



- *Bullying, prejudice and cliques are fixtures in schools across America.*
- *Challenge Day is a one-day program that aims to break down these barriers.*

CHALLENGE DAY'S VISION

To create a world where every child feels safe, loved and celebrated

Separation, isolation and loneliness are enormous challenges for any human being. For young people, however, these feelings can be devastating to physical and mental health, leading many down the paths of self-harm, addiction, bullying or violence. What causes separation, this profound feeling of loneliness and isolation that so many young people struggle with? The answer is simple...FEAR.

It is one thing to know a person's title, accomplishments, successes or "image." It is entirely different to connect with their humanity, to learn the intimate details about them that you would know if you really knew them. Many people are so afraid of getting vulnerable or, as we say at Challenge Day, "getting real," that they end up settling for superficial relationships and conversations rather than risking the possibility of sharing more personally, and then perhaps being rejected. People often compare their "insides" with other people's "outsides," and relate image-to-image rather than heart to heart. As a result, many of us spend our lives feeling separate and alone. - From "Be the Hero You've Been Waiting For," pg. 49 – By Yvonne and Rich Dutra-St. John – Co-Founders of Challenge Day and the Be the Change Movement

What if you could end the loneliness?



What if by taking the risk of sharing your true self you could create real connections and friendships with those around you?

Do you have the courage to step outside your comfort zone and to risk allowing people to see and experience the real you?

What would people know if they really knew you?

HOW YOU CAN BE THE CHANGE

In the words of Gandhi, “We must be the change we wish to see.”

Don't sit back and wait for other people to change things--be the hero you've been waiting for!

Challenge Day – Formula for Change

Notice – Choose – Act

If there is anything about your life, yourself, your relationships or your school that would like to change, we recommend you apply Challenge Day's simple three-step formula for change.

Step One – Notice – Wake Up!

Do you like the ways things are? Are there things about yourself, your life or your school that you'd like to change?

Step Two – Choose – Dream it!

Once you notice, it's time to choose. In your greatest vision for yourself, your life or your school, how do you want things to be?

Step Three – Act – Do Something!

When your vision is clear and you know what you'd like to change, it's time to step into action! Have the courage and commitment to be the hero in your own life.



As part of the Be the Change Movement we challenge you to use the Formula for Change and to do at least one intentional positive Act of Change each day for the betterment of your life, your school or the world around you.

This may not seem like much; however, imagine a school of 2000 students. If only half of you committed to doing a single Act of Change every day, by the end of one school week that would be 5000 Acts of Change on your campus! At the end of one short month that would be 20,000 positive Acts of Change.

ARE YOU READY TO BE THE CHANGE?

For more information about Challenge Day, the Be the Change Movement, or for additional ideas for how to bring If You Really Knew Me to your school and your life or to purchase your copy of *Be the Hero You've Been Waiting For* log on to <http://www.challengeday.org>.

