



# INFORMATION PACK 2024 SCHOOLS



# PUSH FOR BETTER MENTAL HEALTH

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

Participants are challenged to complete 3,249 push-ups over 24 days. Sadly, this number represents the number of Australians who died by suicide in 2022.

Each day of the challenge, a Mental Health Fact will be shared with participants, shaping up 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.



**3,249 PUSH-UPS. 5-28 JUNE.**



# 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 155 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.



**PHYSICAL HEALTH**

Get Fit



**MENTAL HEALTH**

Learn



**CONNECTION**

Have Fun



# WHY WE 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, headspace 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, Student Ambassador

3,249



**Australians lost their lives** to suicide in 2022. 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.

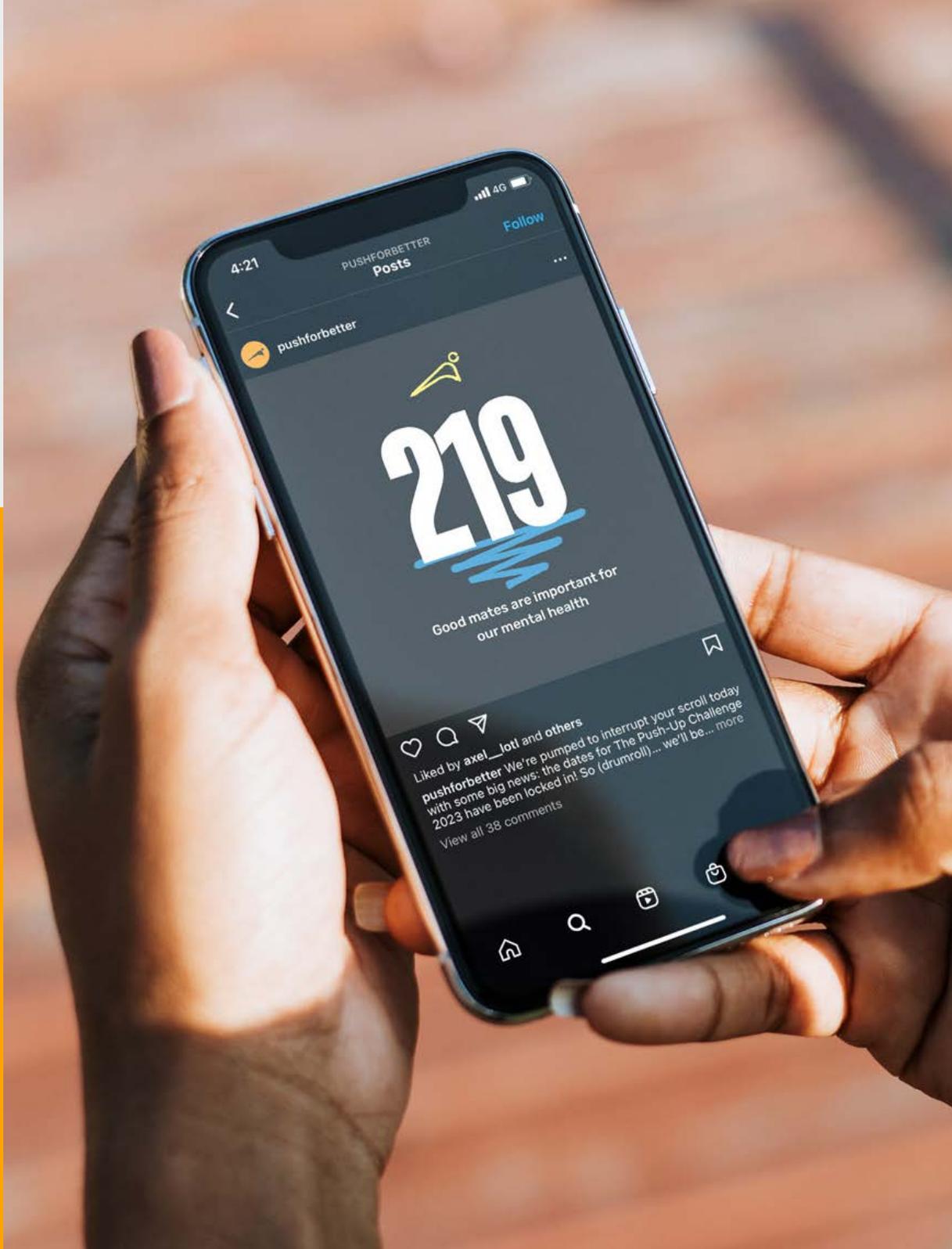
# LEARN ABOUT MENTAL HEALTH EVERY DAY

## MENTAL HEALTH EDUCATION

Each day's push-up target corresponds to a Mental Health Fact. Over the 24 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.

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, 168 push-ups for the 16.8% of Australians affected by anxiety

**In 2023, 96% of school participants said they learnt something about mental health.**



# 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, headspace or Lifeline, you'll be supporting the delivery of crucial mental health services and programs for those who need it most.



