

# Do It Yourself (DIY) Fundraising Toolkit for Teens and Students



## Welcome to the Team!

We're so glad you have chosen to fundraise for the Crohn's & Colitis Foundation! Your effort is crucial to driving our mission forward. By launching your own fundraiser, you are turning your passion into a purpose and helping the Foundation accelerate cures for IBD patients.

## Getting Started

If you haven't already, visit the Foundation's OneCause DIY website [here](#) to create your personal fundraising page. It's quick, easy, and the first step to making an impact.

## FAQs, Brand Guidelines, and Liability Waiver

Refer to the [Frequently Asked Questions](#) page of our DIY site for answers, tools, and resources to help you further our mission through DIY fundraising.

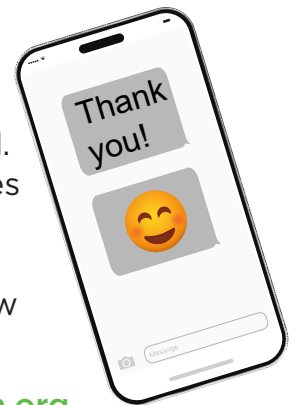
## General Tips and Suggestions

Here's your launchpad to success, filled with a variety of ideas, tips, and tricks for you. Feel free to adapt these suggestions or create your own unique fundraising event. Remember, your attitude and approach are everything! A smile and positive outlook can significantly enhance support for your fundraiser. You are not alone in your journey. If you are passionate about supporting the IBD community and committed to the Foundation's mission we will make a meaningful impact together!

**The mission of the Crohn's & Colitis Foundation is to cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases.**

### PRO TIPS:

- Believe in yourself and the power of our cause.
- Trust the Foundation's mission to guide your efforts.
- Always be friendly and approachable—smiles go a long way.
- Remember, many people are willing to help; they just need to be asked.
- Don't let rejection discourage you, perseverance is key. It often takes receiving five "no's" to get one "yes"!
- Celebrate your achievement, no matter how small. Send thank-you notes, share your milestones on social media, and let everyone know about your success!



Need a hand? Reach out to Melissa Scott at [DIY@crohnscolitisfoundation.org](mailto:DIY@crohnscolitisfoundation.org) or call/text 917-881.8424 for personalized support.

## FUN-draising Activities and Ideas



### Game Night

Host a game night—livestream or traditional board games make for a great event! Charge an entry fee and have fun while raising funds to reach your goal.

### Trivia Night

This can be done in person or online. Ask a local venue (e.g., ice cream or coffee shop, restaurant, etc.) to use their space or offer discounted food and beverages.

### PRO TIPS:

- Ask a local restaurant or business to donate a gift certificate for the winning team.
- Consider other forms of fundraising, like a 50/50 raffle, to have a little more fun!

## Outdoor Movie Night

Host in your yard or green space in your neighborhood. Have water and snacks available for a donation to join.

### PRO TIPS:

- Ask a local ice cream shop to donate to-go cups and serve them from a cooler for a donation.
- Set up yard games ahead of time.

## Bowling Party

Plan a bowling event and charge a suggested per-person donation fee to register or per game. To maximize donations, ask the bowling alley to donate a percentage back, offer the lanes at no charge, or at reduced cost.



## Pickleball

Pickleball's simple rules make it easy for all ages and skill levels to play. Players can join in the fun as singles or doubles, get competitive, or simply enjoy a friendly game while raising awareness and funds for IBD cures.

### PRO TIP:

- Ensure your event is a success by utilizing the tips and tricks in our custom [Pickleball toolkit here](#).

## Small Tasks for a Cause

Help wrap gifts around the holidays, offer to break down that pile of boxes in the garage, rake leaves, shovel snow, etc., for a donation.

## Create and Sell Shirts

Spread awareness and raise funds by easily [designing your own shirt on Bonfire](#) and sharing the link with your network. Proceeds from your sales will benefit the Crohn's & Colitis Foundation and your fundraising goal.

