



SCHOOLS INFORMATION PACK 2022

Support Lifeline Macarthur and Western Sydney
Scan the QR code to register or click [here](#)



Proudly supporting



3,139 PUSH-UPS.
24 DAYS IN JUNE.
LET'S DO THIS.

THE
PUSH-UP
CHALLENGE

Proudly supporting



THE PUSH-UP CHALLENGE IS A FUN AND UNIQUE WAY TO ENGAGE YOUR SCHOOL IN MENTAL HEALTH

3,139 push-ups in total, from 1 - 24 June, representing the number of Australians who died by suicide in 2020.



Promotes a positive team spirit and fitness. Push-ups can be done in a classroom, on the oval! Exercise alternatives welcome.



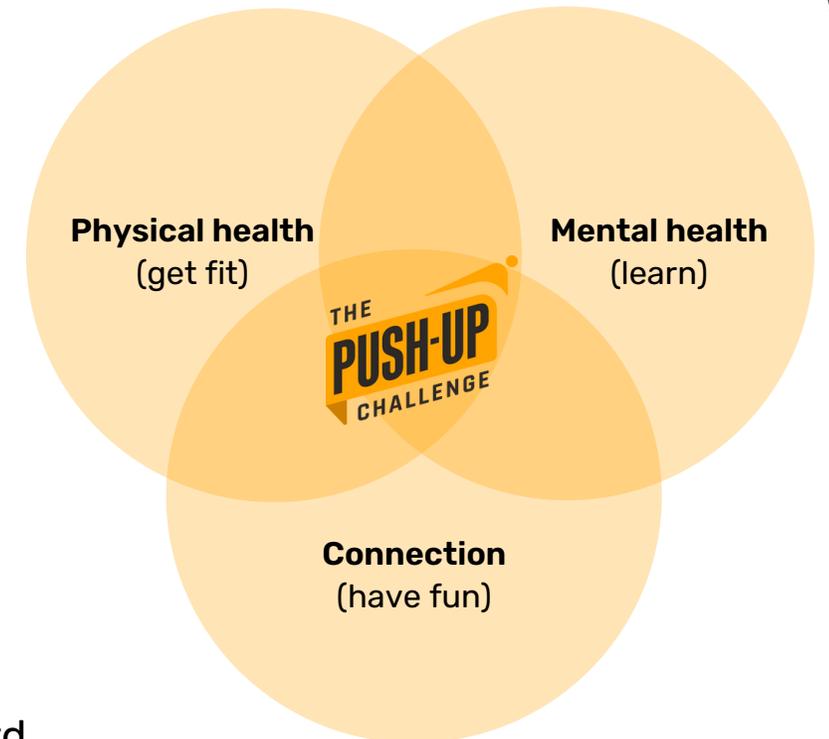
Fosters connection (virtually and in person).



Facilitates learning and conversations about mental health.



No cost and very easy to get involved. All you do is spread the word.



WHY PUSH FOR BETTER MENTAL HEALTH?

3,139

lives were lost to suicide in 2020. It is the **leading cause of death** for Australians aged 15-49.

1 in 7 

young people aged 4-17 years experience a mental health condition in any given year.

Seek help

Young people are less likely than any other age group to seek professional help.

Make an impact through fundraising

Through The Push-Up Challenge you have the opportunity to fundraise for your local **Lifeline Centre - Lifeline Macarthur and Western Sydney**, The Push For Better Foundation, or Movember.

Fundraising is an optional part of the event, our main aim is to engage and educate people in mental and physical health.

Support your local Lifeline Centre

Scan the QR code to register and support Lifeline Macarthur and Western Sydney



EACH DAY PARTICIPANTS LEARN ABOUT MENTAL HEALTH AND BANK PUSH-UPS IN THE APP

Participants can get the daily mental health facts and track their exercise by **banking push-ups in the 'Push For Better' app** or on The Push-Up Challenge website every day.

The app is **simple, engaging and fun for your crew.**

Participants push-up while learning about mental health, with **the number of push-ups changing every day to reflect a vital mental health fact.** For example, one day there are 147 push-ups, the next day there are 70 push-ups.

In 2021, **97% of participants** said they **learnt something about mental health.**

Example of a mental health fact from 2020.



EVERYONE CAN TAKE PART



Sydney Quad Schools Cup 2021

PUSH-UPS CAN BE DONE ANYWHERE AND SPREAD ACROSS THE DAY

Whilst the target (3,139 push-ups) might seem high, it is **achievable**. We've had an 11 year old and a 91 year old great grandmother complete the event.

You don't have to just do push-ups! You can choose to **substitute** push-ups with **other exercises such as sit-ups or squats**.

