






# FUNDRAISING TOOLS SOCIAL MEDIA TIPS

Utilize Facebook, Twitter, Instagram and even LinkedIn to reach out to your friends, family and coworkers when asking for support. Make sure that you include your Polar Plunge Fundraising Page link to your posts so it's super easy for people to donate right to you!

Another important reminder: You can share your Fundraising Page directly on Facebook as a Facebook Fundraiser. Learn how with our [Facebook Fundraiser How To video!](#)

## TIPS

-  Have you plunged before? Include pictures or videos of you plunging with your posts.
-  Have a personal story? Share it! Tell your followers why the Plunge is important to you and why they should support the cause.
-  Tag Polar Plunge and Special Olympics Virginia in your posts!






[@PLUNGEVIRGINIA](#) | [@SpecialOlympicsVirginia](#)



[@Polarplungeva](#) | [@SpecialOlympicsVA](#)

## SAMPLE POSTS

-  The Polar Plunge is back and this year I am going all in for the athletes of Special Olympics Virginia. Will you consider supporting my efforts by making a donation to my fundraising page? ([insert fundraising page link](#))
-  Looking to make a difference? Help me support Special Olympics Virginia through the Polar Plunge. Make a donation to my page or join the colony with me! ([insert fundraising page link](#))
-  23,000. That's the number of Special Olympics athletes in Virginia that need my help. This year I am participating in the Polar Plunge and Going All In. Will you support me by making a donation to my fundraising page? ([insert fundraising page link](#))