**Email Subject:**

Option 1: Will you help me put an end to bullying?  
Options 2: I’m taking on **[100ks / 200ks / 300ks]** in June!

**Body:**

Hi there,

This June I'm taking part in the [Healthy Harold Hundred](https://www.healthyharoldhundred.org.au/) to help Life Ed Queensland stop bullying.

**The challenge is big!**

I am aiming to cover **[100ks / 200ks / 300ks]** in just 30 days... **that's [3.3ks / 6.6ks / 10ks]** a day! It's going to be a big effort, but one that will be worth it for the cause.

Did you know that 1 in 4 Australian kids experience bullying every few weeks? 1 in 5 kids will also experience cyberbullying.

It's clear from these statistics that something needs to change.

I'm fundraising to helpLife Educationdevelop and deliver more respectful relationships education in schools across Queensland. You might know their famous mascot, Healthy Harold! [Click here to learn more about their programs](https://www.healthyharoldhundred.org.au/the-cause).

Please sponsor me and support my efforts to help put an end to bullying!

Simply follow the link below to donate to my page:

**[insert your fundraising page link]**

Thank you so much for your support - it is truly appreciated!

Let's get moving to stop bullying,  
**[your name]**