

## Empower students to champion mental health and share their stories!

Educators play a vital role in student well-being. Your classrooms are often where young people begin to feel seen, heard, and understood—and creative expression can help students build self-awareness, empathy, and connection.

The #CreateConnectCare Challenge invites students ages 11–18 to share creative expressions that explore care, connection, and self-expression. It’s an opportunity to reduce stigma, uplift youth voices, and create an open space for honest conversations about mental health.



**Deadline to submit is March 31<sup>st</sup>, 2026!**



- 1 Choose a Focus Area:** Students explore mental health resources and choose a focus area, such as awareness, stigma, connection, or self-care.
- 2 Create a Piece:** Students use literary, visual, performing, film/video, or digital arts to create an original work that expresses their ideas, emotions, and lived experiences.
- 3 Share:** Students submit their creative work to #CreateConnectCare. All participants will receive a digital #CreateConnectCare Certificate of Participation and be considered for the 2026 Awards.

### How To Use #CreateConnectCare With Students:

#CreateConnectCare can be integrated into classrooms and youth development programming in several ways:



As a teacher-guided activity that aligns with existing curriculum across various subjects.



As a facilitator-administered activity in extracurricular or after-school programming.



As a self-guided activity that allows students to complete their projects on their own time.

#CreateConnectCare is an excellent opportunity for students to learn about mental health and to express themselves creatively. By encouraging your students to participate, you can help them to develop important life skills and to make a difference in their community.

**Visit [www.createconnectcare.org](http://www.createconnectcare.org) to learn more!**