

STARTER GUIDE FOR SCHOOLS 2025

Proudly supporting



**PUSH
FOR BETTER**
Foundation



headspace
National Youth Mental Health Foundation



WHY PUSH FOR BETTER



The Push-Up Challenge aims to **raise awareness, foster connection** and **get everyday Australians engaged in mental health** and physical health in a fun and unique way.

We raise funds for key mental health organisations, such as **headspace, Lifeline and The 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 encouraging people to reach out for help when they need it. Evaluation by the University of Melbourne showed participants were twice as likely to see help for their mental health following the Challenge last year".



THE PUSH-UP CHALLENGE



The Push-Up Challenge is Australia's largest mental health and fitness event.

Participants smash out **3,214 push-ups over 23 days**, in memory of the 3,214 lives lost to suicide in 2023.

It's all about getting fit, having fun and learning about mental health.

Each day, participants will receive a daily push-up target and **Mental Health Fact** to consider and share.

Participants log push-ups in our 'Push For Better' app or through [The Push-Up Challenge website](#).

You can fundraise for headspace, Lifeline or The Push For Better Foundation.



RALLYING THE TROOPS



Schools that get the most out of The Push-Up Challenge are those that get everyone involved - students, teachers, school staff, family & friends.

Engage your school leadership team:

Speak to your school leadership team about how The Push-Up Challenge will work at your school.

Launch the Challenge at a School Assembly

Launch the Challenge at a school assembly. We will provide a presentation template so you can share some info, rally the troops and get your school community excited.

Share daily targets and Mental Health Facts:

Use a variety of channels to share the daily push-up targets and Mental Health Facts, e.g., school notices, homerooms, newsletters, social media, lunchtime events.

Get the local community involved:

Share your commitment to the cause with the local media, e.g., local newspaper, tv news crew and local council. We have a media release template you can use.



HOW TO REGISTER



The Community Leader should be the first person to REGISTER. The Community Leader is one of the Student Ambassadors at your school. If your school would prefer to have a teacher in that role, that is fine too.

- **REGISTER** via the website
- **CREATE** your profile page. Choose your fundraising goal.
- **CREATE A TEAM** (you must do this before creating your community.)
- **CREATE A COMMUNITY.** Community Name is your official school name.
- **COMPLETE REGISTRATION.** Do not miss this step - you must hit the **COMPLETE REGISTRATION**

A great way to invite people to join your community is to **SHARE your community page**. Once people click your community page link, they will have the option to join your team or create a team.





PUSH FOR BETTER

thepushupchallenge.com.au

Tag us on socials @pushforbetter #pushforbetter