

2026 TALK-AND- WALK-A-THON



Promoting your Talk-And-Walk-A-Thon

Promoting around your school

Promote your Talk-And-Walk-A-Thon around your school by using the resources in the digital toolkit.

- Print and display posters around your school
- Share the guides for students, staff and parents/carers.
- Include information in your newsletter and on social media, using the information below.

Also talk about the event to students, staff and parents, e.g. assemblies, staff meetings and P&C or P&F meetings. Teachers may also like to prepare students for conversations in class – see the Teachers' Guide for details.

We are hosting a Talk-And-Walk-A-Thon to build student connections. October is Mental Health Month and we are encouraging students to talk and walk. The aim is to build connections between students, as strong relationships are crucial to good mental health.

Promoting in your school newsletter

Here are some draft words you may like to include in your school newsletter. Edit as you wish.

We are hosting a Talk-And-Walk-A-Thon on <insert date> as part of Mental Health Month.

It's important that our children feel safe, connected and supported at school and within the wider community. The Talk-And-Walk-A-Thon has been designed to strengthen feelings of connection and sense of belonging, allowing students to get to know other students at school.

Students will be invited to stretch their legs and talk about topics, from how they spend their weekends to how they want to change the world. These topics will encourage peer engagement, help strengthen bonds and allow students to feel connected with people they see every day but may not necessarily know.

The Talk-And-Walk-A-Thon is an initiative by Peer Support, a not-for-profit that has been helping Australian schools build student wellbeing for 50 years. Find out more at peersupport.edu.au/talk-and-walk-a-thon



Office: 1300 579 963 Website: peersupport.edu.au

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Promoting on social media

Here are some tips for promoting your Talk-And-Walk-A-Thon:

- Create hype by posting about your event in the lead-up. You might like to use one of the graphics provided in the toolkit.
- Share photos and updates about your event on the day.
- Use the hashtag: #talkandwalk so Peer Support Australia and other schools can find your event. We love seeing how schools are running their events.

Follow Peer Support on social media and tag us in your post.

- [Facebook.com/PeerSupportAustralia](https://www.facebook.com/PeerSupportAustralia)
- [Instagram.com/peersupportaus](https://www.instagram.com/peersupportaus)
- [LinkedIn.com/company/peer-support-australia](https://www.linkedin.com/company/peer-support-australia)