



VARSITY BRANDS

# THE COLLECTIVE

STUDENT EMPOWERMENT MONTH



Erika's Lighthouse

Teen Empowerment  
Awareness into Action Activities  
Educating Efforts



## MENTAL HEALTH BINGO CONTEST

GREAT GOAL [QUICK-START GUIDE](#) PLAN, DO, STUDY, GROW LEADERSHIP CYCLE

Use this quick-start guide to inspire and empower your students to plan, do, study, and grow. This guide will launch student planning.

For more student leadership resources visit [BelieveInYou.com](http://BelieveInYou.com).

For more mental health awareness projects like this one visit [ErikasLighthouse.org](http://ErikasLighthouse.org).



Erika's Lighthouse  
A Beacon of Hope for Adolescent Depression

**BELIEVE IN YOU.COM**

Sample GREAT Goal outline to help you run a Mental Health BINGO Contest for Mental Health Awareness Month.

G

Goal  
Name

Host school-wide Mental Health BINGO Contest for Mental Health Awareness Month in May.

R

Reason  
for the Goal

This contest will give students, faculty and staff a fun and easy way to **break the stigma** and have important mental health awareness conversations on campus.

E

Efforts  
Required

- Select key dates for contest (rules announcement, BINGO Days, card submission deadline, selection and announcement of winners)
- Create contest announcements (posters, morning announcements, classroom announcements)
- Create + distribute BINGO Boards school-wide (*use this template & Instructions from Erika's Lighthouse: [LINK TO BINGO TEMPLATE](#)*)
- Collecte completed BINGO Boards, choose winner, award prizes.

A

Accountability  
Team

- List student leadership team:
- List faculty / staff advisors:
- List key contacts needed to get tasks done:

T

Timeline  
for Results

**Add Dates Below** (Working Backwards)

- Winning BINGO Boards are drawn and prizes are distributed:
- Completed BINGO Boards are collected:
- School-wide BINGO days begin:
- BINGO Boards are distributed:
- BINGO Boards are created and copied:
- Contest and contest rules are announced:
- Accountability Team is identified and commits:

Blank GREAT Goal worksheet to help you create your own  
Mental Health BINGO contest.



Goal  
Name

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Reason  
for the Goal

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Efforts  
Required

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Accountability  
Team

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Timeline  
for Results