The Push-Up Challenge

Helping Australia Push For Better Mental Health

Schools Information Pack

Here you'll find some info to help get you started

Thanks for your interest!

The Push-Up Challenge is an innovative way to engage your school in mental health.

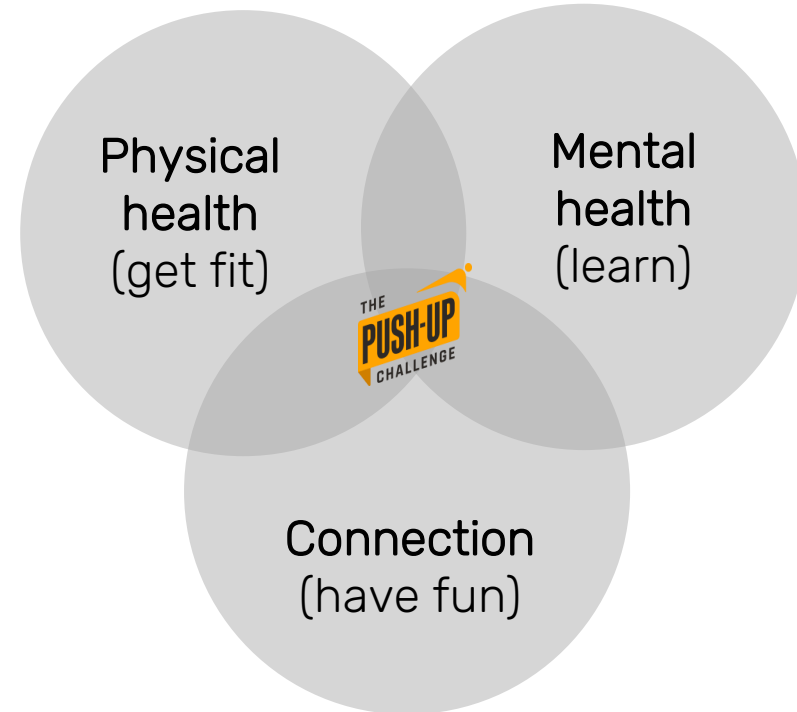We hope this pack has you as excited about the event as we are.

Join in the fun and be part of Australia's largest mental health and fitness event.

The Push-Up Challenge is a unique way to engage people in mental health

The Push-Up Challenge
1st – 25th June 2021

Runs in June (1st to 25th, 25 days with 3 rest days. This includes 19 school days)

3,318 push-ups in total, representing the number of Australians who died by suicide in 2019

Track your own, your team's and your Community's progress online (on our app or website)

Promote physical health

Learn about mental health

Fundraising is optional but a great chance to support critical mental health services

THE **PUSH-UP** CHALLENGE

The Push-Up Challenge is fun and easy to get involved in

Promotes fitness (push-ups can be done in the classroom, on the oval – anywhere! Exercise alternatives are welcome)