## Friendly Competitions

Create a friendly fundraising competition with the ideas below:

- Organize an athletic tournament such as volleyball, hockey, kickball, flag football, and more. Ask for a donation to register.
- Host a dance-off—Create an informal competition among individual dancers or groups. Choose a dance style and challenge each other. You can ask for donations in exchange for votes or registration.
- Fishing or hunting tournament—Organize a competition among your friends and neighbors. Ask for a donation to join and offer bragging rights for the biggest catch!

**PRO TIP:**

- Be sure to follow your local hunting and fishing laws.



## Physical Challenges

Participate in a challenge like a marathon, swim, hike, obstacle race, or triathlon. Set a goal and ask for donations based on milestones.

**PRO TIPS:**

- Go live on social media before the challenge, post your donation link, and share pictures along the way.
- Consider tying your donation to a specific idea. For example, for your 18th birthday, commit to running or walking 18 miles and ask for \$18 or a set amount per mile ( $\$2/\text{mile} = \$36$  donation).

## Dedicate a Special Day or Celebrate Someone in Your Life

- Share your fundraising goal on your birthday and ask for donations instead of gifts.
- Dedicate a cultural celebration (bar mitzvah or bat mitzvah, quinceañera, Sweet Sixteen, etc.) and ask for donations in your honor.
- Dedicate your graduation by asking for donations in honor of your achievement.
- [Create a tribute page](#) in honor of an IBD warrior you know.

**PRO TIP:**

- Announce your plan on social media, share your fundraising link, and include pictures.

## Social Media Challenge

Post creative content on social media related to the Foundation and ask for donations through a link to your donation page. Be sure to tag the Foundation; our social media pages can be found below.

**Be sure to follow the Foundation on social media and tag us in your posts!**



TikTok [@CrohnsColitisFoundation](https://www.tiktok.com/@CrohnsColitisFoundation)



Instagram [@CrohnsColitisFoundation](https://www.instagram.com/CrohnsColitisFoundation)



X [@CrohnsColitisFn](https://twitter.com/CrohnsColitisFn)



Facebook [CrohnsColitisFoundation](https://www.facebook.com/CrohnsColitisFoundation)



LinkedIn [Crohn's & Colitis Foundation](https://www.linkedin.com/company/Crohn's & Colitis Foundation)

## Themed Dress Days

Partner with schools or businesses to host a dress-up or dress-down day. Participants donate to join in on a specific day and dress in a theme related to the cause (doctors, patients, Gutsy, etc.) or another theme, such as superheroes, school colors, mismatch, '80s, etc.

## Percentage of Sales and Round Up

Partner with a local restaurant or business to donate a portion of sales or round up purchases for a day or a specific time.

### **PRO TIP:**

- Create signs, hand out flyers, or post on social media to promote the business and your fundraiser.

## Bake Sale

Host a bake sale or lemonade stand asking for a donation in exchange for a treat. Choose a high-traffic area such as in front of your school, a local business, or community center. Be sure to get permission from the property or local authorities to set up your stand.

### PRO TIPS:

- Ask for donations from local bakeries or homemade treats from friends and family.
- Offer a way to donate for those who don't want a treat; display a donation bucket to collect cash and post a [QR code](#) to your fundraising page.
- Promote your sale: create a flyer and ask the establishment to hand out and share on social media.



## Car Wash

Partner with a local business or school in a high traffic location that will allow you to use their parking lot and water source. Gather your supplies (hoses, buckets, sponges, soap, towels, etc.), recruit your friends and family to volunteer, make signs, and share your event.

### PRO TIPS:

- Display a donation bucket and a [QR code](#) linking to your fundraising page to accommodate those who prefer to donate online.
- Ask a local business to sponsor the cost of the supplies or donate supplies.
- Level up your fundraising by setting up a refreshment stand, offering drinks and treats for an additional donation.

## Craft Sale

Create unique crafts or homemade goods to sell for a donation. Choose a high-traffic area such as in front of your school, a local business, or community center. Be sure to get permission from the property or local authorities to set up your stand.

### PRO TIPS:

- Ask your friends and family to help make crafts to sell as well.
- Display a donation bucket to collect cash and post a [QR code](#) linked to your fundraising page.
- Promote your sale: Create a flyer and ask the establishment to hang it up and share on social media.

## Skills Workshop

Utilize your talents (yoga, photography, sign language, cooking, etc.) to host a class (in person or virtual) where people register and make a suggested donation to your fundraiser.