Or you can set your own push-up goal and aim for 25%, 50%, 75% or 100% of the daily push-up target.

Participants will get a badge each day when they reach each of the below.

25%

Total: 785
Average per day: 38

50%

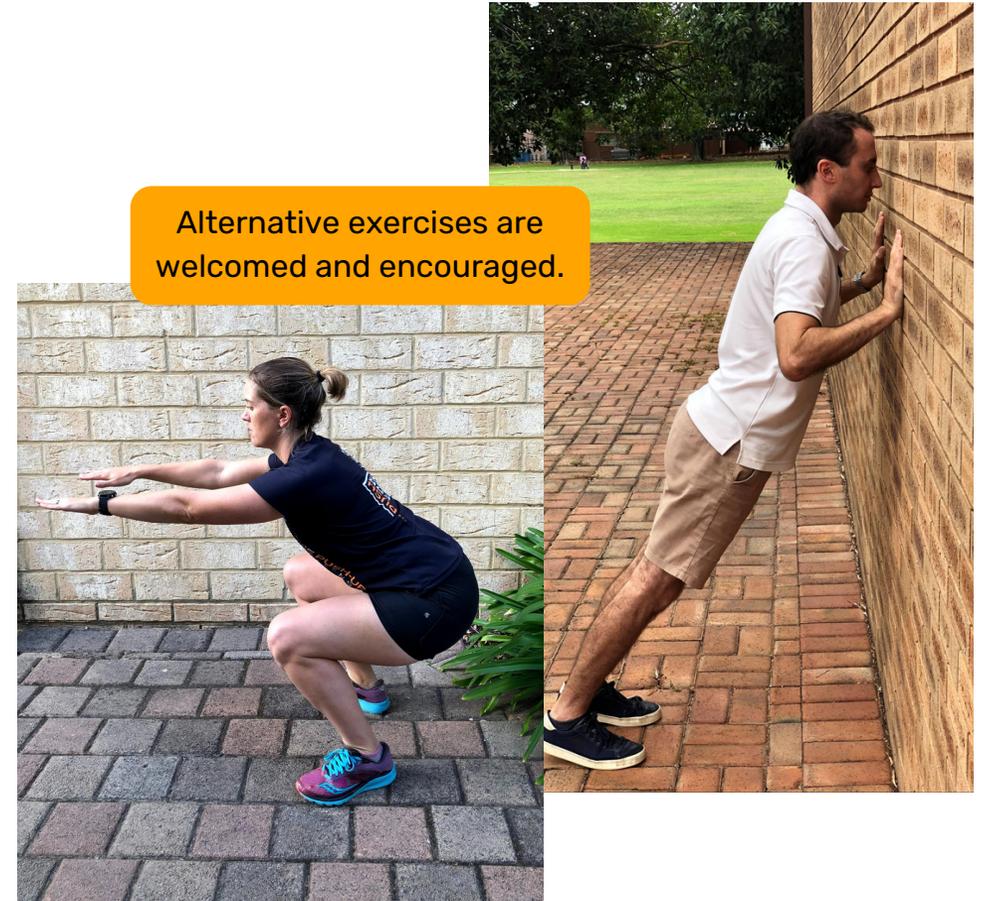
Total: 1570
Average per day: 75

75%

Total: 2,354
Average per day: 113

100%

Total: 3,139
Average per day: 150



Alternative exercises are welcomed and encouraged.

2021 ACHIEVEMENTS



240 million push-ups banked



\$9 million raised for mental health



22,000 teams



174,000 participants



MENTAL HEALTH IMPACT

As a direct result of **The Push-Up Challenge 2021**, participants reported improvements in their health and wellbeing.

95%

of **school participants** surveyed in 2021 told us The Push-Up Challenge was either **better or much better than other school health promotion activities** they took part in.

97%

learnt something about mental health

99%

felt fitter and stronger

94%

felt connected



AARON'S EXPERIENCE



“

Being the Student Coordinator for The Push-Up Challenge gave me the opportunity to share my passion for the importance of good mental health.

After experiencing first hand the devastation of suicide and losing a brother, I felt there was no better way then to involve my entire school and community in The Push-Up Challenge.

2021 Participant

”

CHAPMAN'S EXPERIENCE



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.

2021 Student Ambassador



IT'S SIMPLE FOR YOUR SCHOOL TO GET INVOLVED

**Taking part in The Push-Up Challenge is free!
All you need to do is register and spread the word.**

What we do:

Supply you with a toolkit including email templates, social media templates and lots of other handy resources to help with event promotion.

Supply resources for participants to share their involvement.

Respond to participant queries.

Almost anything your heart desires (1).

(1) Note, we cannot do your push-ups for you

We look forward to having you involved!