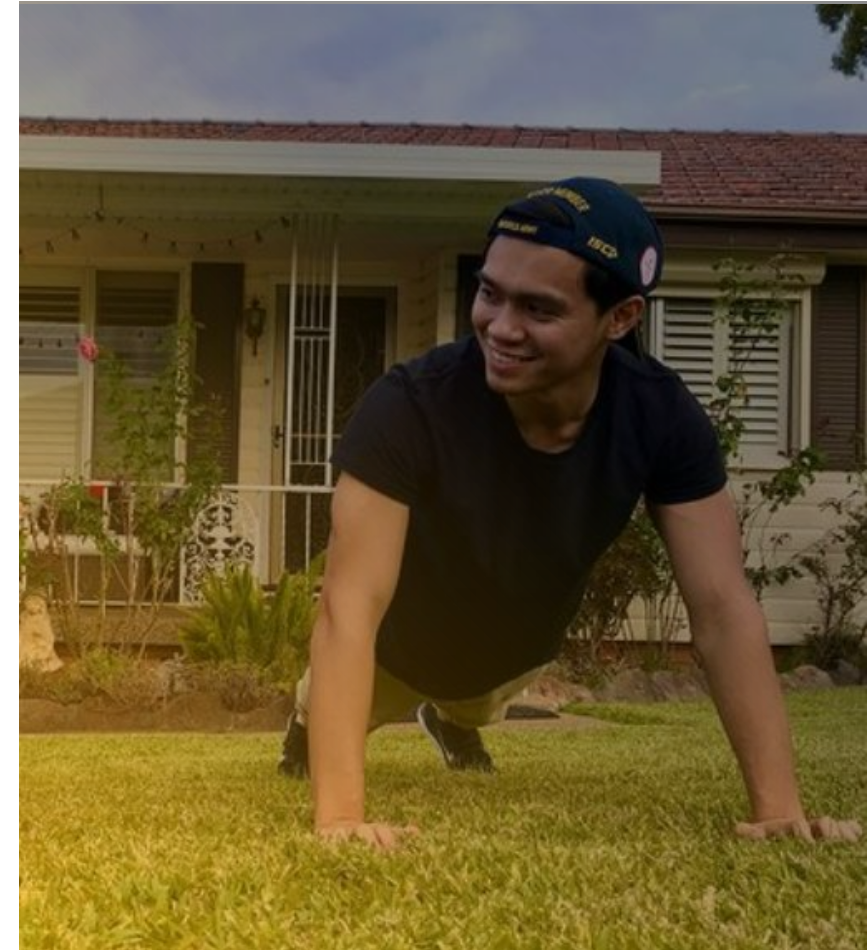Fosters **connection** (virtually and in person)

Facilitates **conversations** about mental health

Promotes **a positive team spirit** and some **healthy competition** amongst teachers/school staff, students and parents

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

PUSH-UP CHALLENGE

The **2020 event** achieved great things

130,000 participants

121 million push-ups

22,000 teams

$5.1M raised for mental health

Learn more about how it all began here.

Get **your students** excited about the event (pre-event ideas)

These could be held in May to encourage students to sign-up for the Challenge.

Student flex

Year 12 student council representatives do push-ups at a school assembly, have a quick chat about mental health and encourage students to get involved in the upcoming event.

Mass push-up

Students **complete the 3,318 push-ups collectively** in a group session e.g. on an oval. With 100 students that is 33 push-ups each (with someone doing an additional 18).

Teacher flex

Teachers do push-ups at a school assembly, have a quick chat about mental health and encourage people to get involved in the upcoming event.

This could be a competition to see who can do the most push-ups in one minute.

THE PUSH-UP CHALLENGE

For your school to get involved it is super simple

What **you** need to do:

Tell us that you're in[1]

And closer to the event start date…

Promote the event to your school or university [2]

What **we** do:

Supply a toolkit and resources to help with event promotion

Supply resources to help your crew share their involvement

Respond to participant queries

Almost anything your heart desires[3]

1. Again, no cost to you, register interest on The Push-Up Challenge website (if you haven't already)
2. Once registrations open, register yourself and create a team and perhaps a Community

3. Note that we cannot do the push-ups for you ☺

THE PUSH-UP CHALLENGE

Important information for **schools**

Permission forms are required for participants under 18 years of age. These are available under the 'Get Pushin - Resources' section of our website. When an under 18 participant registers this form is also emailed to the participant who is then required to print it out, have it signed and returned to us.

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

When you set-up a **Community or team**, we provide you with a unique link to invite others to join. Community Leaders and Team Captains can create a **secret code word** so that only those with the code word can join.

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)

Being involved in the event allows people to focus on their fitness

Push-ups are a good all-round fitness activity that can be done just about anywhere and can be spread across the day.

Whilst the target (3,318 push-ups) might seem high, it is achievable. In 2020 we had an 11 year old and a 91 year old great grandmother complete the event.

