

Ask any sports team at your high school to get involved by hosting a game to raise awareness of the importance of mental health. Dunk it, spike it, kick it... The puns are endless, so are the sports.

bring
change
to mind

high school

STICK IT TO STIGMA

How To

1. Talk to sports team and see if they are willing to get involved.
2. Set a time and date of the event and spread the word.
3. Craft letters to ask local vendors to donate food, drinks, and supplies for the event.

Materials

You will have different materials depending on your specific event. Making posters may be an important way to promote the event. Possibly making and selling t-shirts may also bring support to the cause.

Budget

This should be a low budget activity, besides paying for poster supplies. You may also decide to have a table of gifts at the event. Think about purchasing whatever supplies you may want!

Number of Students Reached

This could potentially reach 100-200 students if there are enough sports teams that seem interested in participating.

Time

This activity has a preparation time of a month or longer because of the out-reach involved and planning with multiple sports teams. The sports event could last up to an hour and a half, or longer.

