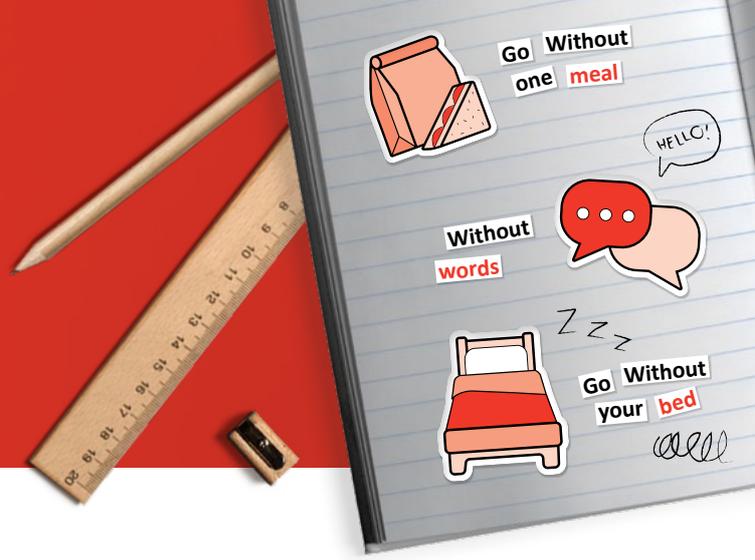


# GO WITHOUT Challenge

25-31 March 2019

## GUIDE FOR TEACHERS



# HEY TEACHERS, ARE YOU **ALL IN** for the Go Without Challenge?

## THE CHALLENGE



By **going without a meal**, students feel empathy with families struggling to make ends meet or with recently arrived refugees.



By **going without their bed**, they share the experience of over 116,000 Australians who sleep on couches, in shelters and on the street.



By **going without words** in person, text or social media, they grow closer to 500,000 people who are deeply socially excluded, as well as refugees learning a new language.

## HOW YOU CAN HELP

- Commit your whole class to signing up to Go Without
- Challenge other classes to see who can take more challenges and raise more funds!
- Engage parents by sharing Go Without resources.
- Use our resources to include meaningful content in the classroom about challenges many face in our communities and around the country.

Encourage your students to sign up from 1 March at [www.redcross.org.au/gowwithout](http://www.redcross.org.au/gowwithout)

Go Without Week runs from 25 March to 31 March

## WHAT IS GOING WITHOUT?

Go Without challenges students to go without **one meal**, **their bed** (by sleeping on the floor or the couch) or **their words** (voice, text messages and social media).

By doing this, students feel empathy with the real-life challenges of Australians who live with food insecurity, homelessness or social isolation. They'll also raise much needed funds for the Red Cross.

Students sign themselves up, get their own digital fundraising page and set their own challenges. You can support the event by getting your whole class involved, challenging other classes or getting your whole school involved.

## LEARNING BY GOING WITHOUT

We've put together educational resources for teachers and students to help learn more about the challenges many Australians face. There's information about how Red Cross helps in Australia and around the world.

Download your Go Without Pack from 1 March at [redcross.org.au/gowwithout](http://redcross.org.au/gowwithout)

## WHERE DOES THE MONEY GO?

Funds raised from the Go Without Challenge go towards Red Cross' everyday work in Australia and beyond. This includes helping families make ends meet through grocery vouchers or emergency accommodation, supporting young people facing homelessness and refugees seeking safety, and making phone calls and home visits to those who are isolated.

the power of humanity

