

# How to #DoTheSpread in your city!

## STEP 1

Visit the website [www.dothespread.com](http://www.dothespread.com)

\*Click the RED BIBBON to Join or email [dothespread@buildingyoungminds.org](mailto:dothespread@buildingyoungminds.org)



## STEP 2

**GET YOUR TEAM READY!**

*\*Friends, family, colleagues, EVERYBODY can raise HIV/AIDS Awareness!!*

## STEP 3

Learn the dance at [www.dothespread.com](http://www.dothespread.com)

*\*Put your own twist (add music etc)*



## STEP 4

**On WORLD AIDS DAY 12.1.11 #DoTheSpread and RECORD IT!\***

*\* If you are unable to #DoTheSpread at 12:01pm you can still participate any time on World AIDS DAY 12.1.11*

## STEP 5

**Upload your footage to Youtube using "#DoTheSpread" in your title**

*\*Also include #DoTheSpread in the "Tags" section of your video*

