInbox](#)



  1.2K

575 Comments 28 Shares

Sep 21, 2022, 6:39 PM

Kindly post for me this so that I can get help. Of recent I can not sustain an erection for more than two minutes what can I do yet I have no stress





5:17 PM

Hello

Keep it private please,,,,,what could  
be the problem because when I  
make love with partner  
akishamwaga tu ivi nabaki  
nikiwashwa shida n nn

# RECAP AND REFLECTION

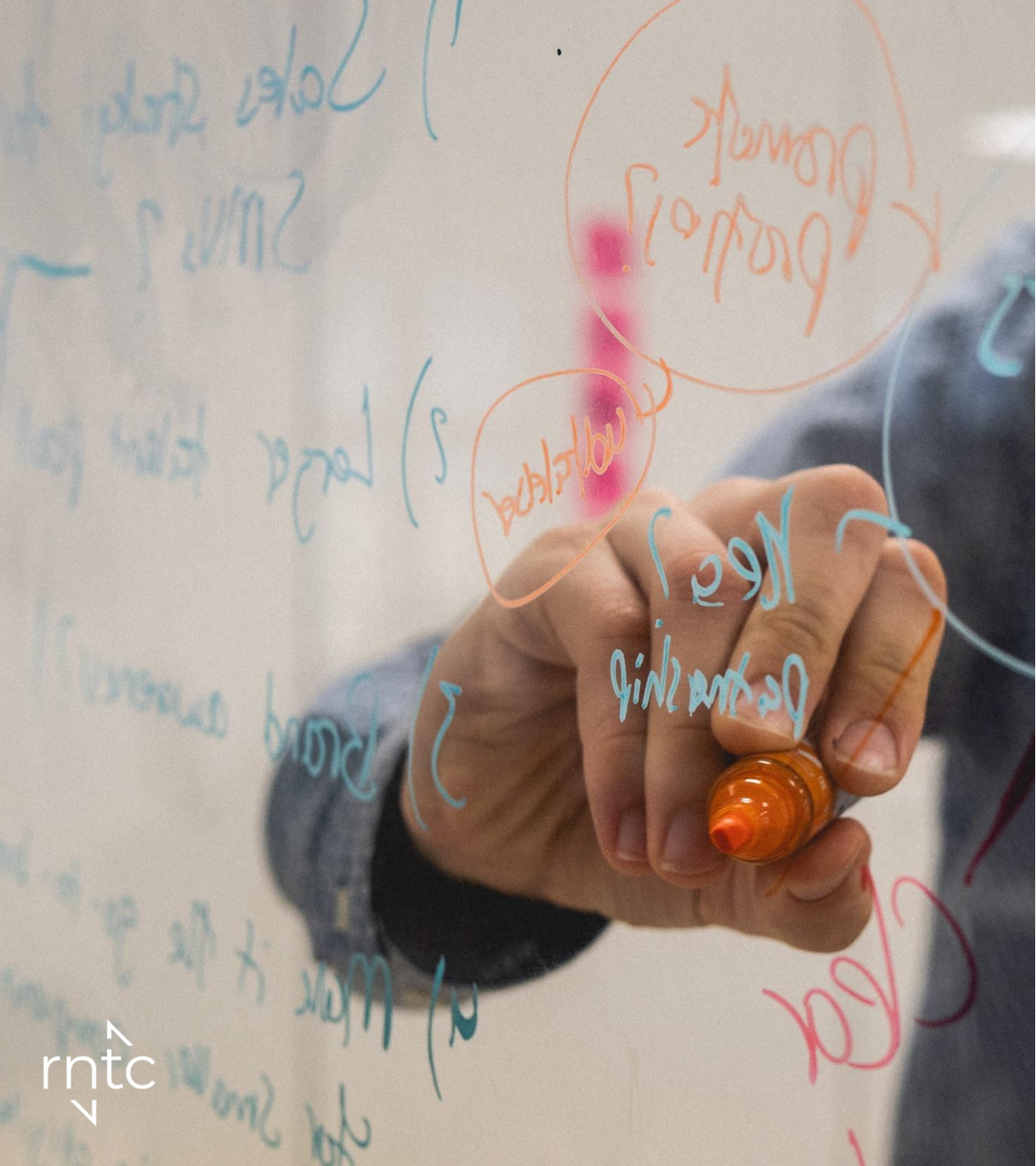
**Know:** What confirmed something you already knew?

**Change:** What is one way you plan to change?

**Challenge:** What challenged you?

ork, based on today's learning?

**Feel:** How do you feel about what you learned here?



## REFLECTION

**Which SRHR topics  
can you cover in  
Ethiopia?**



**Truth is...**

Context matters. A lot!

# ACTIVITY

## Choose Your SRHR Topics



# UNESCO Guidelines on Sexuality Education

## Key concept 1: Relationships

Topics:

- 1.1 Families
- 1.2 Friendship, Love and Romantic Relationships
- 1.3 Tolerance, Inclusion and Respect
- 1.4 Long-term Commitments and Parenting

## Key concept 2: Values, Rights, Culture and Sexuality

Topics:

- 2.1 Values and Sexuality
- 2.2 Human Rights and Sexuality
- 2.3 Culture, Society and Sexuality

## Key concept 3: Understanding Gender

Topics:

- 3.1 The Social Construction of Gender and Gender Norms
- 3.2 Gender Equality, Stereotypes and Bias
- 3.3 Gender-based Violence

## Key concept 4: Violence and Staying Safe

Topics:

- 4.1 Violence
- 4.2 Consent, Privacy and Bodily Integrity
- 4.3 Safe use of Information and Communication Technologies (ICTs)

## Key concept 5: Skills for Health and Well-being

Topics:

- 5.1 Norms and Peer Influence on Sexual Behaviour
- 5.2 Decision-making
- 5.3 Communication, Refusal and Negotiation Skills
- 5.4 Media Literacy and Sexuality
- 5.5 Finding Help and Support

## Key concept 6: The Human Body and Development

Topics:

- 6.1 Sexual and Reproductive Anatomy and Physiology
- 6.2 Reproduction
- 6.3 Puberty
- 6.4 Body Image

## Key concept 7: Sexuality and Sexual Behaviour

Topics:

- 7.1 Sex, Sexuality and the Sexual Life Cycle
- 7.2 Sexual Behaviour and Sexual Response

## Key concept 8: Sexual and Reproductive Health

Topics:

- 8.1 Pregnancy and Pregnancy Prevention
- 8.2 HIV and AIDS Stigma, Care, Treatment and Support
- 8.3 Understanding, Recognizing and Reducing the Risk of STIs, including HIV

High Risk

## Taboo Topics

Talking about these topics brings substantial to intolerable risk to the team and/or the platform. The team shouldn't tackle these topics often (if any time at all).

## Challenging Topics

Talking about these topics brings moderate to substantial risk to the team and/or the platform. However, these topics are important. Therefore the team should tackle these topics with a specific strategy to reduce risk.

Low Importance

High Importance

## Filler Topics

Talking about these topics brings trivial to moderate risk to the team and/or platform. The team shouldn't tackle these topics too often (if any time at all).

## Evergreen Topics

Talking about these topics brings trivial to moderate risk to the team and/or the platform. These topics are important for the project therefore the team could write often about these topics.

Low Risk



## REFLECTION

**On a scale of 1-5, how well do you master these social media platforms?**



APR  
2021

# FAVOURITE SOCIAL MEDIA PLATFORMS

PERCENTAGE OF INTERNET USERS AGED 16 TO 64 (EXCLUDING CHINA) WHO SAY THAT EACH OPTION IS THEIR 'FAVOURITE' SOCIAL MEDIA PLATFORM\*



SOURCE: GWI (Q4 2020). FIGURES REPRESENT THE FINDINGS OF A BROAD GLOBAL SURVEY OF INTERNET USERS AGED 16 TO 64. SEE [GLOBALWEBINDEX.COM](https://www.globalwebindex.com) FOR MORE DETAILS.

\*NOTES: ONLY INCLUDES USERS AGED 16 TO 64. DOES NOT INCLUDE USERS IN CHINA. SURVEY RESPONDENTS COULD CHOOSE FROM OTHER SOCIAL PLATFORMS NOT INCLUDED IN THE CHART SHOWN ABOVE, SO VALUES MAY NOT SUM TO 100%. INDIVIDUAL RESPONDENTS MAY USE DIFFERENT CRITERIA TO DETERMINE THEIR "FAVOURITE" PLATFORM.

