



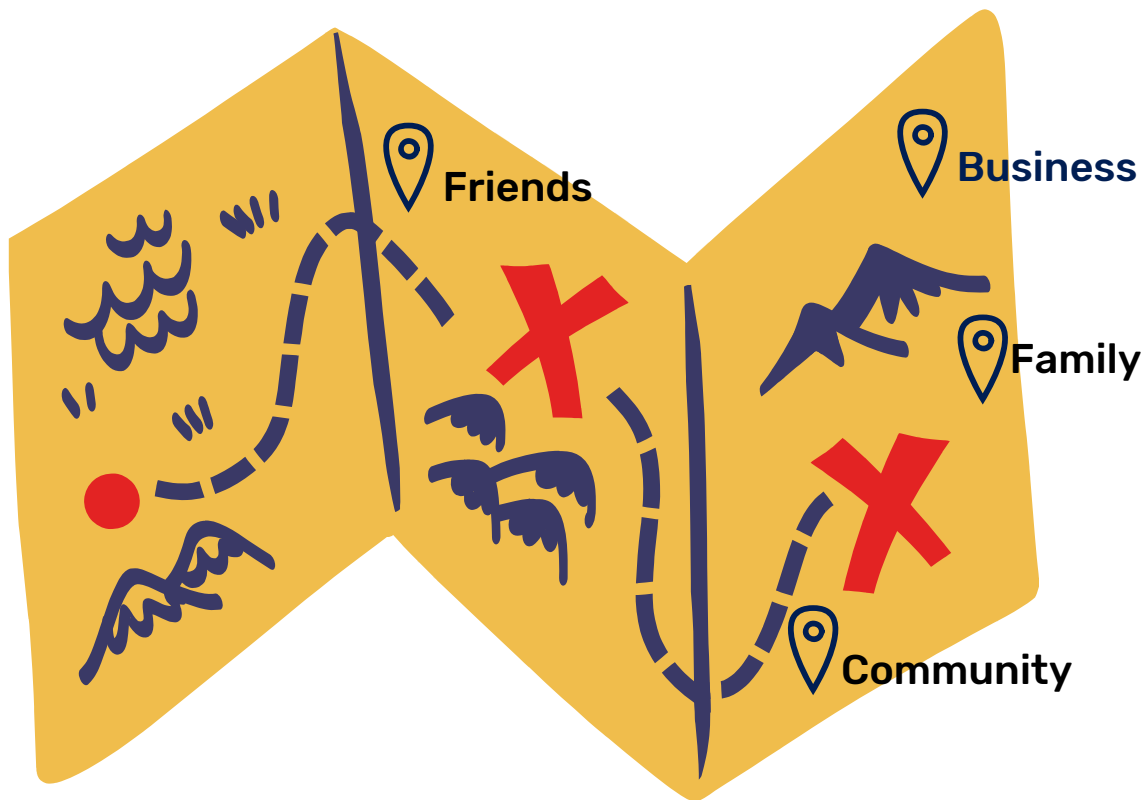
WASHINGTON STATE COALITION
WSCADV
AGAINST DOMESTIC VIOLENCE

Fundraising TOOLKIT

Who do you know?

Sisters - Cousins - Parents - Brothers - Nieces - Uncles
- Children - Grandparents - In-Laws - Aunts - Nephews

Neighbors - Coworkers - Child's Friends Parents - Parent Groups - College/High School Friends -
Facebook Friends - Instagram Followers - Linked In Connections - Coaches -



Accountant - Attorney - Babysitter - Dentist - Community Organizer - Chiropractor -
Landlord/Manager - Insurance/Real Estate Agent - Physical Therapist - Physician - Pharmacist
- Wedding/Event Planner - School - Tribal Organization


Faith/Spiritual Community Friends - Gym/Health/Wellness - Favorite Local
Businesses - Library/Book Shops - Neighborhood Shops - Barber/Stylist -
Vet/Trainer/Groomer - Drycleaner - Team Sports Members

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

You are excited to help end domestic & sexual violence, so be sure to invite others. This is a chance to change the world!

Don't be afraid to ask.

How to Ask: "The Refuse To Abuse® 5K benefits the Washington State Coalition Against Domestic Violence and their work to promote respectful, joyful relationships. We all have a role to play in preventing domestic and sexual violence.



"I'm inviting you to be a part of the solution. I'm calling/writing/posting to invite you to join me!"

What to Ask:

- Run or walk with me
- Make a donation to my team
- Repost my posts on social media to spread the word

Inspire by donating yourself.

Make a donation and then tell the people in your world why. "I'm donating because..." Or get competitive. Challenge your people to donate. When you reach out to them, ask them to meet or beat your donation!



Get on the Leaderboard!

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

It all adds up.



Ask 4 relatives for \$25 each
\$100

Ask 5 friends for \$10 each
\$50

Ask 3 neighbors for \$10
\$30

E-mail 5 contacts for \$10
\$50

Sponsor yourself
\$25

Total: \$255

"I just wanted to talk to
you about why I
participate and invite
you to the effort!"

Be a part of the solution.

Domestic and sexual violence thrive in silence.
By simply asking people to support your
efforts, you're spreading awareness and
letting survivors know they are not alone.
Thank you!

It feels good to give!



Ask on Social Media!

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

Be a Fundraising Leader

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.

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

Earn badges at RefuseToAbuse5K.org when you reach these milestones!



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