



## **The Push-Up Challenge Student Ambassador Program 2024 Frequently Asked Questions**

### **Are there school-friendly resources available for The Push-Up Challenge?**

Absolutely! We provide a suite of school friendly resources which will be available on The Push-Up Challenge website early 2024. This will include promotional material (e.g., posters, email templates, social media templates, logos) as well as a resource to help you and your school initiate conversations about mental health. If there is anything that you think would be useful, please let us know and we'll see what we can do!

### **How many ambassadors can my school have?**

We allow a maximum of two ambassadors at each school. We recommend Student Ambassadors set up a committee of passionate students to support the event. This is a great opportunity to create a support system within your school to really promote The Push-Up Challenge with your peers!

### **Can the role of Student Ambassador for The Push-Up Challenge be included on your resume or application for further studies/opportunities?**

For sure! Previous Student Ambassadors have included their role as Student Ambassador on their resume and applications for further studies. The Student Ambassador role is a fantastic opportunity to demonstrate and develop your leadership skills within your school and community.

Previous Student Ambassadors have all reported they improved an impressive array of skills, including organisation, leadership, interpersonal and public speaking.

### **Will The Student Ambassador role interfere with my studies?**

The Push-Up Challenge Student Ambassador role is not intended to interfere with your school schedule or studies. There will be a variety of dates and times for you to complete your training and workshops, including lunchtime, after school, evening and weekend options.

How you choose to develop the Student Ambassador role at your school is up to you, and it's your responsibility to manage your schedule and ongoing commitments. We encourage you to plan early, and get participants registered and in teams well before Day 1 of the event. Think of it as a practical lesson in time management, another skill to add to your resume!

### **What happens if I can't get other students interested or we don't raise any money?**

The Push-Up Challenge is about having fun while getting fit and learning about mental health. While there is a fundraising component, The Push-Up Challenge is about participation and connection. As a Student Ambassador, you are providing an opportunity for your peers to learn about mental health and be part of a fun event. We will provide you with resources and support before and during the event to assist you in promoting The Push-Up Challenge at your school.

If you recruit hundreds of participants, and/or your school raises lots of money, you will be recognised for your achievements, however there are no set targets of what you must achieve.

### **How many Student Ambassadors are there in total?**

In 2023, we were proud to support 500 students, represented in every state and territory in Australia to lead The Push-Up Challenge at their schools. Our 2024 numbers haven't been finalised yet, but it's shaping up to be an exciting year as we grow the Student Ambassador program.

Wouldn't it be amazing to have Student Ambassadors in every high school in Australia!

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We hope we have answered many of your questions. We will send you more information in Term 1 2024 and there will be a Q&A session in our first online training session. If you still have questions, please get in touch via the [Contact Us](#) section on the website.