

HOW TO SET UP AN OFFICE/ GROUP SWEAR JAR!

A slip of the tongue can make you money!

Everyone does it now and again (well nearly everyone!) so it's a great way to 'punish' transgressors or break some other habits. For example forgetting to exercise might cost \$5, eating chocolate when you're trying to stop could cost you \$5, or you could even fine people for wearing the wrong colour on a Friday!

Of course, you have to engage everyone to get involved and keep everyone accountable, and that can create lots of fun and laughter.

How long will it take?

This fundraising method takes about 20 minutes to organise. You need find a BIG jar, label it, and write a set of guidelines so that anyone wishing to participate understands how it works. These guidelines should be simple and can be taped to the jar.

For example:

Office Swear Jar - Raising funds for RESULTS (RESULTS logo)

- *Everyday swear words - \$1*
- *Bad swear words - \$1.50*
- *Really bad swear words - \$2*

At the end of the month the jar will be emptied by XXX and XXX

All proceeds go to RESULTS International (Australia) www.results.org.au

How many people does it take?

The swear jar can be organised by one person but it takes two to count it together to assure everyone of accuracy. Of course it needs a WHOLE lot of people to help fill it!

How much do you have to spend upfront?

Not a cent. If you can't find an old jar at home, ask someone else if you can borrow one. Apart from the paper and sticky tape required for your sign, there is no cost to set up a swear jar.

Do you need a licence or permission?

Yes, you do. First you must have permission of your office or company manager or social club – whichever is appropriate. To make it work you need to get buy in from everyone in the office by sending an email and suggesting this for perhaps One Friday a month/Every Friday/Every day for a month.

Please also tell RESULTS so we can let you use our name and logo and help with guidelines on handling money safely.

What materials do you need?

- Large collection jar (with slot in the top). Alternatively, a box or container can be used
- Sticky label to write on the jar
- Pens and paper

What sort of venue do you need?

Where you choose to place the swear jar is up to you, here are some suggestions:

- Staff common room
- Office reception
- Thoroughfares at work that attract lots of people
- Local sporting or social group

Who should you invite?

Once you have selected a venue (i.e. staff room at work) you can encourage everyone to take part, and even people who are just passing through!

How to handle Money safely?

Check out the cash handling and how to send your donation to RESULTS [HERE](#)

Email your ideas on how to make this guideline better [HERE](#)