IMPORTANT INFORMATION FOR SCHOOLS

 **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.

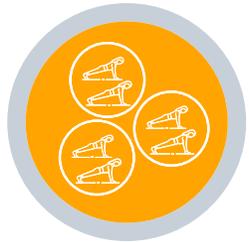
 **Participants under 16 years** must take part under the supervision of an adult.

 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.

 We take the **privacy** of our participants very seriously. Participants can make themselves anonymous and don't need to provide phone or address information (unless ordering merchandise).

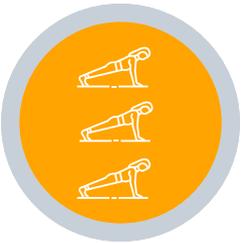
HOW TO REGISTER

Registrations open in April 2022. You can register as a:



Community

Communities are collections of teams. These are great for schools or other groups where more than 10 people are expecting to take part.



Team

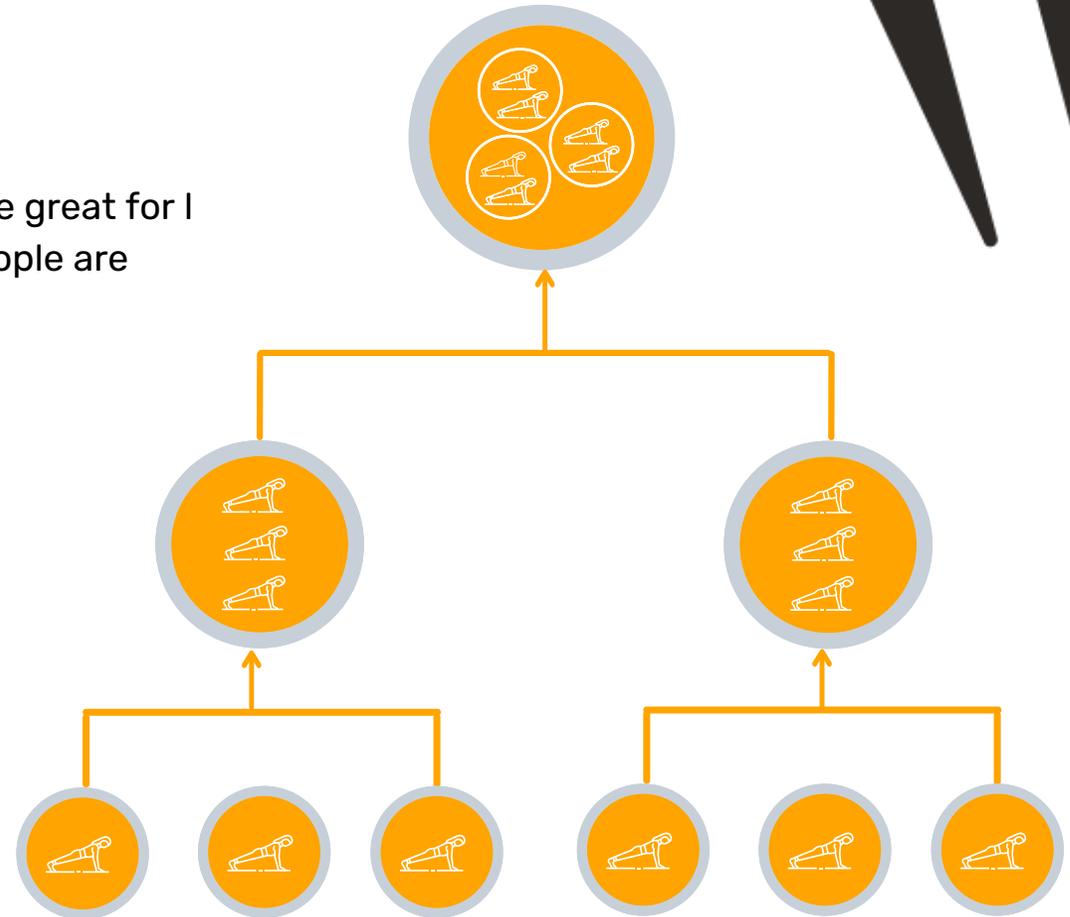
Great for **groups of up to 10 people**.

Note: You can only be in one team at a time.

