

STEPHEN LAWRENCE DAY

CHALLENGE
ACCEPTED

22 APRIL

#ChallengeAccepted

Stephen Lawrence Day is about the part we all play in creating a society in which everyone can flourish.

It's about how you can take actions that help you and others to live their best life. As we approach Stephen Lawrence Day this year, everyone is facing their own challenges, making it the perfect time to help other people in your community, through simple acts of kindness.

By accepting our challenge and posting it on social media, you can be part of Stephen Lawrence Day and raise people's spirits with all the positive things people are doing to help and support others.

Getting involved is simple:

STEP 1: Decide what you're going to do... These are some ideas, but there are plenty of other things you could do...

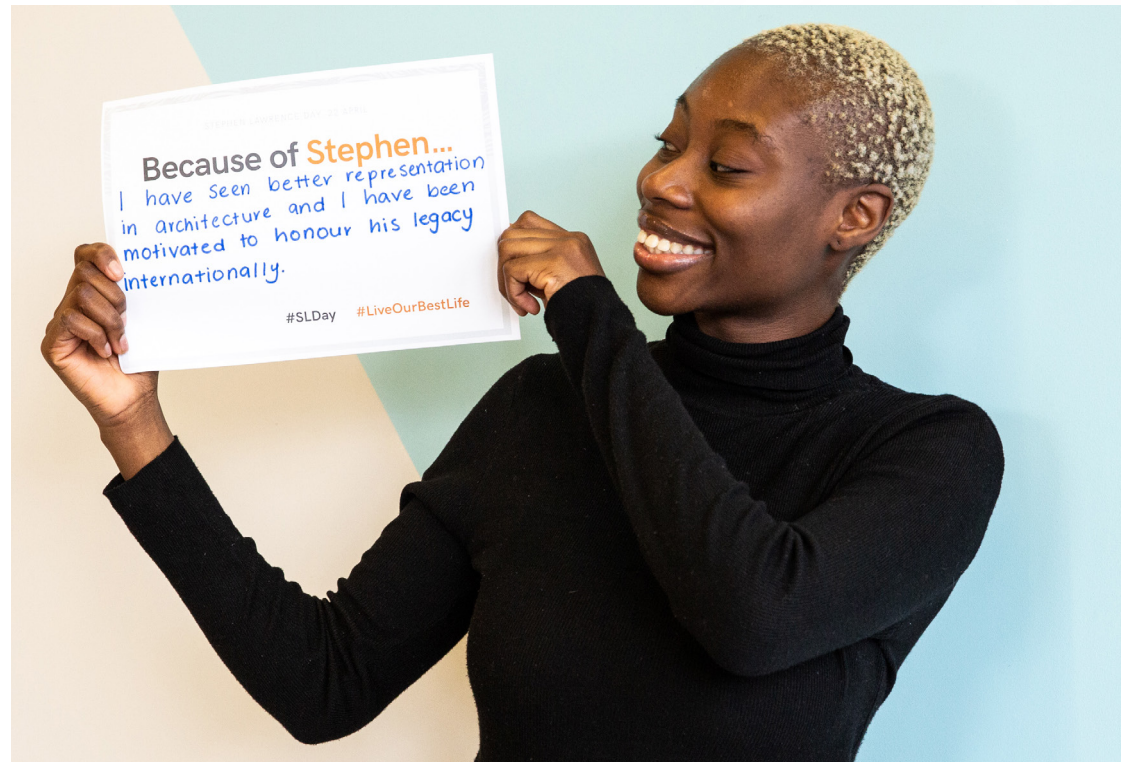
- Lots of charities will really struggle financially because of the impact of Covid 19. Is there anything you can do to fundraise? You don't have to leave the house, it could be something as simple as a sponsored silence. The Stephen Lawrence Charitable Trust would be really grateful for your donations, but you could also raise funds for a charity close to you.
- Some people, particularly if they are living on their own, may be feeling really lonely and isolated. Perhaps you could post a handwritten note to people in your street to let them know you care.
- Share a positive message on-line - may be it's something you've drawn, or a clip you playing a musical instrument. We'd love it if you posted a picture of your own 'Because of Stephen...' card, with as much artistic flourish as possible.
- Look out for information on ways to get involved and things happening in your local area that you could join in with. Please check with a parent or guardian first to make sure it is safe!
- Don't forget to include anything you have already done - we want to highlight as many positive actions as we can.

Please remember: it's important that whatever you choose to do, you are safe. You should take all the precautions you would normally take to be safe, as well as protecting your health.

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STEP 2: Take or find a photo... Everyone loves a good selfie. Choose an image that you can post on your social media accounts that fits what you are going to do or have done.

STEP 3: Post it on your social media accounts... Use a brief caption (140 characters or less) to describe what you are doing and add the hashtags **#BecauseOfStephen**, **#StephenLawrenceDay** and **#ChallengeAccepted** then tag in a friend and pass the challenge on to them.



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We would love it if you would post what you're doing on social media to let us and others know how you are celebrating Stephen Lawrence Day.

Build the impact of the day and help others to see what you're doing by using the hashtags

#LiveOurBestLife

#BecauseofStephen

#SLDay

#StephenLawrenceDay

#ChallengeAccepted

And don't forget to tag us in so we can share your good work!

Twitter /s_lawrencetrust

Instagram /s_lawrencetrust

Facebook /stephenlawrencecharitabletrust