# I Support the Girls: Social Media Audit

I Support the Girls (ISTG) collects and distributes essential items, including bras, underwear and menstrual hygiene products, allowing women and folx experiencing homelessness, impoverishment or distress to stand tall with dignity.

Key for types of posts:

- Informational: short-term knowledge (that people need to know only for a day/week), for example, postponing a workshop.
- Educational: long-term knowledge, e.g. information about why consent is important.
- Promotional: promotion of events, workshops and any anything else the organization is doing.
- Entertainment: aimed to entertain and engage the audience, e.g. pictures from workshops.

## **INSTAGRAM**

Handle: @isupportthegirls

Followers: 29.2K Following: 1,718

Total number of posts: 1,742

#### Target Audiences: Generation Z, Generation Y

#### **General Analysis:**

Instagram is one of the most used social media platforms by I Support the Girls (ISTG). It posts every single day. There is a lot of effort to engage the audience by incorporating different types of posts, reposting images and videos and also using hashtags. However, there is no clear strategy for types of content, times of posting, design or layout on the profile. The majority of posts are educational and entertainment.

The organization's content trends reveal a clear divide in performance. Controversial and feminist news topics stand out as the most successful, garnering significant attention, likes and comments from the audience. Conversely, posts centered around promotions and goals tend to fall flat, with progress updates every other week failing to elicit a strong response. The material is a blend of diverse news and topics, lacking a unified theme. The optimal posting time is absent, which could be a valuable area for maximizing audience reach and impact.

The following is the audit of eight months of Instagram posting for I Support the Girls.

## January: 43 Posts

## • Informational: 23 posts (54%)

- Informational posts with the most engagement are:
  - Jan. 4 About the Ins and Outs of 2023 129 likes, 0 comments
  - Jan. 13 The Day of Divine Feminity 502 likes, 9 comments
  - Jan. 16 New website Live 131 Views, 3 comments

	insporthegits 0 - Folium	6	2	hupporthegits 6 - follow		interestinging - failer
OUR NEW WEBSITE IS LIVE!	Inopport/Regifs @ At an an statistic to annume this MUC. A Say the learnsh of our XVIM VERSITI (# Huge thesh you in Digital bit and the UCS team for analysis (analysis) and applies to Digital bit and the UCS team for analysis (analysis).			inopport/hegich. 0 his heard it here find for 30+1	Friday the 13th	Inspectfungtits I his town this take an Friday the 15th. Avante managements and package II III Extent - 20m
www.lSupportTheGirls.org	prefit ha farinate website up and random Ah to one and preported takes we have in get and remove includers, endpresses, present landers Claude 1 and Elegent'heffite any jour (a) (b)	20	23		Before patriarchal times, Friday the 13th was considered the day of the Goddess, It was considered a day to worship the Divine Feminine that lives in us all and to honor the cycles of creation and death and rebirth.	Burnersspeedden Hod a hysterictory as I newsr knim. Loll I did twe augeon toda soft the till it was a kuck dat. They polit it there and obtain the till it was a kuck dat. They polit it there and obtain the server have a lod at the Hill indexed which it going to make my increasy as much detaint to 16 did who today and tad a woln'th of server. 2011 Note:
	8 <b>managa</b>	IN	OUT		Friday the 13th was considered a very powerful day to manifest, honor creativity and to celebrate	Dir tile heb
	Contractional Address	Getting a professional	Wearing unsupportive		beauty, wisdom and nourishment of the soul.	The 2 Data Mary
	·	bra fitting 📏	bralettes 🖶		The Number 13 also holds an extremely potent feminine energy and is considered to be the	kBigunapani Vast Mini 2 Basi Antry
		Inclusive size ranges 🔒	Period product shaming 👎		number of death and rebirth, creation, fertility and blood.	attributionsectionsectors
		Menstrual hygiene products in ALL bathrooms !!	Wearing the wrong bra size 😝		This is because we have 13 Moon cycles every year and the average female also experiences 13 periods per year.	Weinhatchet56 Thank pol HOT
	⊂ Q V D Q	Donating \$ and your used	Referring to periods as	© Q ♥ R	C Written by georeverconscious	N 0 9
50 -	200,001 N	bras to ISTG 😚	"Shark Week" 🚫 🤫	2012071	So BLARTON ON	
	All a convenient Post			Post		G Add a sorround Po

#### • Educational: 7 posts (16%)

- Educational posts with the most engagement are:
  - Jan. 5 Donation for bras 173 likes, 0 comments
  - Jan. 11 Human Tracking Awareness 115 likes, 1 comment
  - Jan. 24 Choices 393 likes, 23 comments



#### • Entertainment: 10 posts (23%)

- Entertainment posts with the most engagement are:
  - Jan. 10 Tampons 5,808 likes, 102 comments
  - Jan. 13 All boobs are good boobs 1016 likes, 11 comments
  - Jan. 18 Car 708 likes, 18 comments



#### • Promotional: 3 posts (7%)

- Promotional post with the most engagement is:
  - Jan. 19 Collab with Maurices 156 likes, 5 comments



**Content Type:** Photo: 36 posts (82%) Reels: 7 posts (18%)

#### **Frequency:**

I Support the Girls posts on Instagram every single day in January (usually one post per day; sometimes even two posts per day). The posts are not planned in advance, and there are a lot of posts about feminist news and reels that correlate with the organization. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design.