We've had participants complete push-ups in offices, in gyms, at restaurants and just about everywhere. See Instagram for examples (@pushforbetter).

Four different push-up goals exist

Participants will get a badge **each day** (on the app and the website) when they hit each of the below

25 %
Total: 830
Average per day: 38

This is an entry level of participation that is intended to make the event accessible to many.

50 %
Total: 1,659
Average per day : 75

This will allow for participants to take part with more energy being required

75 %
Total: 2,489
Average per day : 113

This is to allow for people to ramp things up towards 100%

100 %
Total: 3,318
Average per day : 151

The real deal. We expect many participants (2/3) to take on this full challenge.

Note that the target number of push-ups will vary between days to reflect a different mental health statistic.

THE PUSH-UP CHALLENGE

Alternatives to push-ups are allowed and encouraged

We encourage variation and alternatives to fit in with people's abilities.
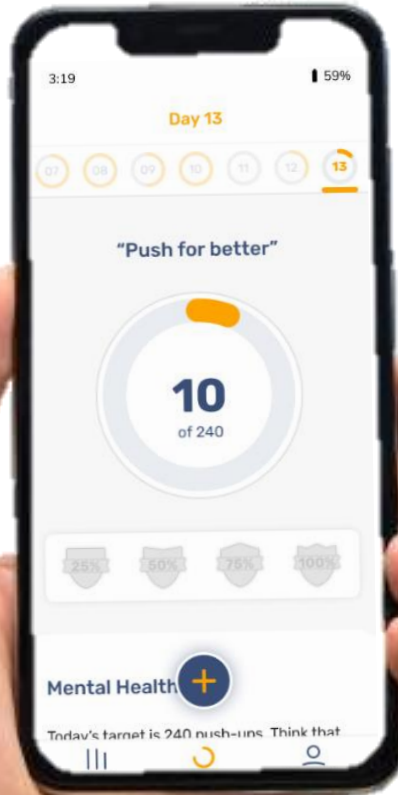
Push-up options

Push-up alternatives

Each day, participants track their push-ups on our **phone app or website**

Our phone app is simple and engaging

See daily targets

Enter ('bank') pushups

See how others are going

Learn about mental health

From app stores (iPhone and Android)

We'll send you info on where to get the app as the event approaches

THE PUSH-UP CHALLENGE

Each day participants learn about mental health

A different mental health fact is offered to participants every day which relates to the daily push-up target.

These tips are practical and evidence-based.

The 2020 event feedback around these tips was overwhelmingly positive.

96% of participants said they learnt something about mental health.

120

How do you spend your time online?

Example daily mental health tip

This set of 120 push-ups represents the 1200 hours an average Australian young person spends on social media per year. That's over 3 hours per day.

The relationship between social media and mental health has generated a lot of concern. While there is some evidence that too much social media can increase stress, it's not all bad news. In a UK study, young people who were online for at least 120 minutes per day felt more connected and supported by their peers. For people experiencing mental ill health, numerous peer-to-peer support communities have formed online that can increase connectedness, allow for sharing of stories, and promote a sense of belonging. Additionally, more mental health services are becoming available online.

As our online interactions become a bigger part of our daily life, it is important to make sure our time online is spent in a positive way.

As a school, you may want to support headspace

- headspace provides tailored and holistic mental health support to young Australians aged 12-25 years.

- More than 75 per cent of mental health issues develop before a person turns 25.

- headspace has a focus on early intervention and offers support to young people across their 110+ headspace centres, national telehealth service, vocational services support, early psychosis program and school engagement program.

