

INFORMATION **PACK 2023** **SCHOOLS**

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PUSH FOR BETTER MENTAL HEALTH

3,144 PUSH-UPS. 1-23 JUNE.

We are Australia's largest mental health and fitness event.

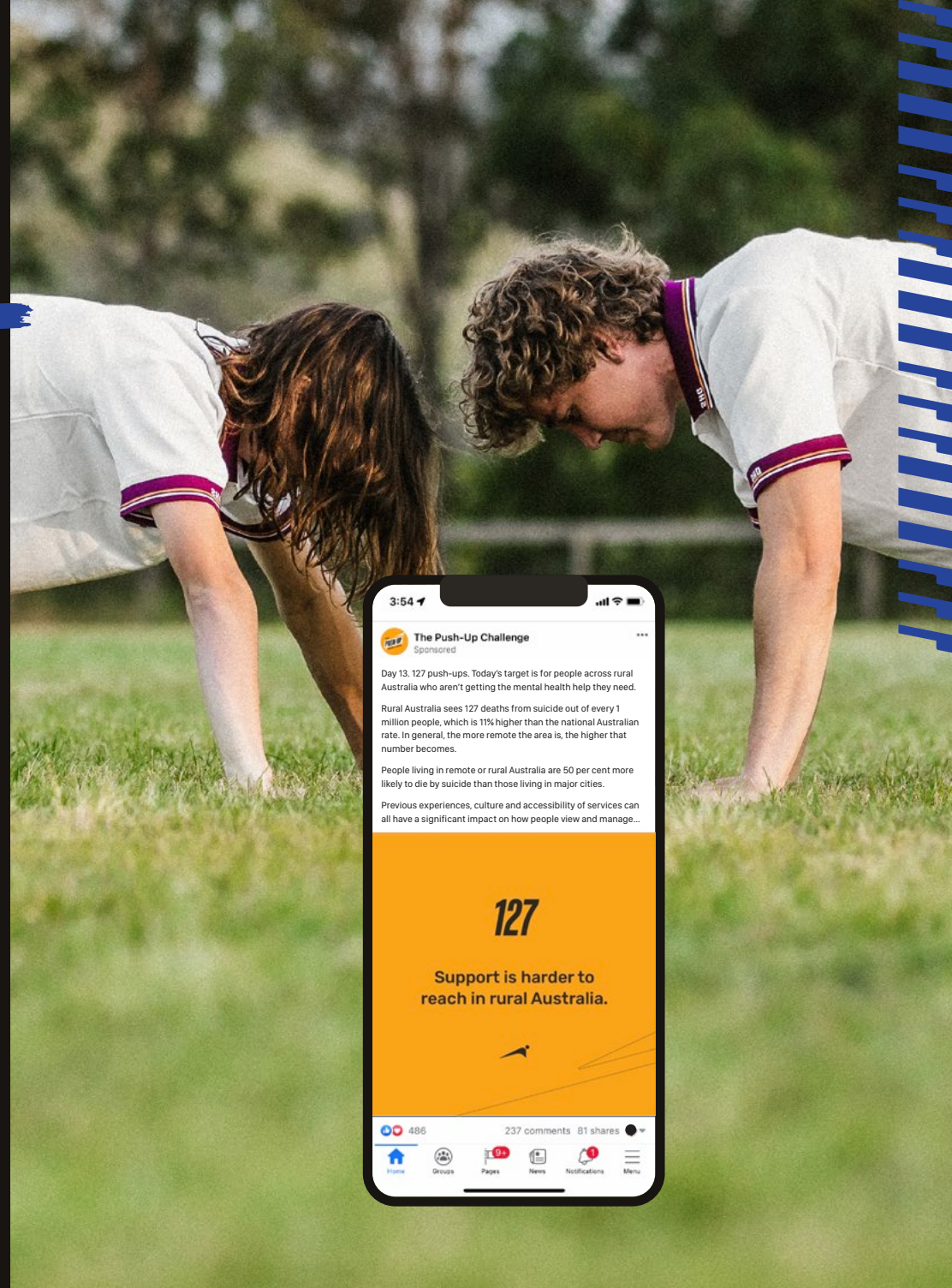
Participants will complete 3,144 push-ups in total, representing the number of Australians who died by suicide in 2021.

We educate our participants by sharing a Mental Health Fact each day of the challenge, and this shapes the daily push-up target.

OUR MISSION

To support the health of our participants, raise mental health awareness and contribute to interventions and prevention for depression, anxiety and suicide.

Because one life lost is too many.



