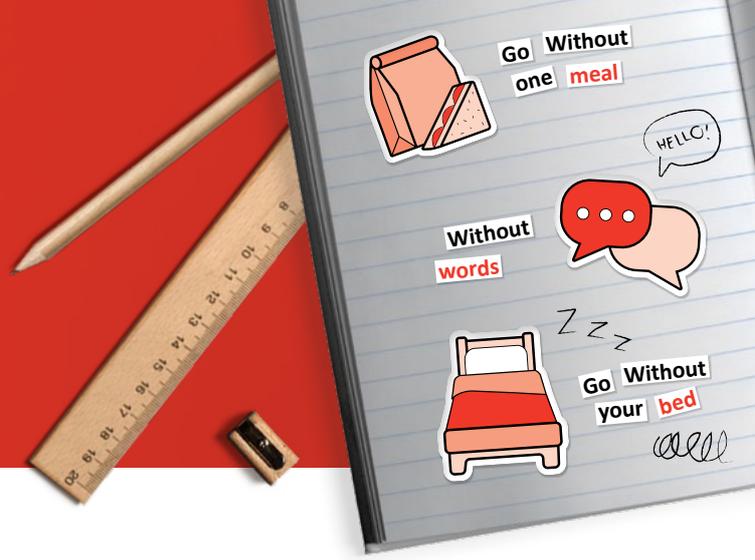


# GO WITHOUT Challenge

25-31 March 2019

GUIDE FOR PARENTS AND CARERS



## HEY PARENTS, ARE YOU **ALLIN** to support the Go Without Challenge?

### THE CHALLENGE

#### How students take part



By **going without a meal**, students empathise 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.

We know going without isn't easy, and challenges can be adapted to suit children of different ages. A younger child may swap out going without a meal, for giving up a treat. Teens may want to give up texting rather than speaking.

### WHY GO WITHOUT?

There are millions of empathetic and active young humanitarians out there. They're passionate about injustice and want to do their part to help – that's what they told us!

The Go Without Challenge was developed with students, for students. They told us they want to feel empathy with the real-life challenges of Australians who live with food insecurity, homelessness or social isolation. They also wanted to help raise funds for Red Cross.

### 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.

### HOW YOU CAN HELP GO WITHOUT

It's simple and easy, so children and teens can do it all themselves, but sometimes we all need our parent or carer's support. Here are some ways you can help.

**Accept the Challenge** – by encouraging and supporting your children to Go Without.

**Be a Challenge Champion** – spread the word at your school, or set up a challenge with another class or school.

**Back your child** – sponsor them through their individual online campaign page, then invite your friends and colleagues to support them too.

**Brag about your child** – it's for a good cause! Help spread the word. Share on social, in your blog, or on the grapevine.

Your child or teen is invited to Go Without to make a difference.

Sign them up from 1 March at [www.redcross.org.au/gowwithout](http://www.redcross.org.au/gowwithout)

the power of humanity

