

Instagram and Facebook Image Options:



**Post Caption 1: Instagram: Add your fundraising link or the general fundraiser page from DSF to the bio of your Instagram profile.**

During the month of March, I'm raising money for a cause that is near and dear to my heart. Dravet syndrome is a rare, catastrophic, lifelong form of epilepsy that begins in the first year of life with frequent and/or prolonged seizures. There is an urgent need to fund innovative research and find better treatments for those living with Dravet. Donate to my fundraiser at the link in my bio. #GiveUpYourCup #DravetSyndromeAwareness #DravetSyndrome

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Donate to my fundraiser here: [\[LINK\]](#)

**Post Caption 2: Instagram: Add your fundraising link or the general fundraiser page from DSF to the bio of your Instagram profile.**

Dravet Syndrome is a rare form of epilepsy that severely affects the quality of not only those who are diagnosed, but their families. During the month of March, consider giving up your cup of coffee for one day, one week, or even the whole month, and donating what you would have spent to help fund life-changing research for those affected by this devastating diagnosis. Donate to my fundraiser at the link in my bio. #GiveUpYourCup #DravetSyndromeAwareness #DravetSyndrome

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**Instagram Stories & Facebook Stories:**

Give Up Your Cup Bingo Instructions:

1. **For Instagram Stories:** Add your fundraising link or the general fundraiser page from DSF to the bio of your Instagram profile. **For Facebook Stories:** Create a post linking to your fundraiser page.
2. Post the image of the Bingo board to your Instagram or Facebook Stories
3. Once someone donates, begin to post the image of the bingo board to your story again but before publishing the image, select the "Draw" feature on the right hand side of the screen.
4. Use the "Draw" feature to fill in the amount donated. Then select the "Aa" or "Text" feature and type in the name of the person who donated. Select Done in the top right hand corner once you've written their name. You can then drag their name over the square you previously filled in, showing who donated to your fundraiser.
5. Before selecting "Share to Story," select "Save" in the bottom left corner.
6. Then select "Share to Story"
7. When the next person donates to your fundraiser, you'll select the newly saved Bingo board showing the previous donation. Repeat
8. Repeat the steps above as you receive more donations.

Example:

DRAVET SYNDROME FOUNDATION'S

# Give Up Your Cup

HELP ME RAISE FUNDS FOR LIFE-CHANGING RESEARCH FOR  
DRAVET SYNDROME AND ASSOCIATED CHILDHOOD EPILEPSIES.

\$5	\$5	\$5	\$5	\$5
\$10	\$10	\$10	\$10	\$10
\$15	\$15	FREE	\$15	\$15
\$20	\$20	\$20	\$20	\$20
\$25	\$25	\$25	\$25	\$25

LINK IN MY BIO TO DONATE!

DRAVET SYNDROME FOUNDATION'S

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\$10	\$10	\$10	\$10	
\$15	\$15		\$15	\$15
\$20	\$20	\$20	\$20	\$20
\$25	\$25	\$25		\$25

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