we  
are  
social

Hootsuite



**Let's talk  
numbers**

**What are your current  
numbers? Happy with  
them?**

**Is your target  
audience the largest  
group?**

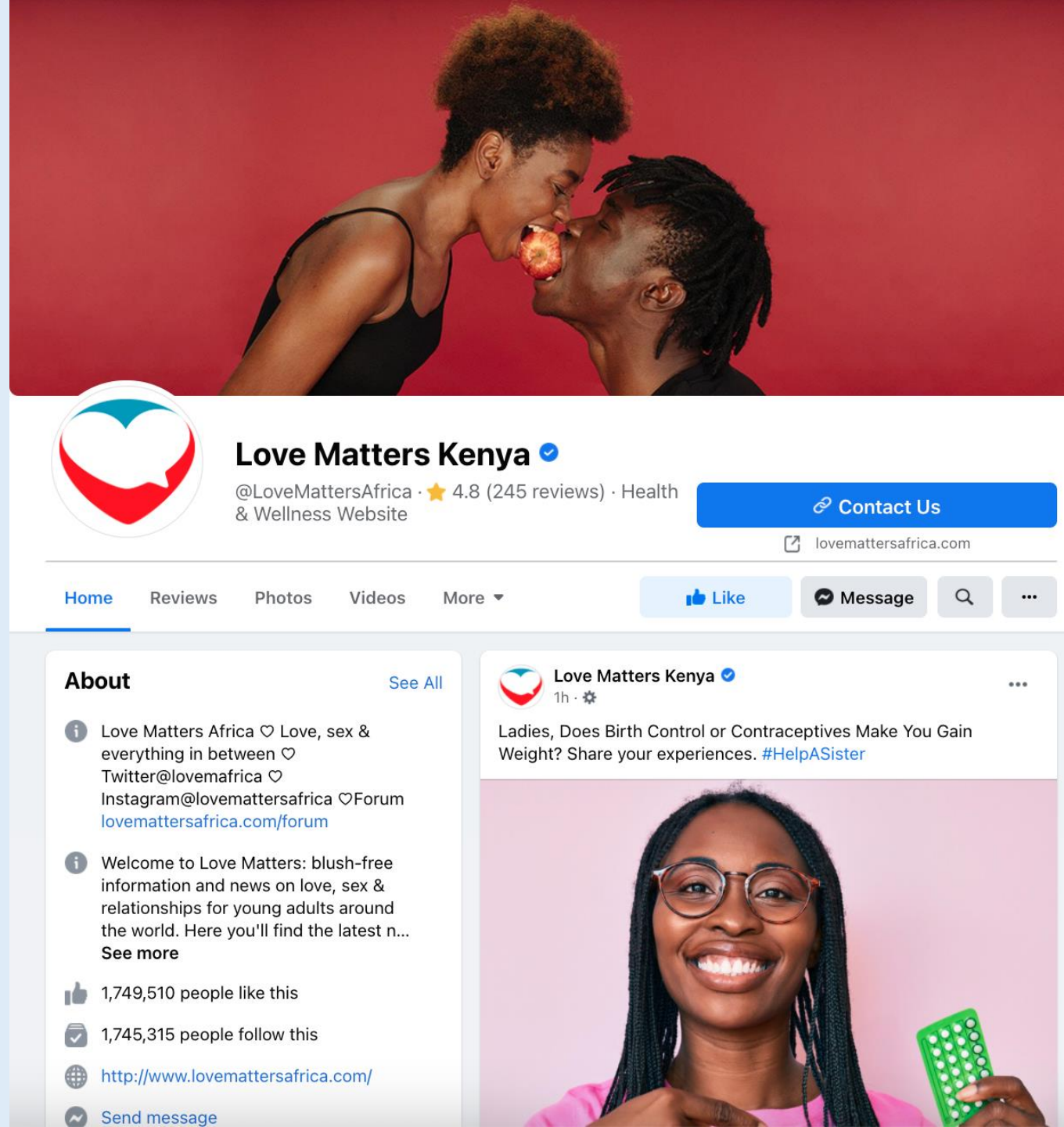
**Tips you can share?**



# BEST PRACTICES FOR FACEBOOK

# 1. Make a good first impression

Ensure that when potential new followers land on your Facebook Page, the design of your cover photo is compelling and the About section is clear.





## 2. Harness the power of video

Video content is more engaging than any other type of Facebook content. The average engagement rate for a Facebook video post is **6.13%**, which is higher than all other kinds of content. People look at videos five times longer than static content.

### WATCH: HIV cannot be transferred through touch

HIV, which is a virus that causes AIDS, is considered a sexually transmitted disease (STD) because it can be spread through certain sexual behaviours like penetration or oral sex. This means that HIV cannot be spread through shaking hands or hugging. Watch the full video to learn more!

41

8 Comments 6 Shares

Like

Comment

Share

### Latest Videos



WATCH: HIV cannot be transferred through touch



Explaining #SexualConsent in Nigerian Pidgin



How to Use Withdrawal Method to Prevent Pregnancy

# 3. Link generously

Organizations that apply an open, networked approach to social media channels will engage their audiences more successfully than those with social blinders on and only talk about themselves.



Surfrider Foundation ✓

July 30 · 🌐



It's that time of year again...

Our 7th annual Creators & Innovators Upcycle Contest is here! We've partnered up with our friends at [VISSLA](#) and [The Ecology Center](#) to challenge you, the wave conscious, to take something that might be considered waste and create something that can be used in the ocean.

Learn how to enter the Creators & Innovators Upcycle Contest and download a DIY hand plane template at [vissla.com/creatorscontest](https://vissla.com/creatorscontest).

🎥 @brianelliott  
[#creatorscontest](#)



Organ Donation isn't scary it's boooootiful! Register to be a life-saving [#organdonor](#) at <https://donatelife.ny.gov/>. #HappyHalloween 🥰🎃👁️



**ORGAN DONATION  
ISN'T SPOOKY.**



**4. Connect your post to a trending topic or holiday**

# 5. Share user-generated content

Encourage users to ask questions and create posts and keep an eye out for mentions of your name, so that you can capture these great opportunities.



Love Matters Naija  
November 10, 2020 · 🌐



Hello Love Matters Naija,

I have been dating this girl for 4 years. We met in higher institution. During this period of dating, we always arguments, she will tell me that it's over between us and she won't pick my calls until I send someone to help me beg her to take me back.

She has been doing this often, and sometimes when I suspect her of cheating on me and I confront her, she'll say I'm not yet married to her and that I should stop monitoring her movement.

In January this year, we had another argument and she told me that our relationship was over. She blocked me on Facebook and she posted 4 photos on her WhatsApp status, which she took with a guy in a hotel room and in some other places, and wrote 'Lovers' just for it to hurt me.

From April till now, the relationship has been going well. I just finished my NYSC service and I'm currently managing a small business which is paying me very well. However, the problem I'm having now is that those things she did to me back then keep playing in my head. I have tried to forget it all but it won't go.

I'm not seeing another woman nor cheating on my girlfriend. I don't even have time for myself because of my business not to talk of seeing other women, but the past keeps on playing in my memory.

[#RelationshipProblems](#) [#IPV](#)





page

hablemosdesexo.com

en

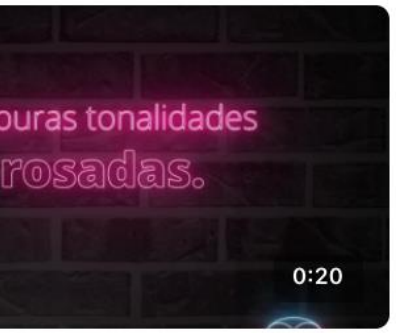
Environmental Organization (NGO) · Organization

www.instagram.com/hablemosde /

See all



See all



vide que las mujeres lesbi...



HABLEMOSDESEXO.COM

**¿Tu deseo sexual es diferente al de tu pareja?**  
Tú quieres, pero tu pareja hace muecas cuando se lo propones. ...

86      34 Comments   1 Share

Like   Comment   Share

Most Relevant ▾

Write a comment...   🗨️ 📷 🧠 🎭

**Lorena Bichota**  
When that happened he would get annoyed and stop writing me, according to him, it wasn't for that much, but he would get upset and that he will behave distant and cutting made me feel guilty. I loved him but he wasn't there.

Like · Reply · See Original (Spanish) · 14w   2

**Author**  
**Hablemos de Sexo y Amor**  
**Verónica Darks** thanks for commenting on this experience. What an eye opener! Totally true, where is guilt, discomfort and pain.. there it is not 😊

Like · Reply · See Original (Spanish) · 14w   1

# 6. Engage with your audience

Engaging with your community helps you build trust with your audience, create momentum, show that you care and appreciate everyone interested in your mission.

# 7. Repurpose your best content

For example, if you have shared a successful text post, consider creating a graphic, a podcast, a video on the subject. Then, you can repost your popular content at regular intervals to keep it in front of your audience.



**Love Matters Naija**  
November 29, 2020 · 🌐

Do you know the right way to use [#MorningAfter Pills](#)? This guide will help you when next you have sex without a condom.

For more information on [#Contraception](#) and [#FamilyPlanning](#), please reach out to Marie Stopes Nigeria on: 08000022252 (call for free)... [See more](#)

### How to Use Emergency Contraceptive Pills



1. Take the first one as soon as possible. The first dose must be taken within 72 hours (three days) after unprotected sex. But remember that the sooner you take the pill, the better it will work.
2. Take the second one 12 hours later.

**FOR MORE INFORMATION ON CONTRACEPTION AND FAMILY PLANNING, PLEASE REACH OUT TO MARIE STOPES NIGERIA ON:**

**Love Matters Naija**  
November 3, 2019 · 🌐 [Follow](#)


What do you know about emergency contraceptive pills? This video from Love Matters Arabic explains in detail how emergency contraceptive pills work and how you can use it to protect yourself.

Have you used an emergency contraceptive pill before? What was your experience?

[#PleasurePositive](#) [#LoveMatters](#) [#TeamLMNaija](#)  
[See less](#)

Most Relevant ▾

**Fuentes Mairrim**  
What if u take this 5 days after is it still safe?  
Like · Reply · 1y  
Most Relevant is selected, so some comments may have been filtered out.



Almost ready! Alone or with others as usual?

**Love Matters Arabic**  
What do you know about emergency contraceptive pills? This video from Love Matters Arabic explains in detail how emergency contraceptive pills work and how...



