

LIGHT IT UP



ACTIVATION OVERVIEW

Let's shine a light on mental health awareness this May with our "Light It Up" activity. Partner with your wellness counselors, administration, and/or ASB to host a powerful school-wide assembly. Through impactful stories, informative presentations, and interactive activities, you can educate and inspire your community. Most importantly, use cell phone flashlights to symbolize unity, showing peers that no one experiences mental health challenges alone. Witnessing a dark room filled with light will powerfully illustrate your school's collective support and understanding.

THE IMPACT

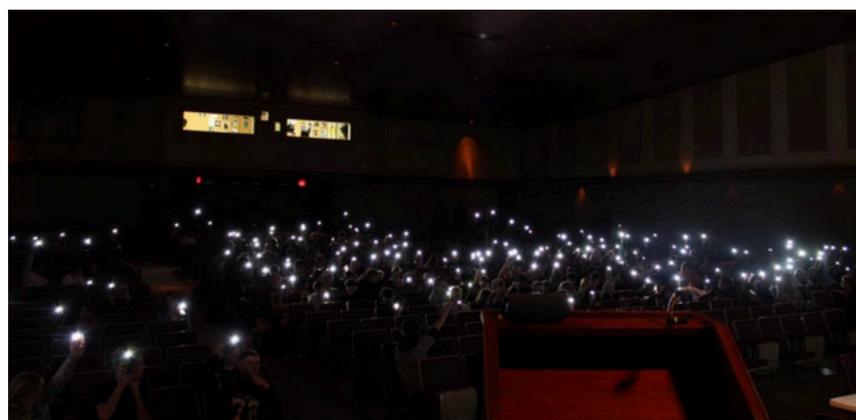
Mental health includes our emotional, psychological, and social well-being—it affects how we think, feel, and act every day. Everyone has mental health, whether or not they have a mental illness. Raising awareness about mental health is essential for reducing stigma, helping people recognize when they need support, and building a more empathetic, informed, and supportive school community.

Need a different activation idea to increase your impact? Check these out!

[Mental Health Fair](#) | [Mental Health Trivia](#) | [PSA Campaign](#)

MATERIALS & BUDGET

The materials needed are the list of questions and student involvement with cell phones. This is a low budget activity (\$0.00).



STEPS TO ACTIVATE LIGHT IT UP

STEP 1: PLAN & PREPARE

The activity will begin by someone asking one question at a time to the crowd. Your peers will be instructed to shine their cell phone light in the air if their response to each question is "yes". Consider a list of broad to specific questions that are related to mental health. Here are some examples to start:

- Have you ever felt stressed or overwhelmed?"
- "Can talking about feelings help improve mental health?"
- "Do social media platforms impact teenage mental health?"
- Are there resources available for everyone who needs mental health support?"
- The final question should be something like: "Who knows of someone affected by a mental illness?" and almost everyone should have their light on.
- End the activity by recognizing how common our human experiences are with mental health and stating the importance of awareness.

STEP 2: CONSIDER COLLABORATION

We highly encourage your club to host this activity during a Mental Health Assembly or Fair. Consider partnering with your ASB, Wellness Counselors, and Administration to plan a school-wide event for Mental Health Awareness Month. Additional things to consider would include:

- Mental Health Professional Keynote Speaker
- Local Mental Health Organizations & Resources (Tabling)
- Fun interactive games to get your peers engaged

STEP 3: SHARE PHOTOS!

We want the world to see our clubs in action! You will also get a chance to see the creative twist other BC2M clubs did for this activation. Follow these steps:

- Take a few photos of the Light It Up Activity.
- Share your photo with your BC2M Staff Person or programs@bringchange2mind.org
 - Your photos will be featured on our socials.