

## ONE CHILD DIES EVERY 5 MINUTES AS A RESULT OF VIOLENCE

### **A AUCTION**

A simple classic. Gather your golden oldie possessions, your new, award winning business products and ask others to contribute their polished goodies. You can even auction off your services!

### **B BBQ**

Charge neighbours, friends and family a small fee to attend your barbeque. If you get them all to bring a bottle or some nibbles, costs should be kept down. Grand Final day sorted!

### **C CONVERT YOUR COLLEAGUES**

Create an army of Polished Men at your school or workplace! Refer to the Workplace Fundraising guide on the website for some exciting team ideas.

### **D DOLLAR FOR A DOLLAR**

Challenge your mates, mentor or boss to match your donation, dollar for dollar.

### **E EMAIL 10 FRIENDS**

Ask your mates to rally with you by joining your team or donating to your campaign.

### **F FACEBOOK POST**

Spread the word, far and wide, even distant relatives and old high school mates can donate to your page!

### **G GIVE UP A VICE**

Whether it be drinking, biting your nails or your daily choccie bar – get sponsored to give it up for a set period – or ask people to sponsor you per day. Then you could rake in wads of cash!

### **H HAIR REMOVAL**

Get sponsored to wax your legs, chest or anywhere else!

### **I INSTAGRAM**

Insert your Polished Man dashboard link to your bio and dedicate a post about it. Do a shout out to your mates, request donations and turn your followers into donors or Polished Men too!

### **J JOGGING**

A perfect excuse to get your runners back on and ask those who know how much you love running to rally behind you and sponsor you per kilometre for the month. Or why not do a Fun Run?

### **K KICKSTART YOUR FUNDRAISING**

Did you know people are 50% more likely to support your fundraising if you already have a donation on there. Ensure all your efforts are noticed by kickstarting your fundraising with \$50!

### **L LINKEDIN POST**

It's on every other social media platform, so why not let the professional world know that you are officially a Polished Man. See if your connections are up for a challenge!

### **M MAN-I-CURE BAR**

Who doesn't love a little mani? Set up a MAN-i-cure bar in a familiar space i.e. work foyer, footy club or local pub on a Sunday afternoon and show people how Polished Man is done! Ask your lady friends to assist as pro painters and encourage gold coin donations and sign ups.

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### **N** NAIL ART COMPETITION

Set free your inner artist! Grab your nail brush and start painting. Post a different design every few days on social media and encourage those donating to nominate your next nail art design!

### **O** OFFER YOUR SERVICES

Whether it's mowing lawns, walking dogs or buying groceries, offer up your services for a day for donations.

### **P** POKER NIGHT

Host a night with your mates, with the chip buy-in contributing to your fundraising.

### **Q** QUIZ NIGHT

A family friendly event! Request team entry donations or challenge a certain amount for wrong answers.

### **R** RECRUIT YOUR TEAM

Whether it's your club, workplace, family or school, get a group together and fundraise as a team. Develop a team strategy and don't forget to set a challenge for the lowest fundraiser!

### **S** SPORTS DAY

Organise a sports day at your workplace, local pub, uni or college. You'll be surprised how many grown-ups jump at the chance to don a PE kit and go back to their youth.

### **T** TUCK SHOP

Buy cheap multi-packs of chocolate bars and crisps and sell them at extortionately inflated prices. This works well at offices, as well as schools and footy clubs. Sell home-made cakes and cookies too if you've got time to bake them

### **U** UNWANTED GIFT SALE

Get your friends and family to donate their unwanted Christmas gifts in early January. Flog them shamelessly.

### **V** VIDEO

Grab your phone and create a short video, asking your mates to join you or donate. Send this out via text, post to Facebook, or on your Instagram Story.

### **W** WORKPLACE ACTIVITY

Host a workplace fundraising morning tea or Friday night drinks and set up a competition between your colleagues. What's the best challenge you can set for the lowest fundraiser?

### **X** X-TREME PERSONAL CHALLENGE

Set yourself an extreme challenge such as running a half marathon within the month and ask people to sponsor you!

### **Y** YOGA SESSION

Approach your local yoga studio to donate one class per week in October to Polished Man.

### **Z** ZODIAC NIGHT

Invite a guest astrologer for a star-studded fundraiser and request donations on entry for horoscope readings.