## Partner with Your School Community

- Incorporate fundraising into a school event: Plan activities before a school event or during breaks, such as halftime. Offer fun challenges like half-court shots, timed competitions, or dance-offs, with a small donation required to participate.
- Work with your school, college, or university to fundraise. Dedicate a school-wide activity to create awareness and support. Set up an information table and ask for donations.
- Pledge drives: Utilize pledge forms for team events. Encourage participants to secure donations or pledges based on performance (points scored, goals made, etc.).

### PRO TIPS:

- Ask a local business to sponsor or match the funds raised.
- Get the community involved: Ask various groups (sports teams, clubs, sororities/fraternities, faculty, etc.) to show their support by wearing Crohn's & Colitis Foundation colors.

## Challenge a Rival

- Leading up to a big game or event, partner with a rival school. Designate the occasion as a special moment to raise awareness and funds for the Foundation, highlighting the friendly fundraising competition at the event.
- Create a fundraising competition leading up to the big game between the schools, announce the winner at halftime.

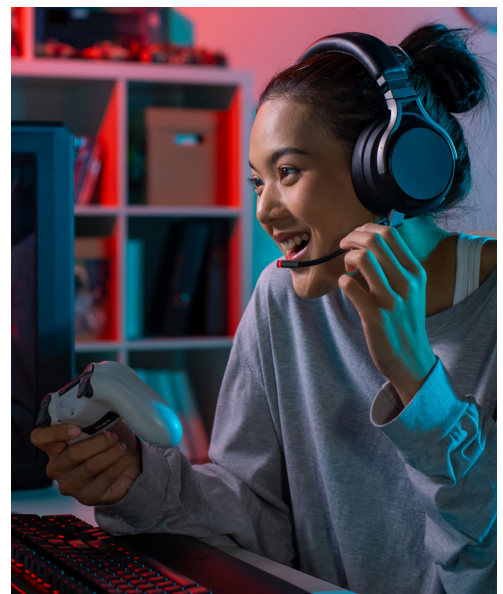
### PRO TIPS:

- Increase awareness by wearing Foundation colors during the event.
- Wear a shirt with a big QR code linked to your donation page!

## Livestream Fundraiser

Use your live stream to support the Foundation. Whether you're a gamer, a vlogger, or just love to entertain, you can easily [connect your stream to our Tiltify fundraising campaign](#) and start your charity stream today.

- Choose Your Platform: Whether it's Twitch, YouTube, or any other streaming service, select the platform where you feel most comfortable and have the largest following.
- Decide on Your Activity: Play your favorite game, host a vlog session, or conduct interviews, or a Q&A. The choice is yours! Make sure the content is engaging and encourages viewers to donate.
- Promote Your Stream: Share your plans on social media, Discord, and within your community.



- Engage During the Stream: Keep your viewers entertained and informed. Talk about why you're fundraising, share stories related to the cause, and remind viewers how they can donate via your Tiltify link.
- Offer Incentives: Consider setting donation goals with rewards for your audience. This could be anything from performing a specific action in the game, extending the stream, or hosting special content.

**PRO TIP:**

- Access custom overlays, talking points, and more in our [Streamer Toolkit, available here.](#)

## Keep Going

Now that you've decided how you're going to fundraise, share with your network of friends and family.

Dear Friends and Family,

I'm on a mission to make a difference in the lives of millions affected by Crohn's disease and ulcerative colitis. To achieve this, I have started a fundraiser to support the Crohn's & Colitis Foundation's quest for cures!

To follow my fundraising journey or to make a donation, please click here [insert a link to your fundraising page]. Rest assured, 100% of your donation will go directly to the Foundation and helps me reach my fundraising goal!

Thank you so much for your support,

[Your Name]

## The Possibilities for Fundraising Are Truly Limitless!

Feel free to choose an idea from our list, adapt it to better suit your needs, or come up with a completely unique concept. Remember, we're here to support you at every step and guide you towards a successful fundraising journey. For personalized support, reach out to Melissa Scott at [DIY@crohnscolitisfoundation.org](mailto:DIY@crohnscolitisfoundation.org) or call/text 917.881.8424. Together, we can make a significant impact!