Social networking is a great tool for communicating about solitary confinement. By including a social networking strategy in your work, you can both educate and engage a critical demographic in your advocacy.

You can use these statements (or compelling state-specific facts) in your Facebook status or Twitter feed, along with an appropriate link to a blog post, call to action, web page or other online source.

**Use the #StopSolitary hashtag in all your tweets about solitary confinement, and help make this a trending topic!**

- Solitary confinement costs too much and makes us less safe. Take action to #StopSolitary
- Courts have consistently found that long-term isolation of the severely mentally ill is cruel and unusual punishment. #StopSolitary
- MS reduced its prison solitary population by 90%, saved millions, saw violence rates plummet. Better alternatives now! #StopSolitary
- CO closed a #supermax, saved millions humanely. Better alternatives now! #StopSolitary
- Solitary confinement does not rehabilitate. Alternatives to solitary now lead to safer communities later. #StopSolitary
- Medical professionals and religious groups agree: solitary confinement must be reformed. #StopSolitary
- Solitary units cost 2 to 3 times more to build/operate than regular prison units and make us less safe. #StopSolitary
- At least 30% of prisoners in solitary have preexisting mental illness, which is exacerbated by such extreme isolation. #StopSolitary
- Human contact is essential for ensuring successful prisoner re-entry into society and reducing recidivism rates. #StopSolitary
- Solitary confinement makes prisoners crazy – inhumane treatment is not necessary to punish people. #StopSolitary
- Locked down 23 hours a day + lights on 24/7 + no human contact = cruelty and a recipe for disaster. #StopSolitary