



WASHINGTON STATE COALITION
WSCADV
AGAINST DOMESTIC VIOLENCE

Fundraising Toolkit

Who can I ask?

Siblings - Cousins - Parents - Nieces - Nephews
Aunts - Uncles - Children - Grandparents - In-Laws

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



Accountants - Attorneys - Babysitters - Dentists - Community Organizers
Chiropractors - Landlords - Insurance/Real Estate Agents - Physical Therapists
Physicians - Pharmacists - Wedding/Event Planners - Schools - Tribal Organizations

Faith Community Friends - Gyms - Local Businesses - Libraries
Barbers/Stylists - Vets/Trainers/Groomers - Dry cleaners - Team Sports Members

Questions? Check out our [FAQ page](#) or email 5K@wscadv.org

How do I 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."

What do I ask for?

- Run or walk with me
- Donate to my team
- Share my social media posts to spread the word



Inspire by making your own donation.

Make a donation and 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/refusetoabuse2022/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)

= \$255 total

Be 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!



Ask on Social Media!

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 supporting 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 and team captain of the largest team.



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

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