

SAMPLE FACEBOOK POSTS

Copy and paste any of the suggested messages below on Facebook. Be sure to update it with your information and include the link to your fundraising page before posting.

Invitation to your Facebook friends:

- I just signed up for @Mudderella, a muddy obstacle course designed to empower women! Not only will I be participating, but I'll also be supporting women and girls everywhere by raising money for @FuturesWithoutViolence. Please help me reach my goal of \$____, every little bit helps! [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)
- I'm participating in @Mudderella on _____ [\[DATE\]](#)! Not only am I diving in to the mud, I'm also raising money for @FuturesWithoutViolence, an organization dedicated to ending violence against women, children, and families around the world. Please help me reach my fundraising goal by making a donation on my team page: [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)

Fundraising Updates:

- Thank you to my amazing friends and family for supporting my participation in @Mudderella by helping me raise \$____ for @FuturesWithoutViolence so far! There's still time to donate: [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#) Please help me reach my goal!
- Just __ week(s) left until I'm covered in mud at @Mudderella! So far, I've raised \$____ for @FuturesWithoutViolence. I'm challenging myself with the event and I'm asking you—my family and friends—to support my efforts by making a donation to invest in the empowerment of women worldwide. Will you help me reach my fundraising goal? [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)

Fundraising Goal Met:

- We did it! Thank you to everyone who helped me reach my fundraising goal for @FuturesWithoutViolence! I can't wait to challenge myself at @Mudderella on _____ [\[DATE\]](#). If you haven't had a chance to donate yet, there's still time. [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)
- Thank you to my friends and family for all of your support! Together we raised \$____ for @FuturesWithoutViolence. Every dollar raised will directly support programs that end and prevent domestic violence. Still want to show your support? You can donate at [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#) Keep an eye out for some muddy pictures of me after @Mudderella on _____ [\[DATE\]](#).

SAMPLE TWEETS

Copy and paste any of the suggested messages below on Twitter. Be sure to update it with your information and include a link to your fundraising page before posting. To shorten the link, try using a service like bit.ly.

Invitation to your Twitter followers:

- I just signed up for @Mudderella & will be raising money for @WithoutViolence. Help me reach my goal: [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)
- I'm supporting women & girls everywhere by raising money for @WithoutViolence through @Mudderella. Will you donate? [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)

Fundraising Updates:

- Thanks to my amazing friends & family for helping me raise \$___ for @WithoutViolence so far! Let's keep going: [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)
- __ weeks until I face my @Mudderella challenge! Help me reach my fundraising goal for @WithoutViolence : [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)

Fundraising Goal Met:

- We did it! Thanks to everyone who helped me reach my fundraising goal for @WithoutViolence: [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)
- Thank you for your support! Together we raised \$___ to support @WithoutViolence programs working to end #VAW: [\[INSERT YOUR FUNDRAISING PAGE LINK\]](#)