

# What you can do: The one-two punch against SPAM

If an anti-worker group like the Freedom Foundation (aka **OptOutToday**) sends you an email without your permission, they are **likely violating** their email provider's terms of service, and maybe **even the law**. Follow these two steps to **report the SPAM to authorities**.

## 1) FORWARD THE EMAIL

Send to these three addresses, all in one email:

**[support@vervemail.com](mailto:support@vervemail.com)**

**[spam@uce.gov](mailto:spam@uce.gov)**

**[CPRcontact@atg.wa.gov](mailto:CPRcontact@atg.wa.gov)**

Freedom Foundation's email service provider  
The Federal Trade Commission  
Washington State Attorney General

Write:

*"The Freedom Foundation sent me this SPAM at work without my permission.  
Please ask them to stop sending emails to me."*

## 2) MARK THE EMAIL AS 'SPAM' OR 'JUNK'

In most cases, this automatically sends a warning message to their email provider.