

SUN | 1

**Small step:** Share a DSF post on your social media.  
**Big step:** Share your personal story on your social media.

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MON | 2

**Small step:** Sign up for DSF's newsletter.  
**Big step:** Share the link with a friend or family member that might want to learn more about Dravet syndrome.

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TUES | 3

**Small step:** Learn one key policy affecting Dravet families.  
**Big step:** Go to [advocatefordravet.org](https://advocatefordravet.org) and use one of the action alerts to contact your legislators.

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WEDS | 4

**Small step:** Make a one-time donation.  
**Big step:** Set up a recurring monthly gift (support at any level makes a difference).

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THURS | 5

**Small step:** Follow DSF on your social media platforms.  
**Big step:** Connect with other community members to offer support.

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FRI | 6

**Small step:** Share a Dravet syndrome fact on your social media.  
**Big step:** Customize and share one of DSF's Canva awareness templates to help educate others.

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SAT | 7

**Small step:** Read a blog or story on the DSF website.  
**Big step:** Share that story and explain why it matters to you.

SUN | 8

**Small step:** Share DSF's "Ways to Give" page.  
**Big step:** Start your own fundraiser.

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MON | 9

**Small step:** Add a DSF link in your bio or email signature for the month.  
**Big step:** Reach out to your workplace about including awareness month in a staff newsletter.

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TUES | 10

**Small step:** Share a Dravet syndrome fact on your Instagram/Facebook Story.  
**Big step:** Post why Dravet awareness matters to you with a photo or video. Be sure to tag DSF!

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WEDS | 11

**Small step:** Share a post about #DyeItForDravet to spread the word.  
**Big step:** Join the Dye it for Dravet campaign! Dye your hair purple and tag DSF to show your support.

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THURS | 12

**Small step:** Share a photo of your Dravet Warrior and why they inspire you.  
**Big step:** Post a video of your Warrior's story or a moment that captures their strength.

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FRI | 13

**Small step:** Share a Dravet syndrome fact on your social media.  
**Big step:** Customize and share one of DSF's Canva awareness templates to help educate others.

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SAT | 14

**Small step:** Post a reminder that June is Dravet Awareness Month.  
**Big step:** Challenge your followers to share a Dravet syndrome fact on their social media.

SUN | 15

**Small step:** Take a quiet moment to hold grieving families in your thoughts.

**Big step:** Watch the Remembrance Day video on our social media.

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MON | 16

**Small step:** Ask a friend to make a one-time donation.

**Big step:** Ask a friend to set up a recurring monthly donation.

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TUES | 17

**Small step:** Share a fact about how Dravet Syndrome affects daily life.

**Big step:** Post a “day in the life” look at your experience or routine.

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WEDS | 18

**Small step:** Share DSF’s caregiver resources.

**Big step:** Recommend a resource that’s helped you personally.

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THURS | 19

**Small step:** Take 5 minutes for yourself—breathe, reflect, reset.

**Big step:** Journal about why self-care matters as a caregiver.

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FRI | 20

**Small step:** Share a Dravet syndrome fact on your social media.

**Big step:** Customize and share one of DSF’s Canva awareness templates to help educate others.

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SAT | 21

**Small step:** Check out DSF's blog posts.

**Big step:** Share a blog that resonates with you with someone you know or on your social media.

SUN | 22

**Small step:** Learn one key policy affecting Dravet families.

**Big step:** Go to [advocatefordravet.org](https://advocatefordravet.org) and use one of the action alerts to contact your legislators.

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MON | 23

**Small step:** Wear your Dravet merch and share a photo.

**Big step:** Gift DSF merch to a friend.

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TUES | 24

**Small step:** Repost someone else's awareness story or post.

**Big step:** Share how someone else's advocacy has impacted you and tag them.

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WEDS | 25

**Small step:** Use #AdvocateforDravet in your story or post.

**Big step:** Create a reel or carousel explaining why awareness matters.

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THURS | 26

**Small step:** Post a behind-the-scenes photo of your daily life.

**Big step:** Share something that people don't understand about living with Dravet syndrome

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FRI | 27

**Small step:** Like or comment on a DSF social post.

**Big step:** Write your own awareness post and tag DSF.

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SAT | 28

**Small step:** Talk to one person in your life about Dravet syndrome.

**Big step:** Set up a time to educate a small group (family, coworkers, teachers).

SUN | 29

**Small step:** Donate to an upcoming DSF fundraising event.

**Big step:** Sign up to host a DSF fundraising event.

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MON | 30

**Small step:** Say thank you to your followers for supporting this month.

**Big step:** Post your ongoing advocacy goal and invite others to join you beyond June.

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Learn more: [advocatefordravet.org](https://advocatefordravet.org).

Access our full Dravet Syndrome Awareness Month toolkit with customizable Canva templates, Dravet syndrome facts, sample emails to legislators and more: [www.dravetawarenessmonth.org](https://www.dravetawarenessmonth.org).