- Funds raised for headspace will go towards supporting youth mental health programs both nationally and in local centres.
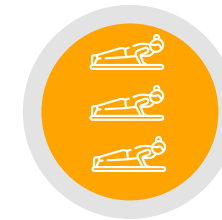
There are 3 levels of participation

Each one of these is grouped within the other. So, for instance, participants can exist within a team which can exist within a community.
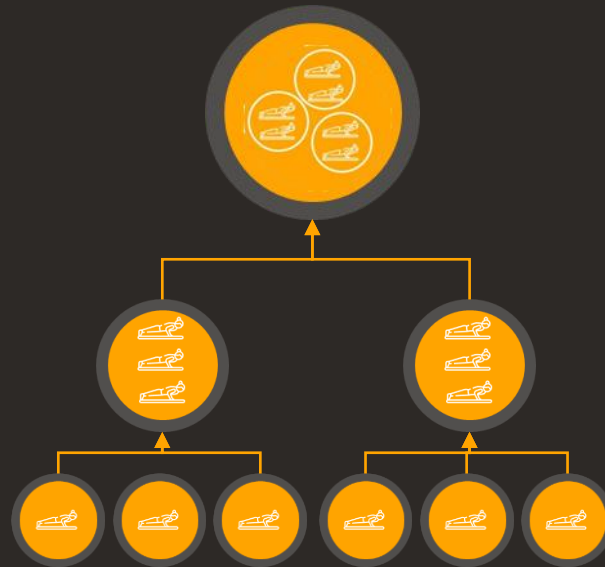
Community
Communities are collections of teams. These are great for large workplaces, schools, gyms, unis or clubs where more than 10 people are expecting to take part.

Team
Teams are great for groups of up to 10 people.

Note: People can only be in one team at a time

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

THE PUSH-UP CHALLENGE

If you have more than 10 people we recommend creating a Community

A Push-Up Challenge 'Community' is a great way to engage your school.

A Community allows you to have multiple teams, at any location around Australia, all sitting under your organisation's umbrella.

Creating a Community on our website takes about 2 minutes.

You can then share your unique Community link with others to invite them to join.

See an example of a 2020 Community to the right.

Team La Trobe (University)
https://www.thepushupchallenge.com.au/community/te COPY

Welcome to our La Trobe University, Team La Trobe Push-Up Challenge Community! This year we're helping to raise awareness of mental health concerns. You can create a team in this Community or join Team La Trobe as an individual.

229 legends
210,572 push-ups completed
5,289 funds raised

THE PUSH-UP CHALLENGE

Here are some **FAQs** that you might be interested in

Q. How much does it cost to be involved?

A. Nothing, the event is free to take part in

Q. How hard is it to get my crew involved?

A. If you want to get a team or Community involved, we set you up with everything you need. Downloadable posters, email templates and everything you could ask for in a toolkit to get your people involved. We also support participants through our website.

Q. Does it have to be push-ups?

A. We encourage people to mix it up where they can. Perhaps some sit-ups, lunges or squats etc.

Q. Do I have to do all the push-ups each day?

A. No, you could take on 25%, 50% or 75% of the target and you'll get a badge when you reach each milestone.

Q. How many push-ups it is each day?

A. The amount varies each day. You can find the amounts on the app or on your push-ups page.

Q. Can I bank more than the daily push-up target?

A. You cannot exceed the number of push-ups set in our daily push-up target because our aim to for everyone to be pushing towards the same goal - that being recognising and raising awareness of the 3,318 Australians who died by suicide in 2019.

Q. Do I have to fundraise?

A. Fundraising is optional but a great chance to support critical mental health service delivery by heaspace and Lifeline. If fundraising isn't your jam, consider making a donation ☺

Q. Do I have to be in a team?

A. We welcome people taking part in the event solo

A stack more FAQs can be found on the <u>website</u>

THE
PUSH-UP
CHALLENGE

- Registrations officially open mid March

- A Toolkit will be provided once you register with lots of handy info.

- If you have any queries, please get in touch with us through our website

- We look forward to having you and your school involved in The Push-Up Challenge 2021!

Helping Australia
Push For Better
Mental Health