A FUN WAY TO ENGAGE YOUR SCHOOL IN MENTAL HEALTH



IMPROVE PHYSICAL HEALTH

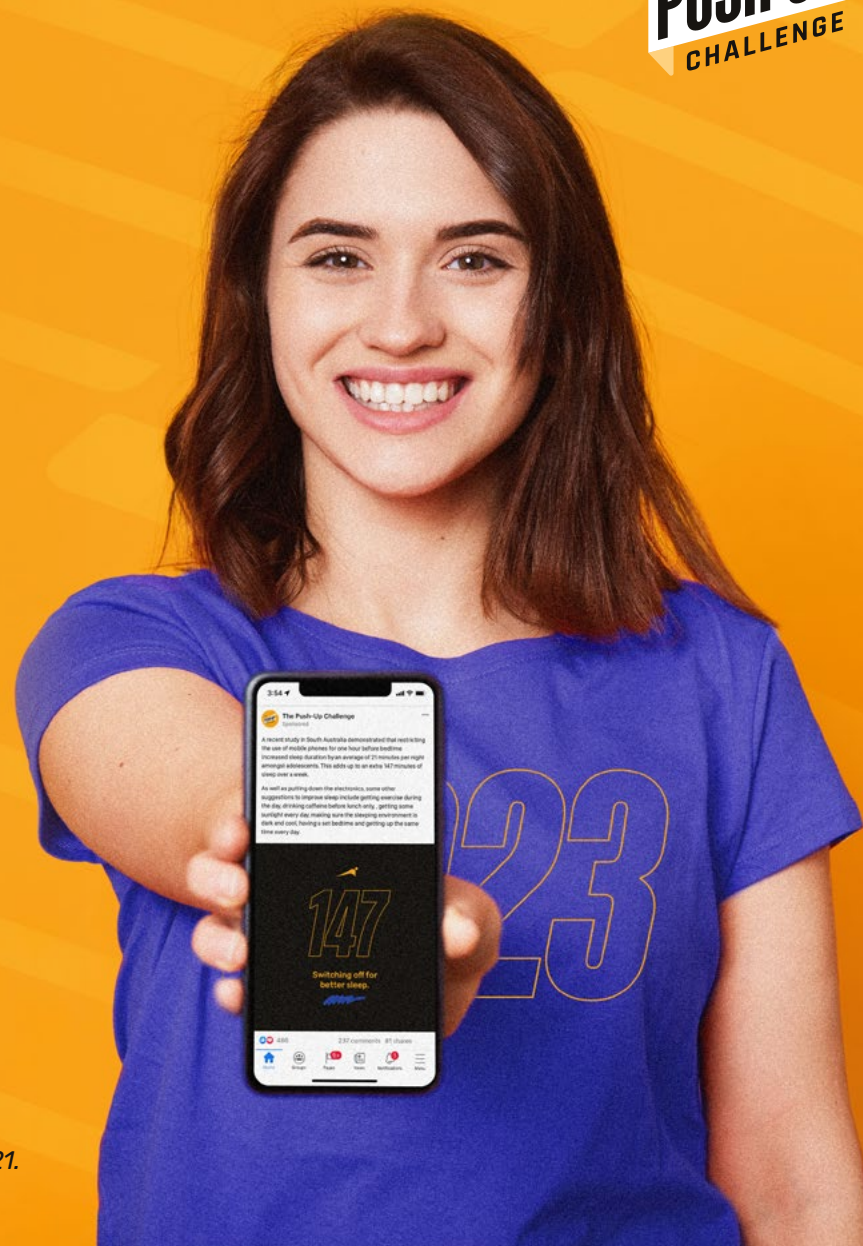
Your students (and staff, if they choose to get on board!) will take their fitness next-level by committing to daily exercise that's challenging and fun. Daily targets average a cool 157 push-ups – but if that seems like a lot, your participants can take the 50% option and save half the sweat. And if push-ups aren't their thing? Swap it for an alternative. Squats, sit-ups, cartwheels *insert exercise move of choice* all welcome. Either way, their fitness will reap the rewards.

Less than a quarter of kids aged 5–14 undertake the recommended 60 minutes of physical activity every day.

MENTAL HEALTH EDUCATION

Each day's push-up target corresponds to a Mental Health Fact. Over the 23 days, your school will get clued up around mental health, as students learn how to optimise their own mental wellbeing. We share science-backed hacks for supporting others in need, plus what to do if participants are ever struggling themselves.

Each of the 3,144 push-ups completed represents an Australian who died by suicide in 2021.





"It's not just a good cause, but good for your health, your daily dose of exercise, and a good conversation-starter." - **Dean, 2022 participant**



FEEL MORE CONNECTED

Students and your school community will enjoy a sense of team spirit while working together towards one epic shared goal. The challenge is also a great way to open up conversations among schoolmates and between students and teachers, sparking chats about mental health and helping to reduce the stigma.