# BEST PRACTICES FOR WHATSAPP

# 1. Provide information quickly

Have questions about **COVID-19**?  
We have answers



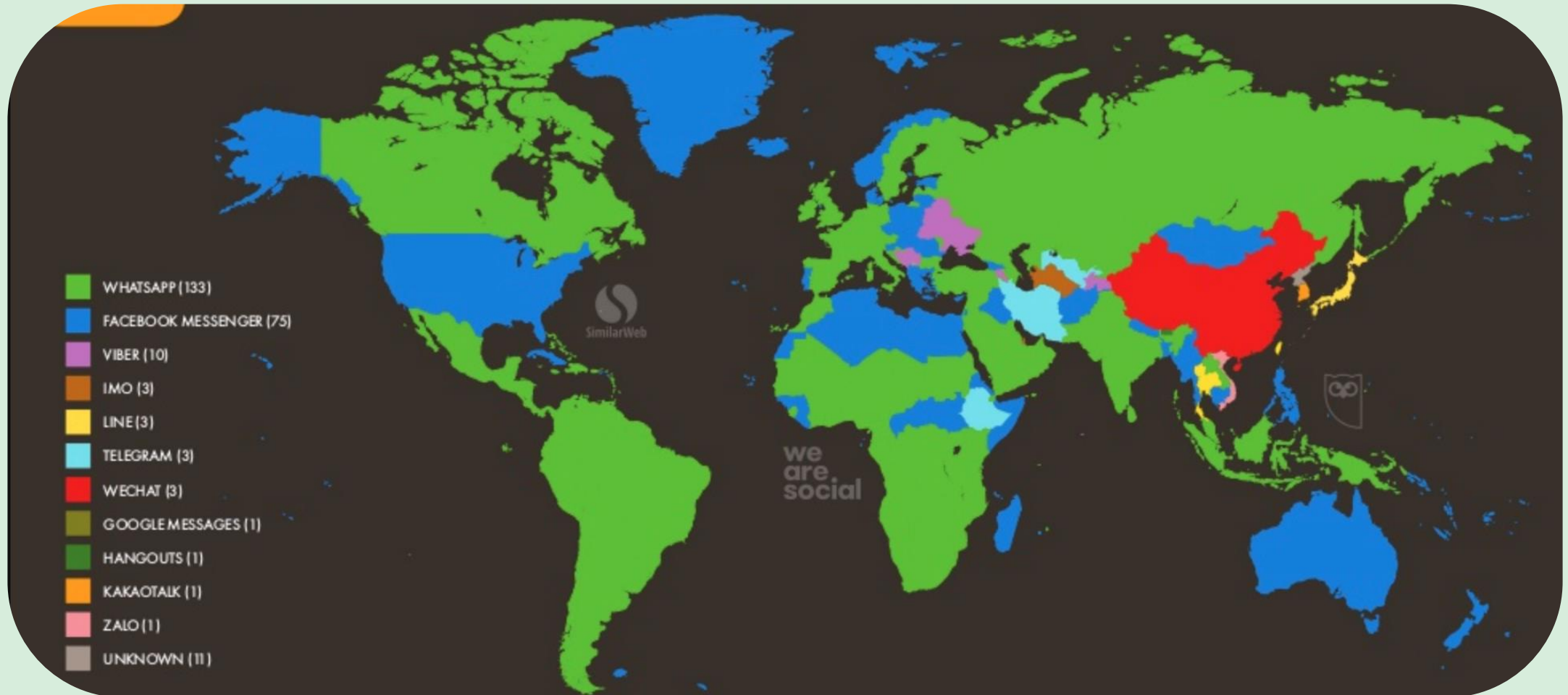
Click this link and  
**text hi to**  
the whatsapp number



World Health  
Organization

# 2. Bridge the digital divide

WhatsApp can help you reach digitally-disadvantaged communities. In developing countries with underdeveloped (or overly expensive) telecom options, WhatsApp is the go-to alternative to text or other social media.





## 3. Think outside the box

- In **Kenya**, patients can access health care services
- In **Argentina**, a chatbot connects patients to doctors to report COVID symptoms
- In **Brazil**, citizens use an in-app directory of 1000s of retailers

# 4. Answer sensitive questions

A pilot ran by Love Matters Kenya showed that subscribers felt comfortable asking their most private questions via the Facebook inbox. Some said that they wouldn't want to ask these sensitive questions publicly on a more public platform.





## 5. Foster the active engagement

WhatsApp has excellent engagement rates. **98%** of messages are opened and read, and **90%** of them get opened within three seconds of being received. Additionally, people tend to share your content through private messages or groups, which can amplify your message or campaign at no extra cost.



# REFLECTION

Do you have any other **Facebook** or **WhatsApp** tips you'd like to share?

Would you like to reflect on any of the best practices?



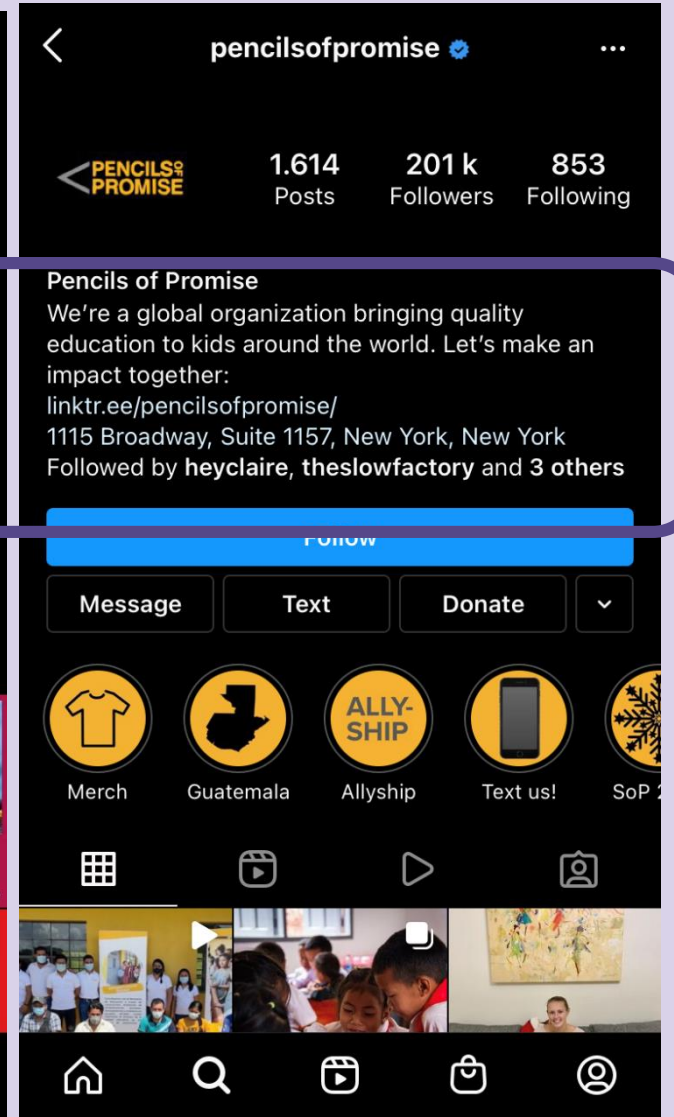
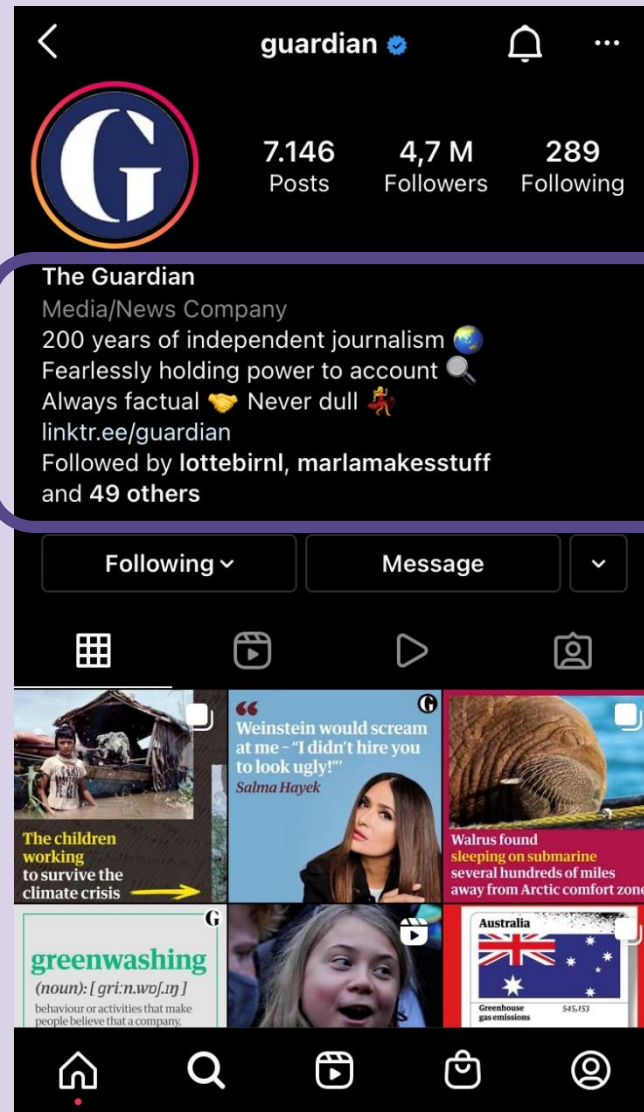
# BEST PRACTICES FOR INSTAGRAM



1

# Find your focus

What is your unique selling point (USP)? What's your "thing"?



# THE BIO



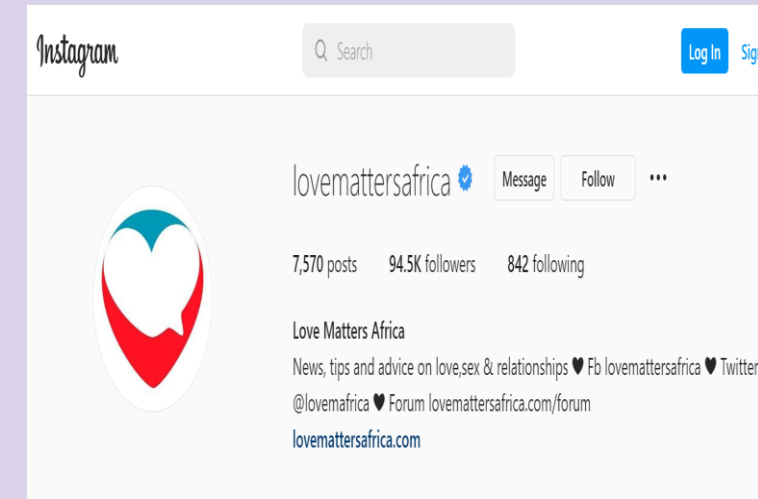
## STYLE

Be authentic, concise and consistent. People need to know what to expect.



## FORMAT

Punchy Headline.  
Then, something that starts a conversation.  
Include your location.  
Call to action: link.



