SUN | 1

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

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.

TUES | 3

Small step: Learn one key policy affecting Dravet families.

Big step: Go to <u>advocatefordravet.org</u> and use one of the action alerts to contact your legislators.

WEDS | 4

Small step: Make a one-time donation.

Big step: Set up a recurring monthly gift (support at

any level makes a difference).

THURS | 5

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

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.

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.



Small step: Share DSF's "Ways to Give" page.

Big step: Start your own fundraiser.



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.



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!



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.



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.



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.



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.

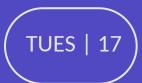
SUN | 15

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

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

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.



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.



Small step: Share DSF's caregiver resources. **Big step:** Recommend a resource that's helped you

personally.



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

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



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.



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.



Small step: Learn one key policy affecting Dravet families.

Big step: Go to <u>advocatefordravet.org</u> and use one of the action alerts to contact your legislators.



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

Big step: Gift DSF merch to a friend.



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

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



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

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



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



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

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



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).



Small step: Donate to an upcoming DSF fundraising

event.

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



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.



Learn more: <u>advocatefordravet.org</u>

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