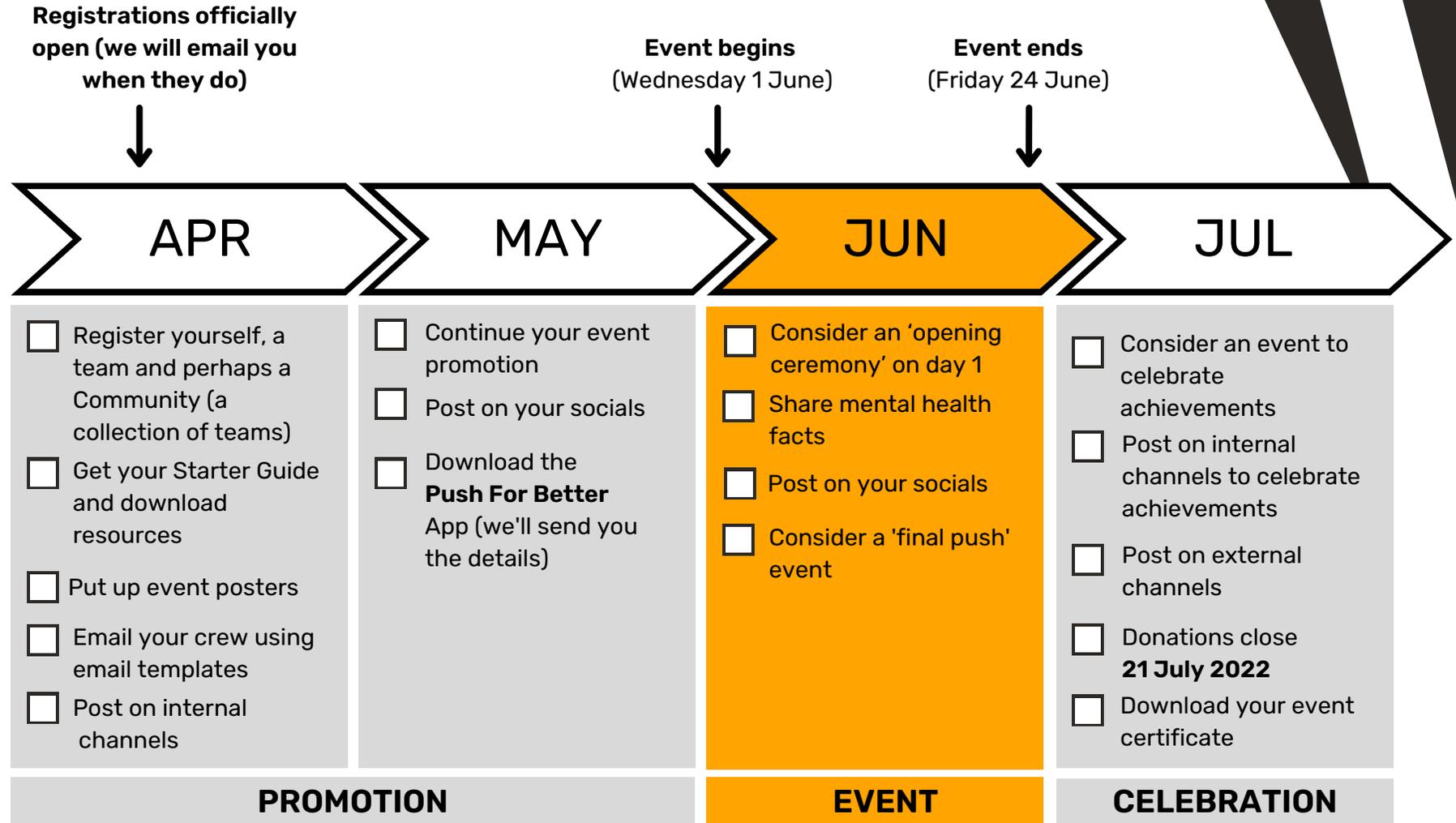


Participant

Anyone can take part (minors must complete a permission form).



WHAT HAPPENS AFTER I REGISTER?



To register and support **Lifeline Macarthur and Western Sydney** Scan the QR code or click [here](#)



GET YOUR STUDENTS **EXCITED ABOUT THE EVENT**

PRE-EVENT IDEAS

STUDENT FLEX

Year 11/12 student council representatives doing push-ups at an assembly, having a quick chat about mental health and encourage students to get involved.

MASS PUSH-UPS

Students complete the 3,139 push-ups collectively in a group session e.g. on an oval. With 100 students, that's 31 push-ups each (with someone picking up an additional 39).

TEACHER FLEX

Teachers do push-ups at an assembly, having a chat about mental health and encourage people to get involved. This could be a competition for most push-ups in one minute.



MORE INFORMATION?

If you have any questions or would like to arrange a school briefing with our Schools Engagement Lead, we'd love to hear from you!

Please **Contact Us** to request a briefing for your school today.

Registrations for the event will open in April 2022 - we will let you know by email when they do!





#PUSHFORBETTER

Proudly supporting



**PUSH
FOR BETTER**
Foundation



www.thepushupchallenge.com.au

To register and support Lifeline Macarthur and Western Sydney
Scan the QR code or click [here](#)