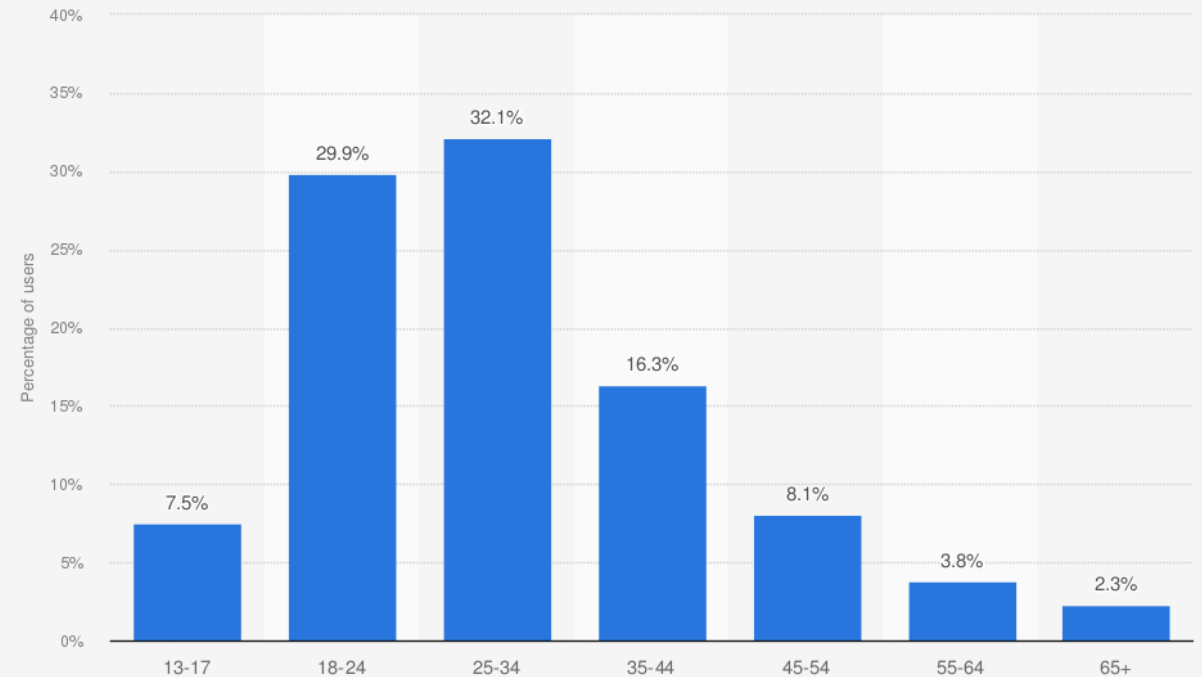
## NUMBERS

Don't follow more people than follow you. People will think you're a bot or not as desirable.

2

Aim your  
content at your  
audience

Distribution of Instagram users worldwide as of July 2021, by age group



Sources

Hootsuite; We Are Social; Instagram; DataReportal  
© Statista 2021

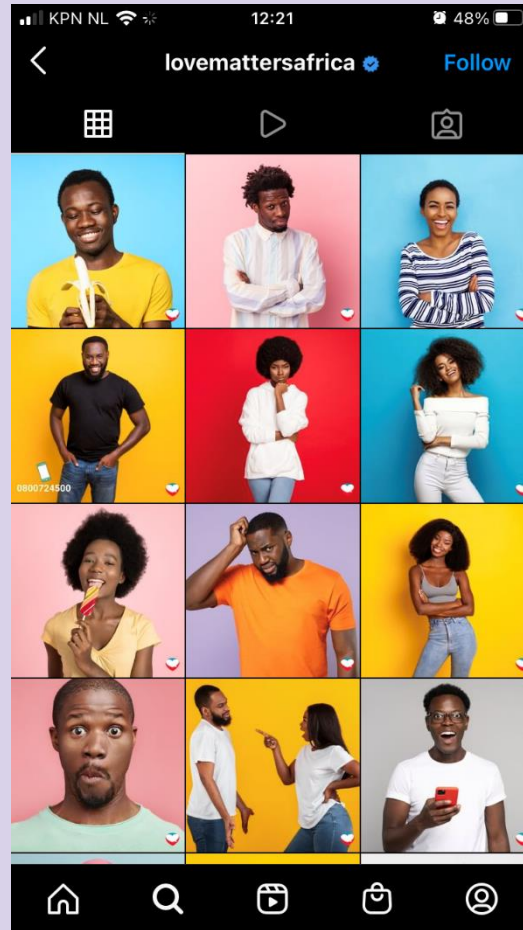
Additional Information:

Worldwide; Instagram; DataReportal; July 2021; 13 years and older; based on addressable ad audience

3

# Use all the content types

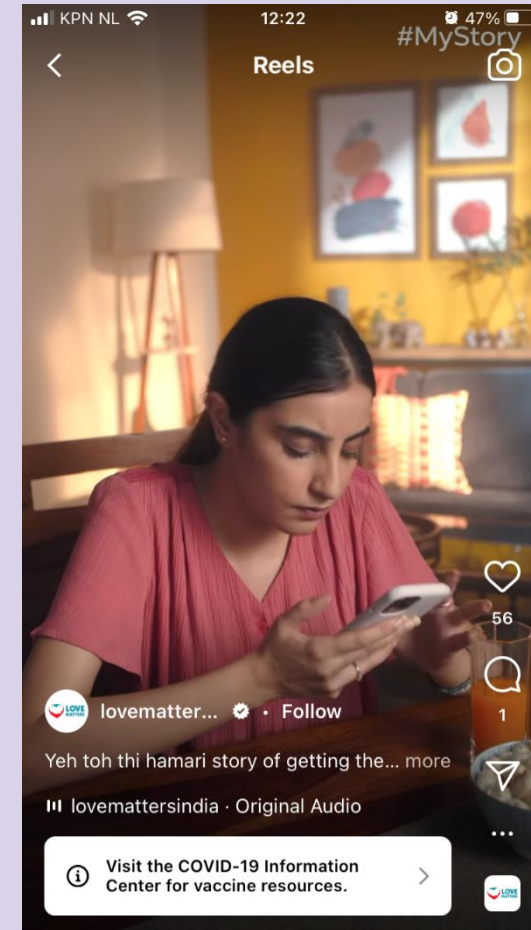
Photos, videos, stories, live.  
Maximize your chances of appearing on the explore page.



Posts



Stories



Reels

# THE WAYS PEOPLE CONSUME CONTENT



## ON THE GO

- Short sessions
- Unplanned
- Frequent
- Discovery and Connection



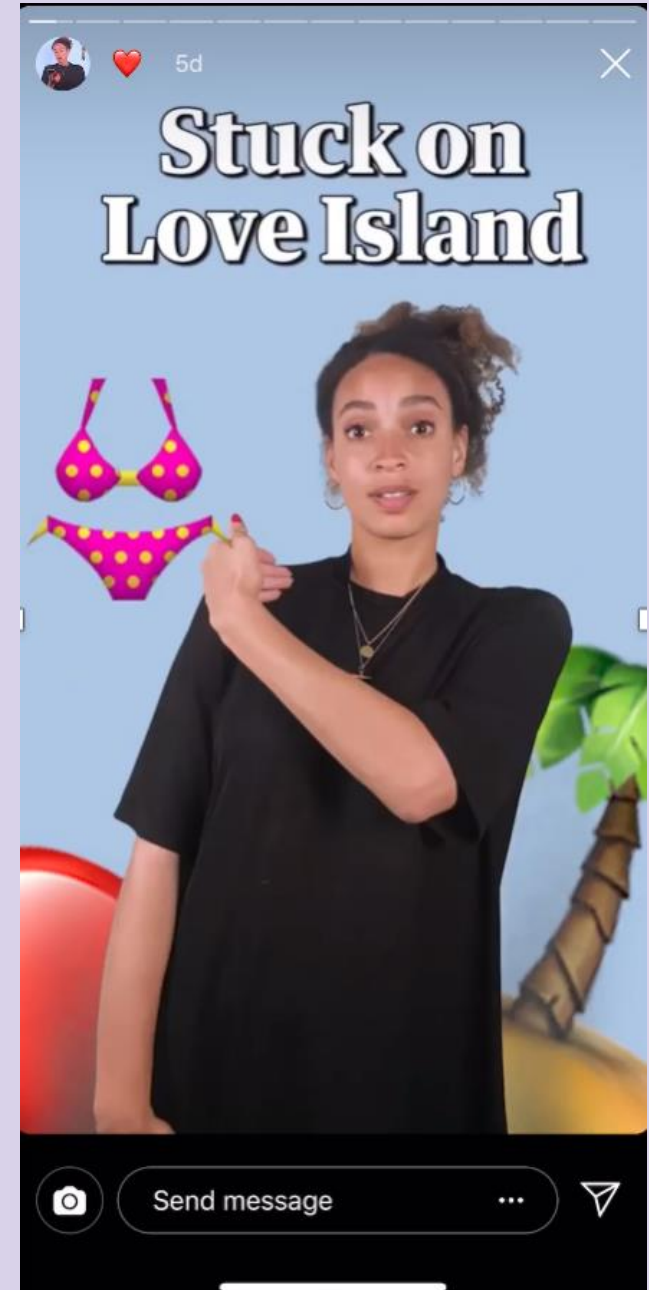
## CAPTIVATED VIEWING

- Longer sessions
- Planned
- Intentional
- Relaxation and Entertainment

4

## Create mobile first

You can do amazing things with just your phone!