Research shows connection can be a significant preventative factor for depression, and is important in reducing depressive symptoms.

RAISE MONEY TO SUPPORT THOSE IN NEED

Fundraising is optional – but if your school does choose to raise funds for our mental health charities, you'll be an instrumental part of making real change. Whether your school chooses to support Push for Better Foundation, Movember or Lifeline, you'll be supporting the delivery of crucial mental health services and programs for those who need it most.

WHAT PAST SCHOOL PARTICIPANTS SAY...



"TPUC really brought our school community together and helped to create a safer environment within the school for people to feel more comfortable talking about mental health."



- Charlotte, 2022 participant

"Exercise helped me overcome my own mental health challenges, so The Push-Up Challenge really resonates with me. Now that I have found a better headspace, the challenge also gives me an opportunity to give back to others."



- Jordan, 2022 participant



IT'S FREE TO SIGN UP, AND FUNDRAISING IS OPTIONAL.

We also welcome participants choosing alternative exercises to push-ups.

WHY PUSH FOR BETTER MENTAL HEALTH?



The Push-Up Challenge aims to raise mental health awareness and reduce the stigma around mental illness. We raise funds for key mental health organisations, such as Lifeline, Movember and Push for Better Foundation, so they can continue to invest in research, resources, services and programs to support our communities.

The Push-Up Challenge is a fresh approach to mental health education by incorporating daily physical activity and healthy competition. The daily statistics and stories have opened our eyes to the multi-faceted nature of mental health, while boosting camaraderie and involvement in completing the physical challenge as a school.



- Chapman, past Student Ambassador

3,144

Australians lost their lives to suicide in 2021. Suicide is the leading cause of death for Australians **aged 15-44.**

1M

Around 1 million people in Australia live with depression.

40%

of young Australians aged **16 to 24** are experiencing mental ill-health.

HOW YOUR STUDENTS & TEACHERS WILL FEEL AFTER DOING THE PUSH-UP CHALLENGE



We surveyed hundreds of 2022 participants, and here's what they told us about how they felt post-Challenge...



WELLBEING (PHYSICAL AND MENTAL)

99%

Felt fitter and stronger

97%

Mood was improved

98%

Motivated to exercise

LEARNING

97%

Learnt about
mental health

98%

Mental illness was
destigmatised

CONNECTING WITH OTHERS

93%

Felt connected

92%

Had mental health
conversations

50%

Checked in on
someone

96%

Felt it made
seeking help easier

THE PUSH-UP CHALLENGE OFFICIAL APP



HOW DOES THE APP WORK?

The app is user-friendly, safe to use and does not contain chat functions. Check out **this tour** of our Push for Better App to see exactly how it works.

During the Challenge, participants receive empirically supported educational content daily via the app. A new Mental Health Fact is uploaded each morning – covering everything from strategies for optimising mental wellbeing to reaching out during tough times – for students to easily access via the app.

Participants can also use the app to keep motivated with their exercise, as well as for logging their daily push-ups.

THE APP IS NOT COMPULSORY

It is possible to participate in The Push-Up Challenge without using the app. The daily Mental Health Fact can be accessed on our website and push-ups can be logged there too.

You can skip the screentime altogether for your students by logging push-ups manually (yep, using good old-fashioned paper and pencil). The daily Mental Health Facts can also be printed out from our website by your school.



CAN PRIMARY SCHOOLS TAKE PART?



We welcome everyone to #pushforbetter with us. We have had many primary school-aged children take part, as well as a 91-year-old great grandma!

We believe that providing science-backed education and initiatives to boost Aussies' mental health awareness at an early age can have a truly valuable impact.

Read on for some nifty pointers on how to make The Push-Up Challenge work for primary schools:

1 / TAILOR THE MENTAL HEALTH FACTS

Typically, the daily Mental Health Facts are pitched at adults and secondary school-aged students. So, we do recommend that primary school-aged kids don't download the event app, to avoid exposure to content that may not be age appropriate. Some of the Mental Health Facts will be A-OK to share with primary students, and for those days that are not, you may either skip sharing the fact for that day, or simply tailor it to suit.

2 / REGISTER ON BEHALF OF YOUR STUDENTS

You may register your group of primary school participants under an adult's registration to manage incoming communications from us.

3 / TAILOR THE DAILY PUSH-UP TARGET

The average daily push-up target is around 157 push-ups – but if this sounds like a lot, don't sweat. Many of our past primary school participants have encouraged their students to reach the daily total collectively as a class. Remember, you can also substitute push-ups for any exercise your students fancy, from star jumps to cartwheels – it all goes.

