


# Lobby Day Social Media Toolkit — March 25th, 2025

 RSVP Link: <a href="https://raisingwagesnc.org/take-action-1">https://raisingwagesnc.org/take-action-1</a> .....	1
Graphics: .....	1
How to Use This Toolkit.....	1
Key Hashtags:.....	1
Sample Messaging: .....	2
How to Use These Sample Tweets & Posts .....	2
Thanking Lawmakers and Post-Meeting Messages: .....	2
Bluesky/X/Threads: .....	3
Instagram/Facebook/LinkedIn: .....	3

 RSVP Link: <https://raisingwagesnc.org/take-action-1>

Graphics: [Graphics](#)

## How to Use This Toolkit

This toolkit provides ready-to-use social media posts, hashtags, graphics, and key messaging points to help you spread the word about Lobby Day 2025. Share widely and encourage your networks to join us in advocating for workers' rights in North Carolina!

## Key Hashtags:

- [#RaisingWagesNC](#)
- [#NCWorkers](#)
- [#PaidLeaveNow](#)
- [#RaisetheWage](#)

#SickDaysAreARight  
#LobbyDay2025  
#NCGA  
#EndPovertyWages  
#NCWorkersDeserveBetter  
#725isNotEnough  
#CareCantWait

## Sample Messaging:

### How to Use These Sample Tweets & Posts

These sample social media posts are designed to help you easily share key messages from our Lobby Day at the NC General Assembly on March 25, 2025.

Whether you've just spoken with a lawmaker or want to amplify NC Families Care and Raising Wages NC coalitions' demands online, these posts will provide messaging leading up to Lobby Day and for use day of.

### Thanking Lawmakers and Post-Meeting Messages:

- Thank you, [Lawmaker's Name], for meeting with us today to discuss raising wages, paid sick days, and paid family leave! NC workers deserve better—now is the time to act! [#RaisingWagesNC](#) [#NCWorkersFirst](#)
- Appreciate the conversation with [Lawmaker's Name] today at [#NCGA](#)! NC workers are struggling on \$7.25/hr—it's time to raise the wage and support working families. [#LobbyDay2025](#)
- Thanks to [Lawmaker's Name] for taking the time to hear from workers today. We need action on paid sick days and paid leave—no one should have to risk their job to care for their health or family. [#SickDaysAreARight](#) [#PaidLeaveNow](#)
- Had a great meeting with [Lawmaker's Name] today at the NC General Assembly! We made it clear: NC workers need a raise, paid sick days, and family leave NOW. Time to take action! [#NCWorkersUnite](#) [#LobbyDay2025](#)

- Met with [Lawmaker's Name] today and urged them to support NC workers. 34 states have raised the wage, but NC is STILL at \$7.25/hr. We need change now! [#RaisingWagesNC](#)
- Thank you, [Lawmaker's Name], for speaking with the coalition today! We hope you'll stand with NC workers and fight for a living wage and basic worker protections. [#NCWorkersDeservesBetter](#) [#LobbyDay2025](#)
- Just left a meeting with [Lawmaker's Name]—we let them know NC workers need real change! It's time to pass paid sick days, raise wages, and ensure paid leave for ALL. [#NCWorkersFirst](#)

#### Bluesky/X/Threads:

- NC workers deserve a living wage! \$7.25 an hour is NOT enough. [#RaisingWagesNC](#)
- 34 states and D.C. have raised their minimum wage, but NC workers are still stuck at \$7.25/hr and \$2.13/hr for tipped workers. It's time for a raise! [#RaisetheWage](#)
- Paid sick days save lives. NC workers shouldn't have to choose between their health and a paycheck. [#SickDaysAreARight](#)
- Paid family & medical leave = dignity. No one should have to risk their job to recover from illness or care for a loved one. [#PaidLeaveNow](#)
- NC is behind. Poverty is the 4th leading cause of death in the U.S. NC lawmakers must act NOW to raise the wage and support working families. [#PaidLeaveNow](#) [#RaisetheWage](#) [#SickDaysAreARight](#) [#LobbyDay2025](#)
- Stronger wages = Stronger businesses. Higher wages reduce turnover, boost productivity, and increase consumer spending. It's North Carolina! [#RaisingWagesNC](#) [#NCGA](#)

#### Instagram/Facebook/LinkedIn:

North Carolina is behind!

While 34 states & D.C. have raised their minimum wage, NC workers are still stuck at \$7.25/hr—unchanged since 2009! And tipped workers? Just \$2.13/hr!

It's time for real wages, not poverty wages!

Join us on March 25 in Raleigh to demand a fair wage for ALL workers. Let's show up and speak out!




 NC General Assembly, Raleigh  <https://raisingwagesnc.org/take-action-1>

[#RaisingWagesNC](#) [#725isNotEnough](#) [#EndPovertyWages](#) [#LobbyDay2025](#) [#PaidLeaveNow](#)  
[#NCGA](#)

---

Did you know **???** The vast majority of NC workers do not have access to paid family or medical leave.

Whether you're:

-  Welcoming a new baby
-  Recovering from cancer treatment
-  Caring for a sick elder


You shouldn't have to win the boss lottery to take time off. Paid leave is a right, not a privilege!

 Join us on March 25 to demand Paid Leave for ALL NC workers!


RSVP : <https://raisingwagesnc.org/take-action-1>


[#RaisingWagesNC](#) [#725isNotEnough](#) [#EndPovertyWages](#) [#LobbyDay2025](#) [#PaidLeaveNow](#)  
[#NCGA](#)


---


 34 states & D.C. have raised their minimum wage. Many have paid sick days & paid family leave. Meanwhile, NC workers are still waiting...

 \$7.25/hr & \$2.13/hr for tipped workers is NOT enough.

 Workers should NOT have to choose between their health & a paycheck.

 Caring for family shouldn't be a privilege.

 It's time for NC lawmakers to take action! Join the NC Families Care Coalition and Raising Wages NC on March 25 in Raleigh at the [#NCGA!](#)

 NC General Assembly, Raleigh | March 25th

RSVP : <https://raisingwagesnc.org/take-action-1>

[#RaisingWagesNC](#) [#725isNotEnough](#) [#EndPovertyWages](#) [#LobbyDay2025](#) [#PaidLeaveNow](#)  
[#NCGA](#) [#RaisetheWage](#)