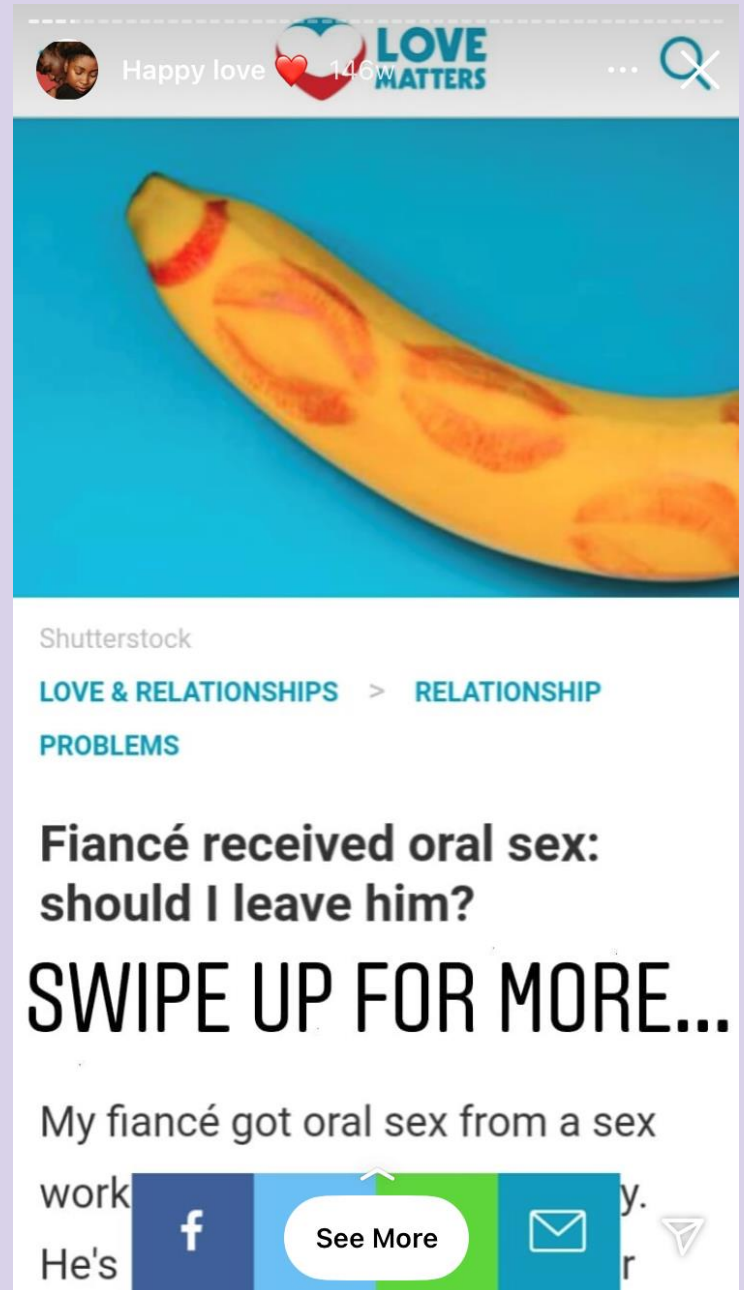
5

## Swipe up

Prompt deeper discoveries /  
Link in Bio



SWIPE UP!



6

## Put a face on it

Humanize your content by highlighting volunteers, staff and those you serve.



# 7

## Interactivity is your secret weapon

Drive engagement and not only passive views



8

# Help people find you with geotags

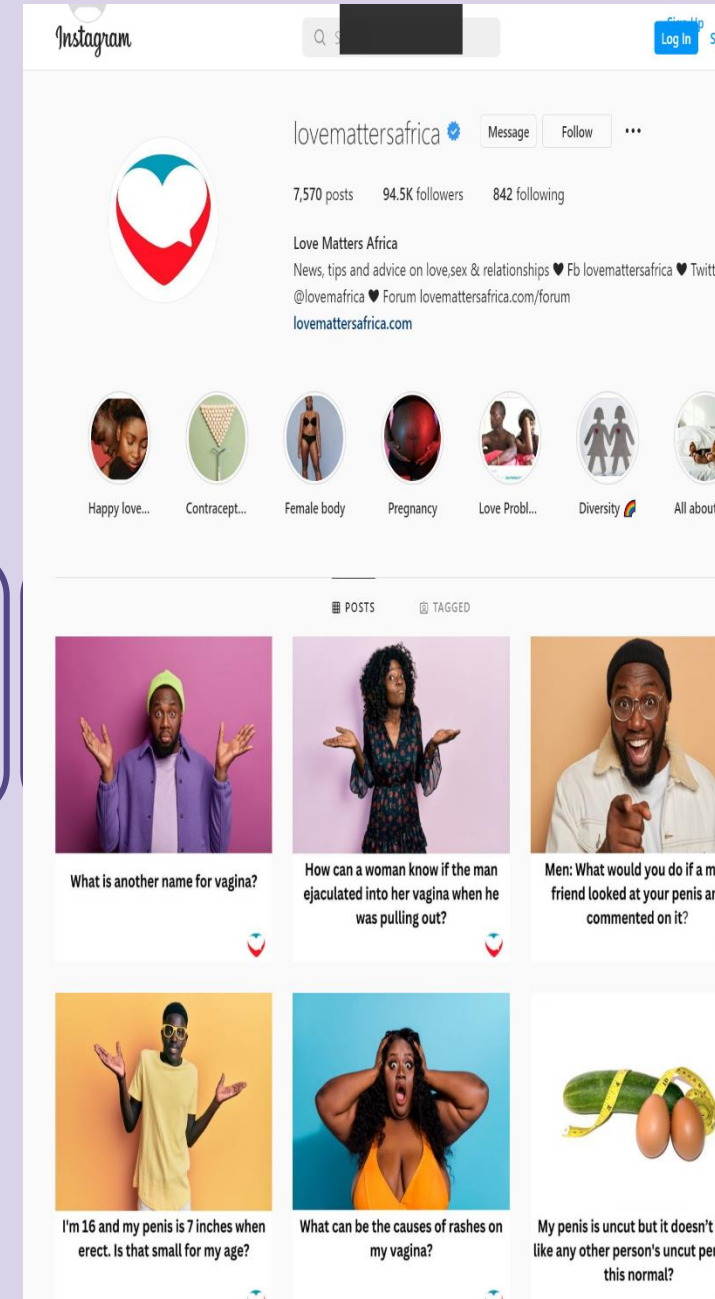
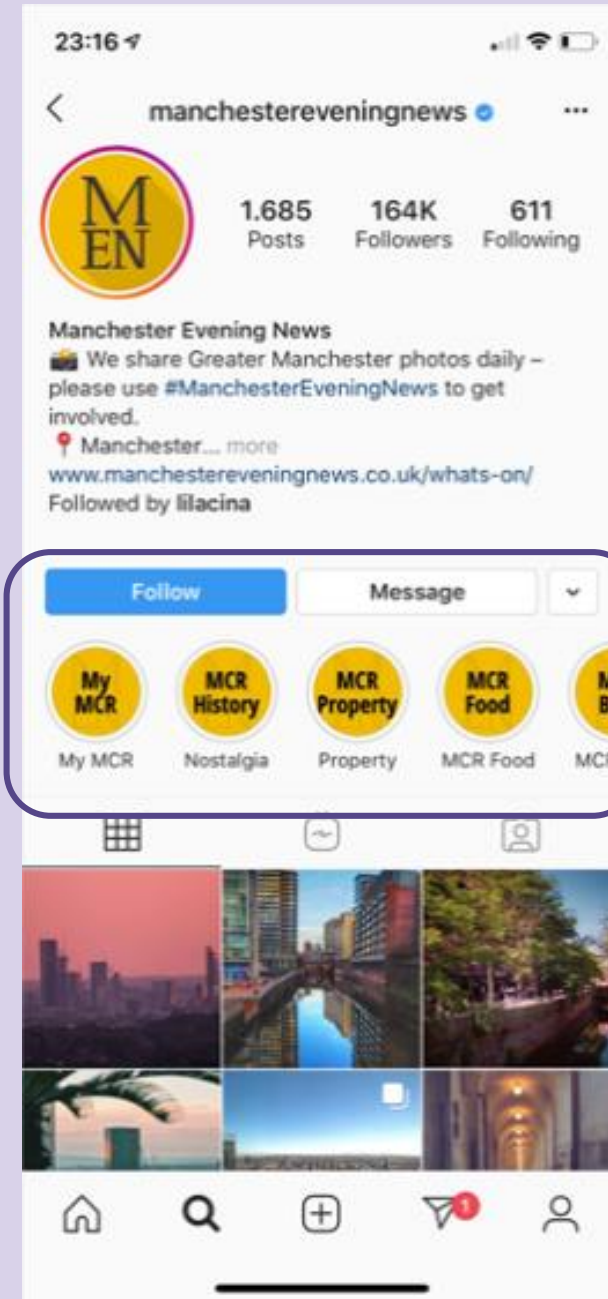
More specific: greater discovery