HOW TO GET YOUR SCHOOL PUMPED TO TAKE PART



Try one of these fun pre-event initiatives to spread the word and get your school excited about joining in the challenge:

STUDENT FLEX

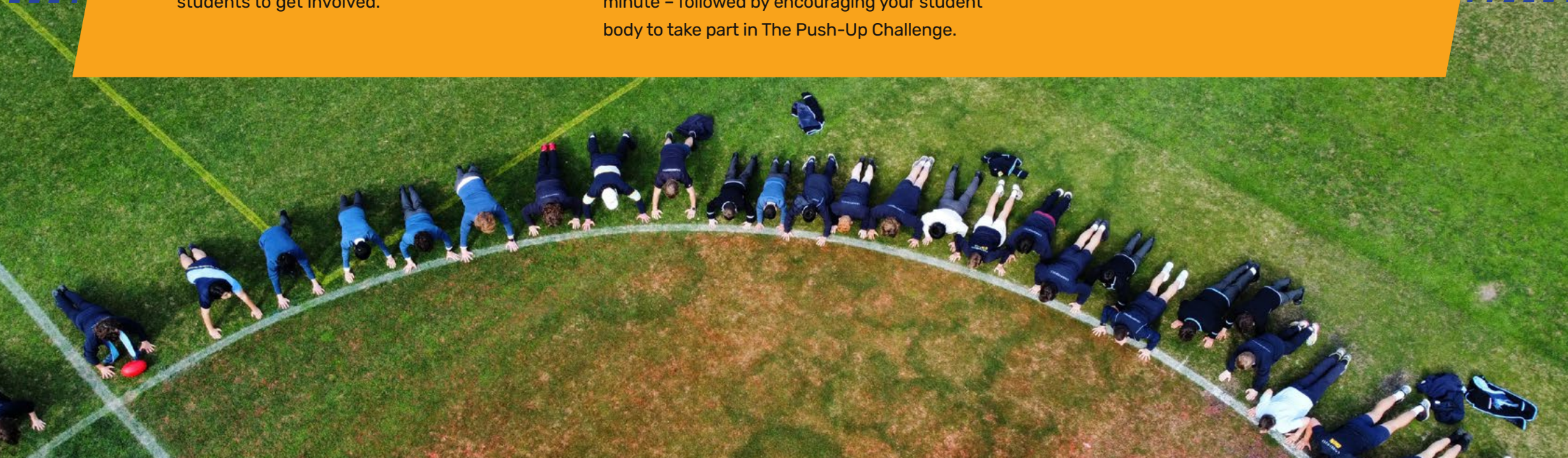
Student council representatives can smash out a few push-ups at an assembly, have a quick chat about mental health and encourage students to get involved.

TEACHER FLEX

Rope some brave teachers into doing some push-ups at assembly – this could be a competition for most push-ups done in a minute – followed by encouraging your student body to take part in The Push-Up Challenge.

MASS PUSH-UPS

Ask your students to complete 3,144 push-ups collectively in a group session on the school oval.



IMPORTANT INFORMATION FOR SCHOOLS



- We take the privacy of our participants very seriously. If they choose, students can make themselves anonymous and do not need to provide phone or address information (unless ordering merchandise).
- If you set up a Community for your school (with multiple teams underneath) you may like to consider having other teachers, Education Assistants or parents be the Team Captains as they can control the settings for their team.
- Permission forms are required for participants under 18 years of age. Upon registration, a minor will be asked to enter their parent/guardian's email address, and an online permission form will be sent directly to the parent/guardian. Alternatively, printable permission forms will be available on our website, or if your school has its own official permission system, we are happy for you to use it.
- Participants under 16 years must take part under the supervision of an adult.

PEOPLE CAN SIGN UP SOLO, AS PART OF A TEAM OR A COMMUNITY.

Most schools will have at least one team, or multiple teams which will form a community.



Community = a collection of teams.



Team = up to 10 students (or staff) participating together

LET'S DO THIS!



HOW TO REGISTER:

- Register your school's interest now and we'll email you when it's time to sign up.
- Official (and did we mention free?) event registration opens early April.
- After registering, ensure you (or your chosen school representative) have downloaded the Push for Better app.
- We'll email some useful resources your way once you're registered, including a Starter Guide, poster templates and handy resources to help with getting your students and staff pumped to push with us.
- Start pushing on Thursday 1 June!

"It was honestly the best experience I could ask for. I think the amount of conversations that have been sparked by The Push-Up Challenge is incredible."

- Past Student Ambassador

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Proudly supporting



PUSH
FOR BETTER
Foundation



Lifeline



MOVEMBER®

GOT MORE QUESTIONS?
VISIT OUR WEBSITE TO CONTACT US.

www.thepushupchallenge.com.au