



## **PROMOTION TOOLKIT**

### **Social Media Copy & Paste**

**(or just get inspired to make your own!)**

Domestic violence is 100% preventable. We all have a role to play in stopping this violence before it starts. Ask me how you can support me in this effort with @wscadv #RefuseToAbuse5K

Ending domestic and sexual violence in our community is important to me because ...  
@wscadv #RefuseToAbuse5K

I'm participating in the @wscadv #RefuseToAbuse5K because we all have a role to play in ending domestic violence! Join me at RefuseToAbuse5K.org!

The #RefuseToAbuse5K has always been a time to celebrate the resilience of survivors and the power of community. At a time when so many survivors of abuse are experiencing isolation, this event will provide some much needed connection and communicate that "You are not alone." Join me at RefuseToAbuse5K.org! @wscadv

No one is too young or too old to talk about what a healthy relationship looks like and feels like. Let's #EndDV this generation! Register at RefuseToAbuse5K.org!  
#RefuseToAbuse5K #WeAreWSCADV @wscadv

**Get sample social media images you can use to let your friends and family know about #RefuseToAbuse5K**

<https://wscadv.smugmug.com/Refuse-To-Abuse-5k-Social-Media-Kit>

**Questions? Check out our FAQ page  
or e-mail 5K@wscadv.org**

# **The Refuse To Abuse® 5K benefits the Washington State Coalition Against Domestic Violence and their work to promote healthy relationships and prevent domestic violence.**

The Washington State Coalition Against Domestic Violence is the leading voice to end domestic violence in Washington State. We are creating communities where all people can live and love without fear by increasing survivors' options for safety and connection to supportive resources.

Our work includes: producing educational tools; training and support to our member programs who work tirelessly to help survivors towards safety and freedom; research; engaging the public to prevent domestic violence; and policy advocacy. To learn more, please visit [wscadv.org](http://wscadv.org).



## **Be a Fundraising Leader**

<https://p2p.onecause.com/refusetoabuse2021/leaderboard>

Prizes are awarded to the top three individual fundraisers as well as the team captain of the largest team.

**Earn badges at [RefuseToAbuse5K.org](http://RefuseToAbuse5K.org) when you reach these milestones!**



**Questions? Check out our FAQ page  
or e-mail [5K@wscadv.org](mailto:5K@wscadv.org)**