9

# Use highlights to intro new followers

A way for them to discover what to expect



10

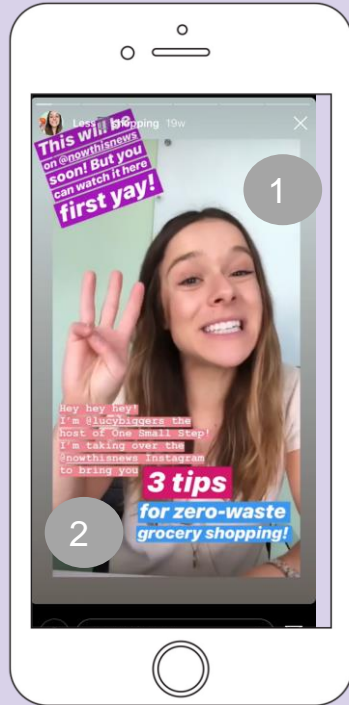
## Make sure you're posting enough

The general trend is that more popular accounts also tend to post more



# VISUALS: ANATOMY OF A GREAT INSTA STORY

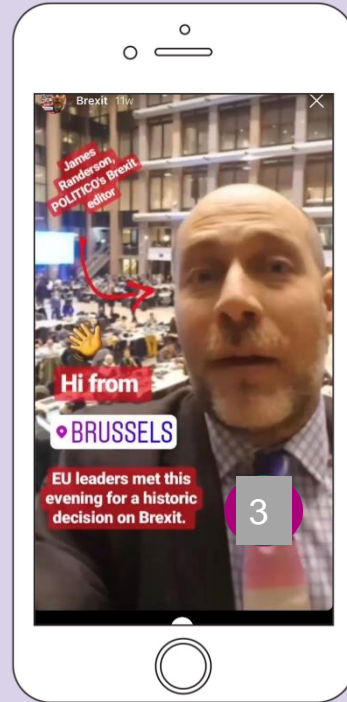
## INTRO



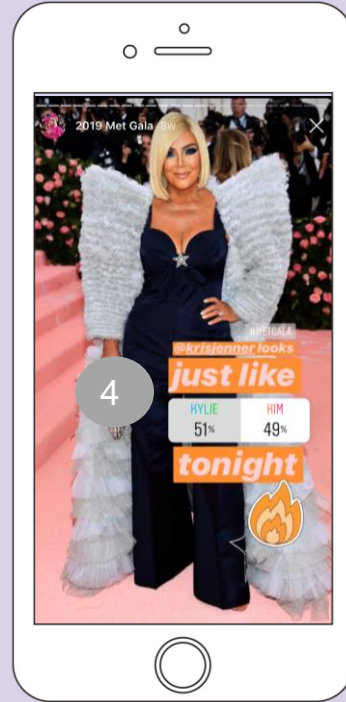
1. Selfie styled into

2. Short punchy display copy

## 3-6 POSTS



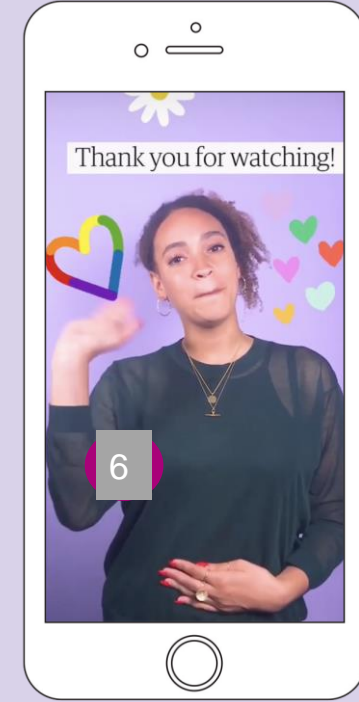
3. Location tags & hashtags



4. Use interactives: polls, stickers, sliders liberally



5. Mix up visuals: boomerang, video, picture, screengrabs



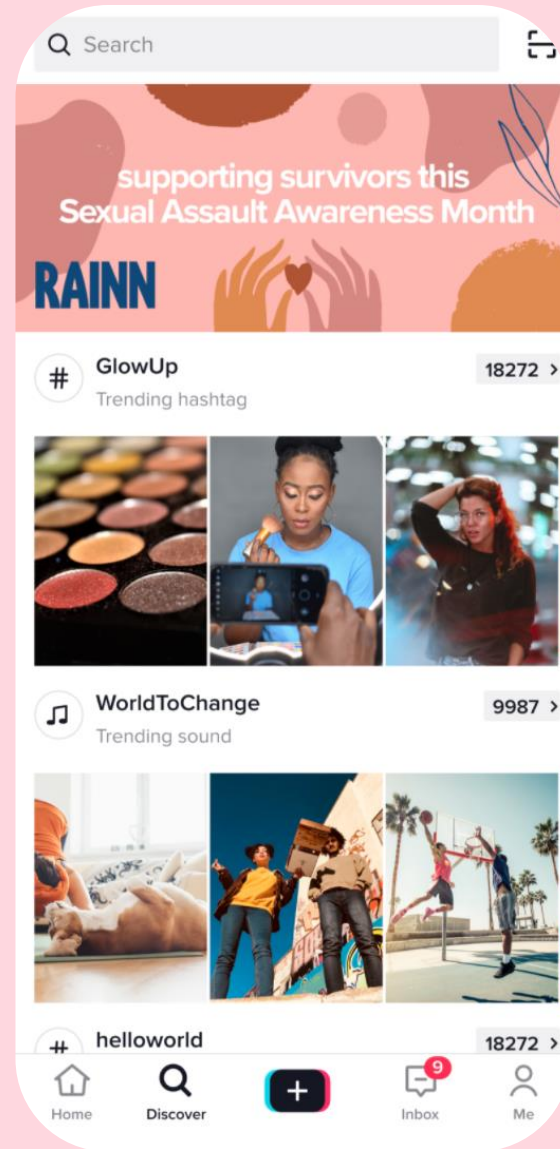
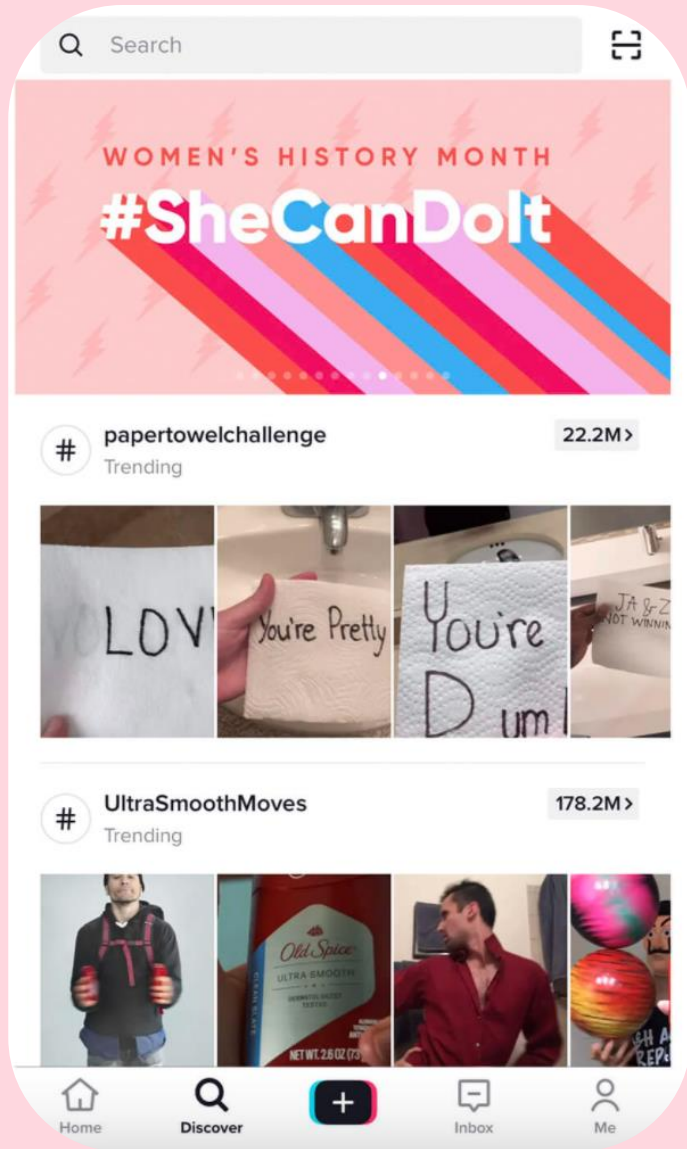
6. Embrace GIFs (the cool kids are)  
7. Use Swipe Up for deeper discoveries.



# BEST PRACTICES FOR TIKTOK

Anyone using Tiktok here?





# Search the discover page for trends

When there's a new challenge on the Discover page, millions of users can see it and join in. Regularly peruse the platform, get familiar with trends and identify opportunities to connect your content accordingly

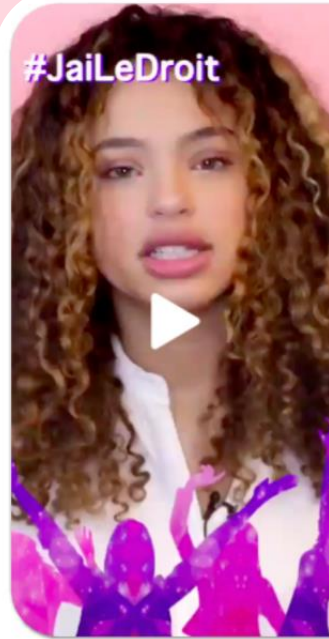
2

## Create hashtag challenges

Hashtags increase awareness for your cause and users can create videos to that hashtag.

When creating a new hashtag challenge, make sure that there's a clear and simple purpose or goal. The name should also be simple and memorable.

#JaiLeDroit

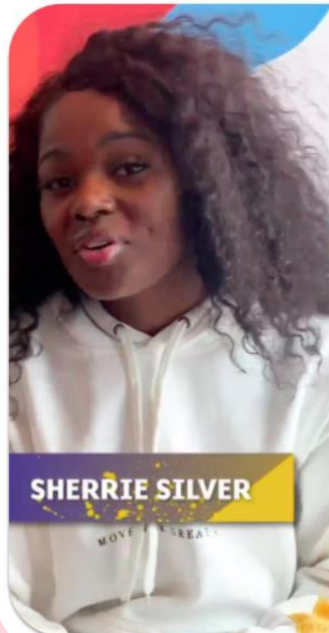


### #JaiLeDroit (IHaveTheRight)

Together with AuFeminin, TikTok launched the #jailedroit challenge in France for 2019 International Women's Day. TikTok users spoke up for their rights and said a resolute no to stereotypes and gender-based discrimination.

**27K** videos created

**12.2M** video views



### #DanceForChange

The United Nation's International Fund for Agricultural Development (IFAD) launched the world's largest dance challenge to help people in rural areas of Africa and other developing countries. IFAD's #DanceForChange TikTok's videos were created by our users as a virtual petition to increase investment in sustainable agriculture.