**“It’s not just a good cause, but good for your health, your daily dose of exercise, and a good conversation-starter.”** - Dean, former participant



# 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, Student Ambassador

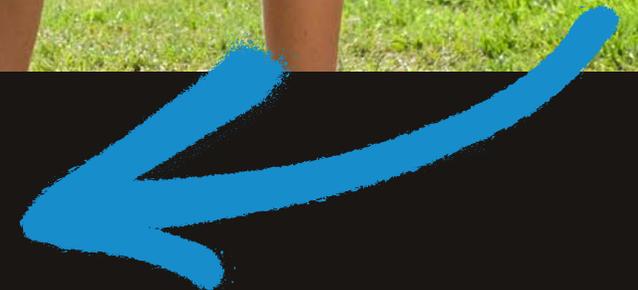


**"Exercise helped me overcome my own mental health challenges, so The Push-Up Challenge really resonates with me. Now that I have found a better headspace, the challenge also gives me an opportunity to give back to others."**

- Jordan, Student Ambassador



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



# OUR CHALLENGE'S IMPACT ON MENTAL HEALTH



We surveyed over 7,000 participants in 2023, and here's what they told us about how they felt after the challenge...



## WELLBEING (PHYSICAL AND MENTAL)

99%

Felt fitter and stronger

96%

Mood was improved

98%

Motivated to exercise

## LEARNING

96%

Learnt about mental health

93%

Felt connected

55%

Checked in on someone

98%

Mental illness was destigmatised

88%

Had mental health conversations

97%

Felt it made seeking help easier

# THE PUSH-UP CHALLENGE OFFICIAL APP

- \* SEE DAILY TARGETS
- \* ENTER ('BANK') PUSH-UPS
- \* SEE HOW OTHERS ARE GOING
- \* LEARN ABOUT MENTAL HEALTH
- \* FROM APP STORES (IPHONE AND ANDROID)

**THE APP WILL BE AVAILABLE TO  
DOWNLOAD BEFORE THE EVENT STARTS.**



# 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 155 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 3,249 push-ups collectively in a group session on the school oval.



# IT CAN SHAPE UP LIKE THIS

People can sign up solo, as part of a team or a community. Most organisations will have a team at the very least, or multiple teams which form a community.



## Community

Your School will become the 'Community'. Communities are a collection of teams.



## Team

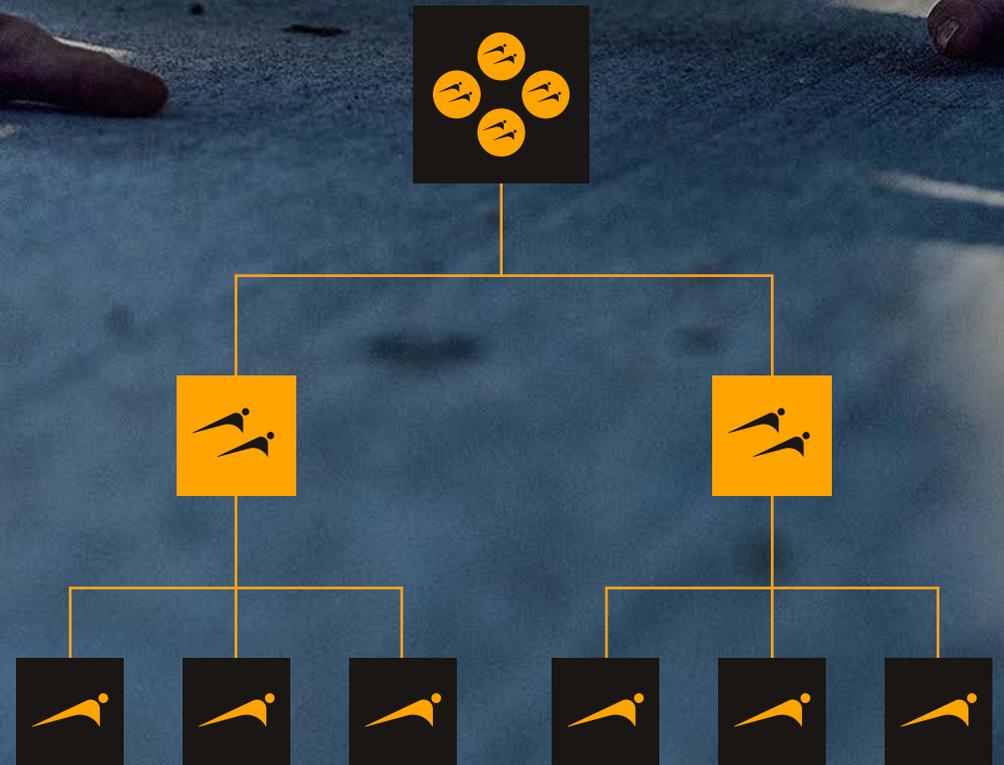
We recommend a team of up to 10; You can only be part of one team at a time. To join a Community, you must be part of a team.



## Solo legend

Anyone can sign up as a solo participant and they'll have the support of the entire push-up crew behind them.

THE  
**PUSH-UP**  
CHALLENGE



# SETTING UP YOUR COMMUNITY

We recommend you discuss your ideas for how to structure your teams with your school prior to registering.



## Community - 'School Name'

You will set up your 'School Community' when you register. This will create a Community link to share with your school.



## Team - options

You can let students/teachers create teams organically or you can divide teams into groups, eg/ house/year levels (noting team size of up to 10). Each team will need a team captain.



# IMPORTANT INFO 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.**



# 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 Wednesday 5 June!

**"The Push-Up Challenge brought the community together through a shared focus... as students continued to connect and engage in other community activities, creating a stronger, more tight-knit school community. The push up challenge served as a reminder that by coming together, we can make a real difference in the lives of those around us, both in terms of their mental and physical well-being."** - School Principal





Proudly supporting



**GOT MORE QUESTIONS? VISIT OUR WEBSITE.**

[www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

