



end sexual violence

## WALK FOR CHANGE

### WHO TO ASK & OVERCOMING YOUR FEAR OF ASKING

Before you ask anyone to donate to your efforts, you should **make a donation to yourself!**

When people visit your page and see that you have personally made a financial investment in BARCC, they will be more encouraged to do so themselves.

Leave no contact left unasked – friends, family, teachers, hairstylists, personal trainers, dog walking buddies, knitting club friends. *Ask everyone!*

Remember, sexual violence impacts 1 in 4 women and 1 in 7 men. Chances are people in your network have been affected and will be grateful for an opportunity to help you work toward ending sexual violence and supporting survivors!

#### Other ideas of who to ask:

- Parents, Siblings
- Grandparents
- Aunts, Uncles, Cousins
- Best Friends & Acquaintances
- Friends You've Donated To
- Neighbors
- High School/ College Friends
- Fraternity/ Sorority Members
- Children's Friend's Parents
- Boss & Co-Workers
- Physician, dentist, etc.
- Dry Cleaner
- Babysitter
- Accountant
- Personal Trainer
- Hairstylist/ Manicurist
- Insurance Agent
- Dog Walker
- Book Club Members
- Fellow Church Members
- Landscaper

#### Overcome Your Fear of Asking

Asking for donations is something that makes most people nervous. So it's normal to be a little anxious, especially if this is your first time fundraising. Here are some strategies for overcoming your fears.

**Focus on the cause.** Think about what would be possible if BARCC had more money to help survivors. That's your inspiration and it's surely bigger than your fear.

**Don't take it personally.** People are going to say "no," for many reasons. It has nothing to do with how they feel about you or your relationship. And no one is going to think any less of you for asking for a donation to an important cause.

**Don't ask anyone you're not comfortable asking.** Only ask people who have a connection to you, the cause, or perhaps a relationship with BARCC.

**Practice makes perfect.** It will get easier. Start with someone easy who you know will say "yes."

Questions, or need further information? Please contact BARCC's Event Specialist

Lauren Siebal at [events@barcc.org](mailto:events@barcc.org) or (617) 649-1295