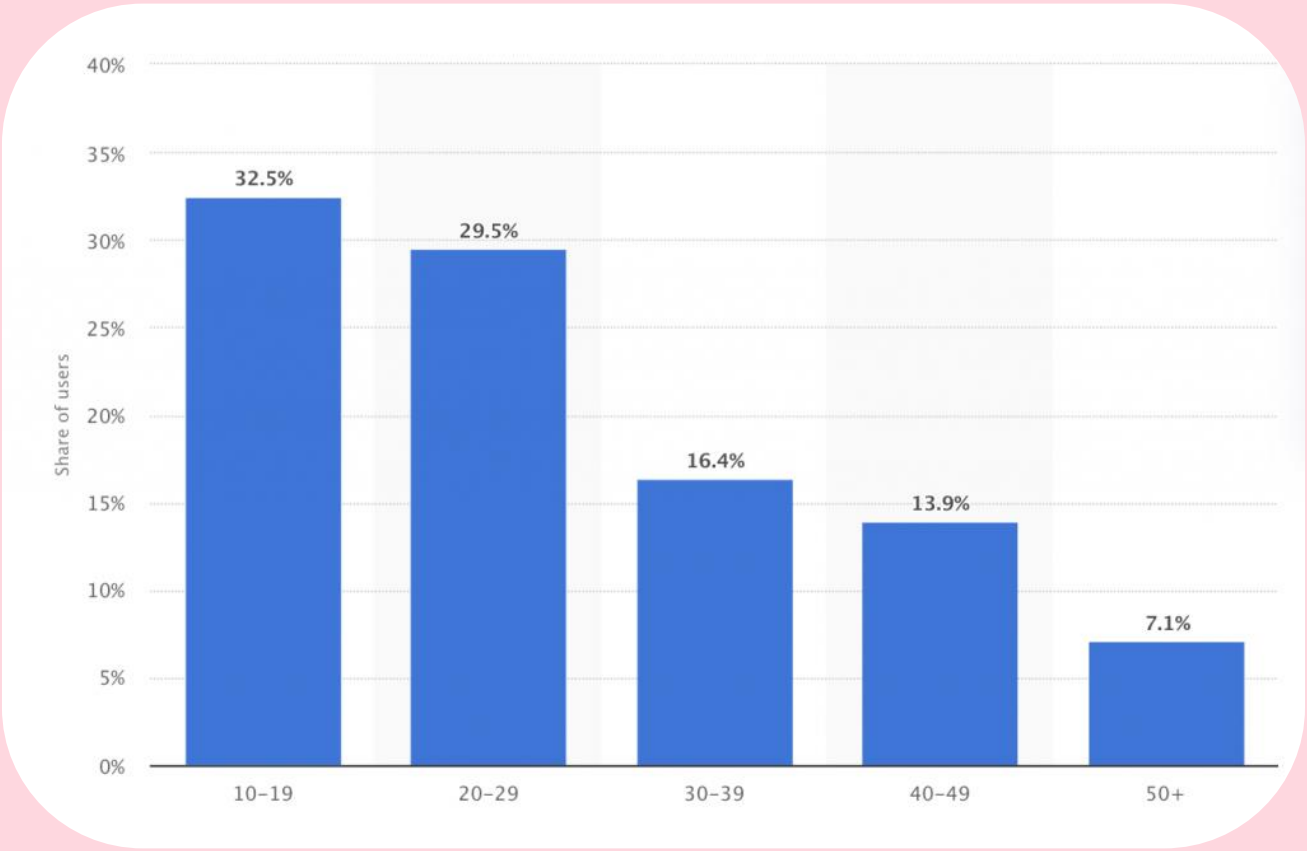
**33K** videos created

**81M** video views

3

# Inspire the youngest audience

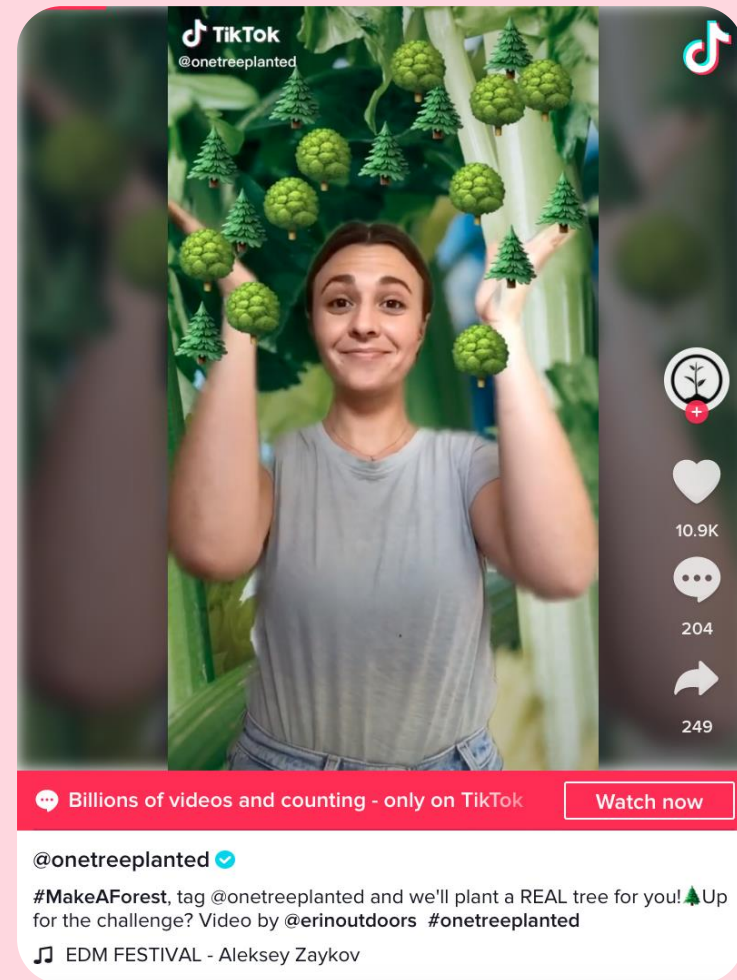
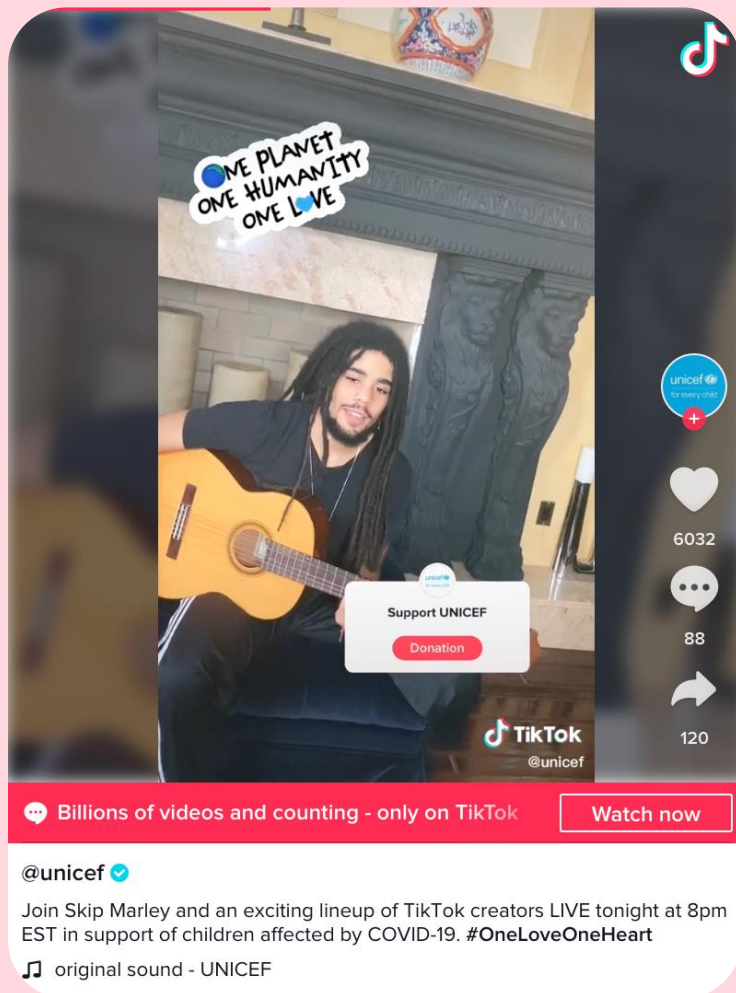
60% of TikTok users are Gen Zers. Gen Zers are trendsetters and social amplifiers.

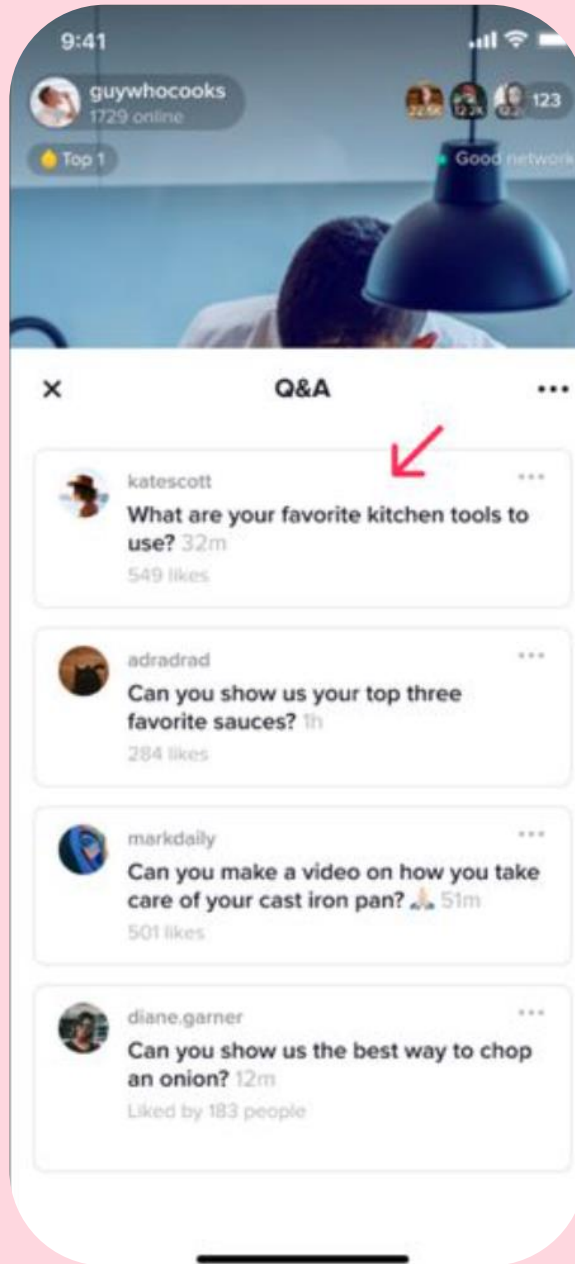


# 4

## Partner up

The influencers you work with don't need to have millions of followers to be effective at spreading the word. If you understand your target audience, working with small creators that are influential to your specific audience can make a huge impact.