#### **Engagement:**

Likes on average: 300 Comments on average: 6

#### February: 22 Posts

#### • Informational: 4 posts (18%)

- Informational posts with the most engagement are:
  - Feb. 24 Tampons 208 likes, 4 comments.



## • Educational: 9 posts (41%)

- Educational posts with the most engagement are:
  - Feb. 11 Black History 137 likes, 1 comment.
  - Feb. 12 Female History 726 likes, 7 comments.
  - Feb. 21 Marsha P. Johnson 290 likes, 2 comments.



## • Entertainment: 7 posts (32%)

- Entertainment posts with the most engagement are:
  - Feb. 5 Grammys 479 likes, 6 comments.
  - Feb. 14 Valentine's Day 93 likes, 3 comments.



#### • Promotional: 2 posts (9%)

- Promotional post with the most engagement is:
  - Feb. 1 Collaboration 69 likes, 2 comments.



## **Content Type:**

Photo: 19 posts (86%) Reels: 3 posts (14%)

#### **Engagement:**

Likes on average: 130 Comments on average: 2

#### **Frequency:**

I Support the Girls posts on Instagram every other day in February (sometimes two posts per day). The posts are not planned in advance and there are a lot of posts about feminist news and reels that correlate with the organization. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design.

## March: 29 Posts

### • Informational: 9 posts (31%)

- Informational posts with the most engagement are:
  - March 1 Women's History Month 102 likes, 2 comments
  - March 6 Women's History Month 1223 likes, 9 comments
  - March 10 Women's History Month 202 likes, 1 comment



## • Educational: 8 posts (27%)

- Educational posts with the most engagement are:
  - March 8 Equality and Equity 449 likes, 4 comments
  - March 15 Menstrual Cup 460 likes, 6 comments
  - March 25 Menstrual Product 786 likes, 45 comments



## • Entertainment: 6 posts (21%)

- Entertainment posts with the most engagement are:
  - March 11 Pop Tart Reference 802 likes, 6 comments



#### • Promotional: 6 posts (21%)

- Promotional post with the most engagement is:
  - March 31 Collaborate with Lizzo 387 likes, 18 comments



**Engagement:** 

Likes on average: 308 Comments on average: 7.6-8

## **Frequency:**

I Support the Girls posts on Instagram almost every day in March (sometimes two posts per day). The posts are not planned in advance and there are a lot of posts in March about Women's History Month. The organization posts at least once or twice about Women's History Month in a day. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design. Most of the posts in March did not receive a lot of likes and engagements. The most engagement for March relies on repost on controversial news, "advocating for collaboration" with a celebrity and reposting graphics. The promotional post for the organization did not receive a lot of engagements except the Lizzo on the last of March.

## April: 9 posts

## • Informational: 3 posts (33.3%)

- Informational post with the most engagement is:
  - April 5 Passover 132 likes, 3 comments



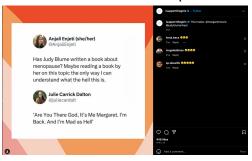
#### • Educational: 1 post (11.1%)

- Educational post with the most engagement is:
  - April 20 Period 113 likes, 5 comments



## • Entertainment: 2 posts (22.2%)

- Entertainment post with the most engagement is:
  - April 24 Margaret Movie 448 likes, 3 comments



## • Promotional: 3 posts (33.3%)

- Promotional post with the most engagement is:
  - April 19 Product in Philippines 75 likes, 2 comments



#### **Engagement:**

Likes on average: 123-124 Comments on average: 1-2

#### **Frequency:**

I Support the Girls posts on Instagram irregularly (sometimes three times per day and did not post for a week). The posts are not planned in advance and there are mainly posts about informational and promotional content in April. When ISTG posts about an endemic or holiday, it is not clear and does not correlate to the organization. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design. Most of the posts in April did not receive a lot of likes and engagements.

