





Get your school involved in Sweat with Pride!

G'day, future change-maker!   Want to bring Sweat with Pride to your school and get your classmates and teachers moving for a good cause? We love that! Here's how you can make it happen:


Get the Green Light


First, you'll need approval from your school. Talk to a teacher, sports coordinator, or principal about why Sweat with Pride matters and how your school can get involved. ✨ Key points to mention:


- Sweat with Pride raises money to support life-changing health services for rainbow communities.
- It's a fun and inclusive way to promote movement in a safe and supportive environment.
- Schools can take part in a way that works for them—PE classes, lunchtime activities, or a one-off school event!

Make It Easy for Your School to Say YES

Teachers and school leaders are busy, so come prepared with a simple plan. Here are some ways your school could get involved:

 Get each class or house group to commit to sweating for 21 minutes a day in June!

 Lunchtime Sweat Sessions – Organise dance parties, yoga sessions, or friendly sports matches.

 One Big Sweat Event – Plan a fun run, obstacle course, or relay race!


Gather Support

The more people on board, the bigger the impact! Ask your classmates, student leaders, teachers and sports teams to help champion the cause.


Spread the Word

Use newsletters, posters, morning announcements, and school emails to let everyone know how they can sign up and donate. Need materials? [We've got social media graphics, posters, and email templates to help you out.](#)

Fundraising Tips for Schools

 Gold Coin Entry – Charge a small fee for students to take part in events.

 Bake Sale – Rainbow cupcakes, anyone?

 Teacher Challenge – Get teachers to commit to a hilarious challenge if students reach a fundraising goal (like wearing a tutu for a day!)

Keep It Fun and Inclusive!

Not everyone loves running laps or doing burpees (fair enough!), so make sure there are lots of different ways to get involved— dancing, stretching, even a lunchtime TikTok challenge!

Celebrate Your Impact

At the end of June, shout out your school's achievements! Announce the total raised, highlight star participants, and remind everyone that their sweat helped fight discrimination and support Rainbow communities.

Need Help? We've Got You! Drop us a line at sweat@rainbowgiving.org.au if you need a hand! Let's get those school halls sweaty for a cause!



Suggested communications: 'Get Sweaty with Pride — Join Team **<insert Team Name>**! 🏳️‍🌈💪'

Check out our visual assets [here](#) to help promote the campaign.

This June, **<insert Team Name>** is taking part in Sweat with Pride – and we want you on our team! 🏳️‍🌈💪

Sweat with Pride is a new national fundraising and awareness campaign challenging Aussies to commit to 21 minutes of movement a day throughout Pride Month, while raising funds for vital LGBTQIA+ health and wellbeing services, including by ACON and Minus18.

Whether you walk, dance, lift, stretch, climb, or swim – every drop of sweat helps break down barriers to LGBTQIA+ inclusion in health, education, and community life. As a bonus, earn limited-edition rewards like socks, pins, tote bags and caps!

Let's get sweaty – and show our pride in action!

👉 Join us now: [Insert team link]