5

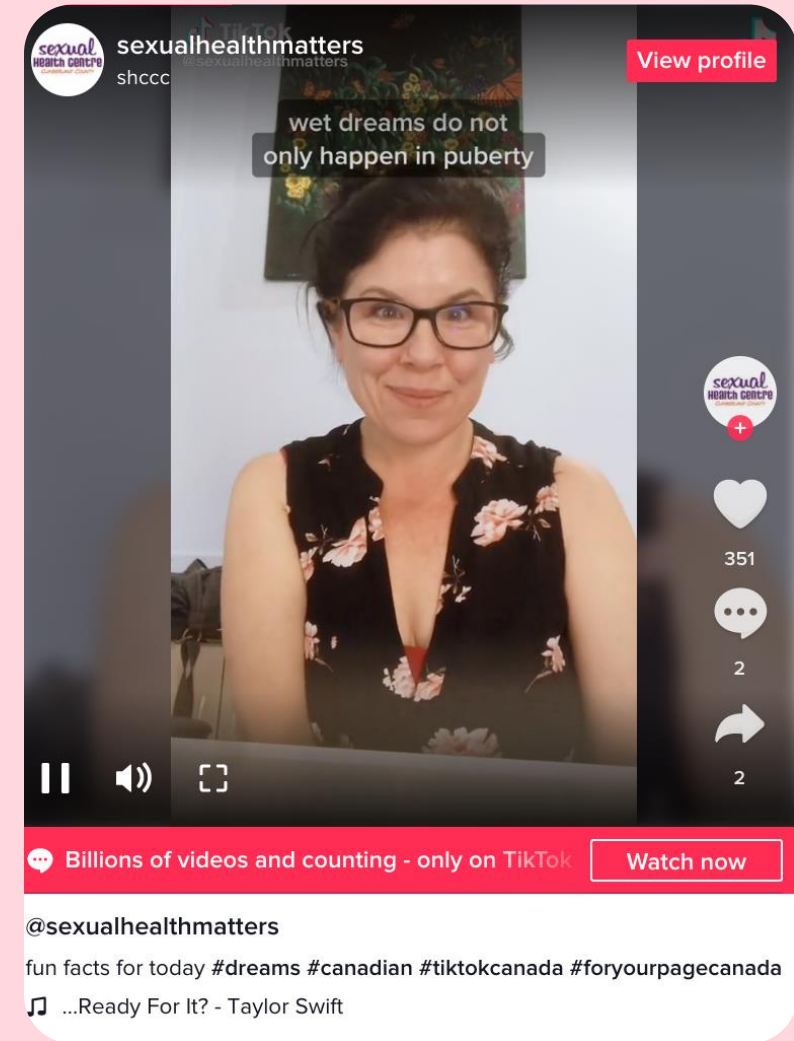
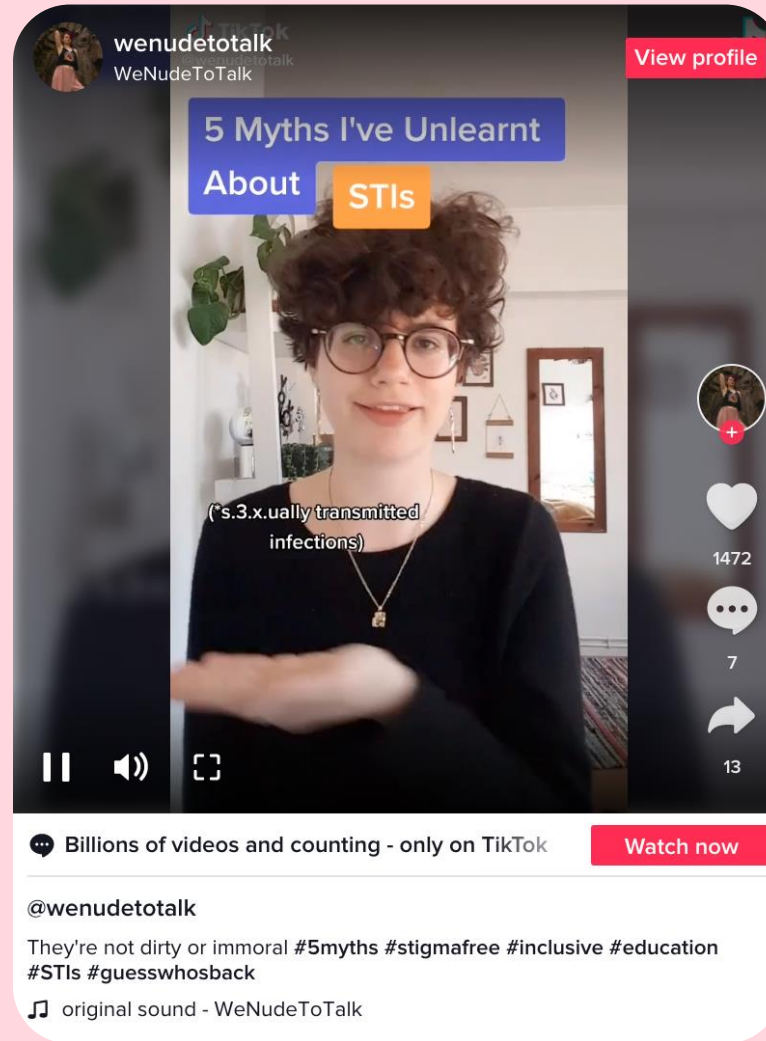
# Go live

TikTok LIVE allows you to interact with your audience in real-time, enabling deeper engagement. You can quickly respond to viewers' comments and questions or present something you're launching and receive immediate feedback.

6

## Debunk and inform

Many organisations and health professionals have been using the platform to set people straight. The “debunking” genre is fairly popular on TikTok and it’s been used from Covid-19 to mental health to SRHR myths and disinformation.



6

## Be on the lookout for new features

Seeing as TikTok is a relatively new platform, they're constantly launching new features. Make sure to stay up to date with what's coming so you have an edge when it comes to your content.

<https://www.theverge.com> > tiktok-s... ▾ [Vertaal deze pagina](#)

### TikTok is testing a Snapchat-style stories feature - The Verge

4 aug. 2021 — TikTok describes the feature in the app as “a new way to interact with your fans.” Users can create a new story by tapping a “create” button ...

<https://www.theverge.com> > tiktok-... ▾ [Vertaal deze pagina](#)

### TikTok is testing a new tipping feature for some creators - The ...

28 okt. 2021 — TikTok is experimenting with a new tool that allows TikTok users to tip some creators directly on their profiles. Users can tip a creator \$5 ...

<https://techcrunch.com> > 2021/07/27 ▾ [Vertaal deze pagina](#)

### TikTok expands LIVE platform with new features, including ...

27 jul. 2021 — TikTok expands LIVE platform with new features, including events, co-hosts, Q&As and more ... TikTok announced this morning it's expanding its ...

# REFLECTION

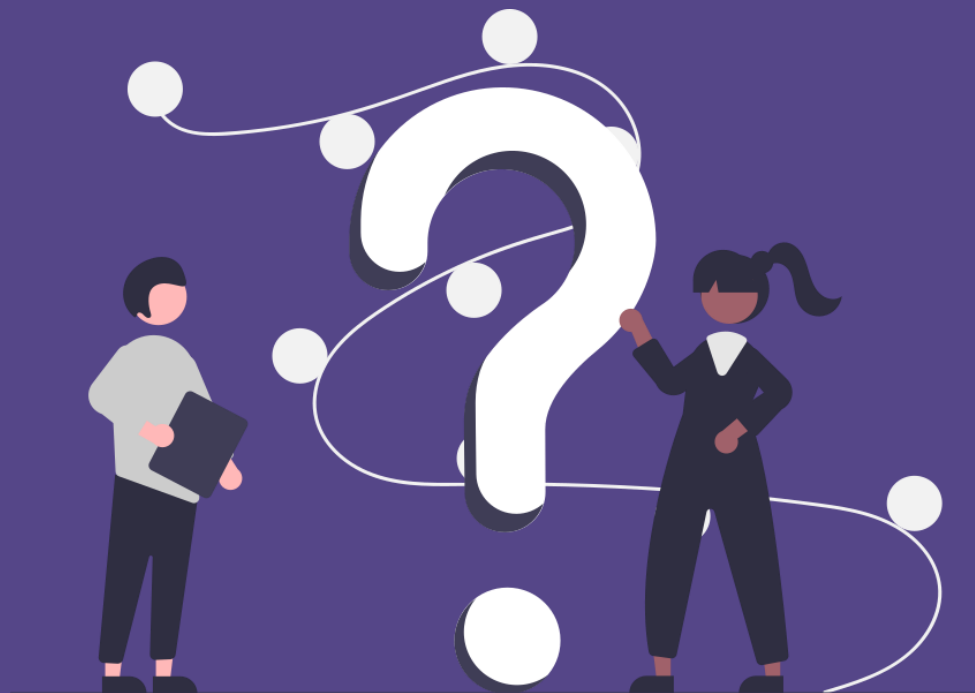
Do you have any other **Instagram** or **TikTok** tips you'd like to share?

Would you like to reflect on any of the best practices?





# QUESTIONS





## REFLECTION

Go to **menti.com**, enter the code [xxxxxxx] and answer the following question:

**What is your key takeaway from this session?**



# Thank you!