

BE SEEN FOR THE UNSEEN

Join the RAV 2023 Challenge to help build a community free from family violence!



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Hey!

Are you ready to join me in the [Run Against Violence Virtual Team Challenge](#)? This nationwide event brings communities together and sparks vital conversations about family violence prevention.

Every year, thousands of walkers and runners from across the globe take part. Over 19 days, teams of up to 20 individuals like us take on the ultimate mission – to cover a distance of 1300 km.

But the event isn't just about achieving personal milestones—it's about leading the charge towards a future where family violence no longer exists. By taking part, we'll help to create healthy relationships and respectful communities.

How do you participate?

Simply walk or run in your local area and use your smartphone, fitbit, or GPS watch to track your progress. Each day, upload your data to the event website, where it automatically aggregates the kilometres covered by your team. Together, we'll conquer the Challenge, one step at a time.

Participant feedback

Last year, over 200 teams took part in the Challenge across Australia, generating awareness and discussions to help end family violence. Here's what some past participants had to say:

“After the Challenge, a lady told me domestic violence affected her and her mother. She's in her 70's and is proud that more people are now talking more openly about family violence.”

“I wore my RAV shirt while I ran at lunchtime at work. I was stopped often and asked about it – sparking conversations around family violence prevention.”

LOVE 
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NAPCAN
PREVENTING CHILD ABUSE

Continued investment in the [Love Bites Program](#)

When you participate in the RAV 2023 Challenge, all donations go directly to the National Association for Prevention of Child Abuse and Neglect (NAPCAN) and the [Love Bites program](#). With your help, we can ensure every Australian teenager can access respectful relationship education in their school. And all donations are fully tax-deductible.

Join my team!

Let's remove the stigma surrounding family violence. If you're ready to take steps with me in the fight to end this issue, [ask me for the team name and code](#) then click the button below to sign-up!

Together, we will be seen for the unseen.

[Sign-up Now \(team code required\)](#)

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