

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 is an opportunity for young people to be inspired about what they can achieve in their own lives and to get involved in creating the kind of community they want to live in.

We're setting three challenges to choose from that reflect the aims of Stephen Lawrence Day, and asking you to post what you do online. By accepting our challenge and posting it on social media, you can be part of the Day and raise people's spirits with the many positive actions we can all take to make a difference.

Getting involved is simple:

STEP 1: Decide what you're going to do...

We are setting three different kinds of challenges – do good (a simple act of kindness to help others in community); get creative (express what living your best life looks like for you through your chosen artform); or share the learning (find out about Stephen's story and share it). **Choose the challenge that suits you, or, if you're feeling ambitious, why not do all three?**

Do good in the community

Stephen Lawrence Day is about the part we all play in creating a society in which everyone can flourish. As we approach 22nd April 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. 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 of 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 you can post on social media 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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Get creative

Through Stephen Lawrence Day we want you to be inspired about what you can achieve, so you can live your best life. Everyone has a different version of how to live their best life and everyone has different things that makes them happy. We're setting a creative challenge to express what living your best life would be for you.

It's alright if you haven't got it all figured out yet. Maybe you have a dream lifestyle but not a dream job. Ask yourself what your ideal life would look like. Think about what's important to you. Is there anyone who inspires you that you can learn from?

Now get creative! How you express it is up to you. Maybe it's a drawing or painting, or perhaps you could do a collage, using old magazines. Maybe you could write a blog or poem. Or if performance is more your thing, why not create a spoken word poem, a song or rap. Is there someone you could do it with? Perhaps they could interview you as if you're on TV or a podcast. You are in control - so give it all you've got.

Share the learning

Stephen was a normal young person who made the most of everyday opportunities. He juggled an active social life, school work, family commitments, and a part-time job. But he also had ambitions to use his talent for maths, art, and design to become an architect, and he wanted to have a positive impact on his community. Stephen had a bright future ahead of him and, although his life was short, it is an example of a life well lived. His murder and the events that followed it led to changes in attitudes to racism, to the law and to police practice. It also paved the way for a greater understanding of discrimination of all forms and new equalities legislation.

We're setting a challenge to find out about Stephen's story and post a single fact that you didn't know, that has surprised you, or that you think is important and pass it on. [Here's the timeline of Stephen's story to get you started.](#)

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STEP 2: Take or find a photo...

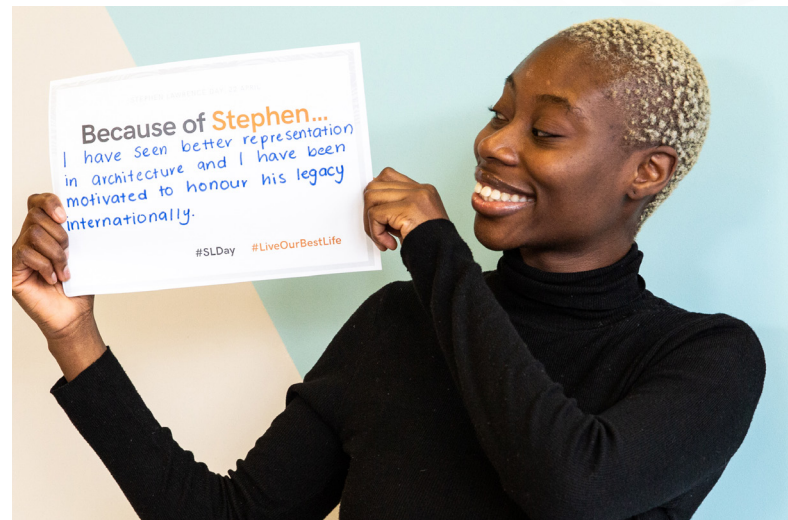
You've already done the hard work in STEP 1. Now you need a good selfie. Choose an image that you can post on your social media accounts that fits what you've done or are going to do.

- If you've chosen to do good, what image will best represent it? If you're struggling, why not write it down on one of our [#BecauseofStephen cards](#) and take a photo of yourself holding it. Or simply make your own card with pen and paper.
- If you've chosen to get creative, we want to see what you've done! Take a picture of you with your artwork or poem, or a video of your performance.
- If you've chosen to share the learning, write a short post (200 characters or less) describing what you've learnt and include a picture of yourself.

STEP 3: Post it on your social media accounts...

If you've chosen to share the learning, you just need to post your learning with your selfie. If you've chosen to do good or get creative, use a brief caption (180 characters or less) to describe what you're doing.

Don't forget to add the hashtags #BecauseOfStephen #StephenLawrenceDay and #ChallengeAccepted, then tag in a friend and pass the challenge on to them. And remember to tag us in too so we can share your good work!



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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