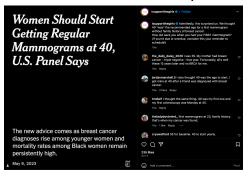
#### May: 13 posts

- Informational: 1 post (8%)
  - Informational post with the most engagement is:
    - May 14 Mother's Day 181 likes, 1 comment



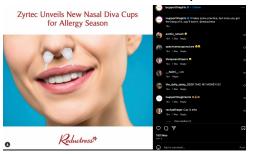
## • Educational: 2 posts (15%)

- Educational post with the most engagement is:
  - May 9 Mammogram 235 likes, 14 comments



#### • Entertainment: 1 post (8%)

- Entertainment post with the most engagement is:
  - May 9 Diva Cup 150 likes, 8 comments



## • Promotional: 9 posts (69%)

- Promotional posts with the most engagement are:
  - May 13 Brandi Carlile 190 likes, 6 comments
  - May 24 Pride Volunteer 255 likes, 3 comments



#### **Engagement:**

Likes on average: 131-132 Comments on average: 4-5

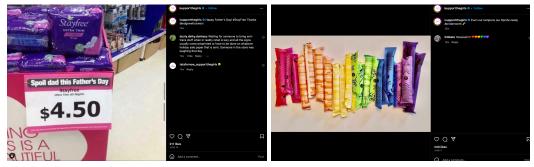
#### Frequency:

I Support the Girls posts on Instagram irregularly (sometimes three times per day and did not post for a week). The posts are not planned in advance and there are mainly posts about promotional content in April. When ISTG posts about an endemic or holiday, it is not clear and does not correlate to the organization. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design. Most of the posts in May did not receive a lot of likes and engagements.

#### June: 16 posts

#### • Informational: 4 posts (25%)

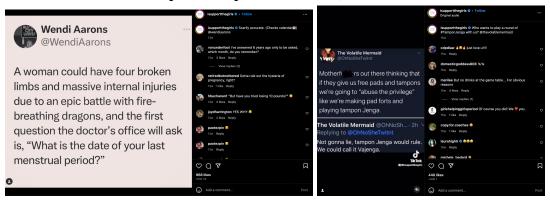
- Informational posts with the most engagement are:
  - June 5 Pride Month 240 likes, 1 comment
  - June 18 Father's Day 217 likes, 2 comments



## • Educational: 0 posts (0%)

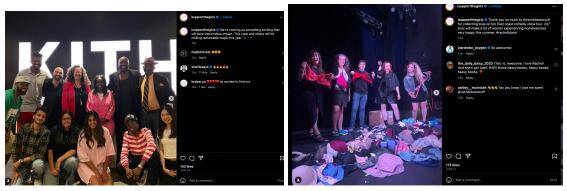
## • Entertainment: 5 posts (31%)

- Entertainment posts with the most engagement are:
  - June 7 Tampon Janga 440 likes, 9 comments
  - June 24 Joke 968 likes, 26 comments



## • Promotional: 6 posts (44%)

- Promotional posts with the most engagement are:
  - June 15 Comedy Show 175 likes, 3 comments
  - June 28 KITH 103 likes, 3 comments



#### **Engagement:**

Likes on average: 180-181 Comments on average: 3-4

#### **Frequency:**

I Support the Girls posts on Instagram regularly at the beginning of the month. It started slowing down later in the month. The posts are not planned in advance and there are mainly posts about promotional content about the Pride Parade. When ISTG posts about an endemic or holiday, it is not clear and does not correlate to the organization. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design.

## July: 24 posts

#### • Informational: 5 posts (20%)

- Informational post with the most engagement is:
  - July 4 Fourth of July 505 likes, 3 comments



#### • Educational: 3 posts (13%)

- Educational posts with the most engagement are:
  - July 10 Tracy Chapman 446 likes, 1 comment
  - July 17 Barbie Periods 1,300 likes, 19 comments



#### • Entertainment: 12 posts (50%)

- Entertainment posts with the most engagements are:
  - July 15 Barbie Periods 337 likes, 2 comments
  - July 16 Tampons 659 likes, 25 comments
  - July 21 Barbie Periods 444 likes, 13 comments



#### Promotional: 4 posts (17%)

- Promotional post with the most engagements is:
  - July 28 BusT 165 likes, 15 comments



#### **Engagement:**

Likes on average: 233-234 Comments on average: 5-6

#### **Frequency:**

I Support the Girls posts on Instagram started posting every other day at the beginning of the month, but slowly shifted to posting every single day. The posts are not planned in advance and there are mainly posts about the Barbie movie. The Barbie content is incorporated with the organization's goals and purposes. Some Barbie posts did well and some did not. It can be excessive. However, this month's average likes increased because ISTG followed the Barbie trend in July. When ISTG posts about an endemic or holiday, it can be seen as unclear. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design.

#### August: 11 posts

- Informational: 1 post (9%)
  - Informational post with the most engagement is:
    - Aug. 1 BusT 90 likes, 2 comments
- Educational: 0 posts (0%)

#### • Entertainment: 4 posts (36%)

- Entertainment post with the most engagement is:
  - Aug. 8 MTV VMA 800 likes, 16 comments



- Promotional: 6 posts (55%)
  - Promotional post with most engagement is:
    - Aug. 10 Donate 114 likes, 2 comments

#### **Engagement:**

Likes on average: 161-162 Comments on average: 7.6-8

## **Frequency:**

I Support the Girls posts on Instagram only posted a few days in the beginning of the month and had a huge gap between mid-August and the end of August. The posts are not planned in advance. When ISTG posts about an endemic or holiday, it can be seen as unclear. There is no clear strategy or pattern for posting in terms of the types of posts, timing or design.