



THIS LENT STAY SILENT FOR A CHANGE

Join siLENT in solidarity with young people who don't have a voice, and raise money so young people can make a change.

We think Lent is a great time to try something different: **silence**. Take time to give up the things that fill life with noise and restlessness. By staying silent, you are standing in solidarity with young people who don't have a voice, for whom silence isn't a choice.

HELP REACH A MILLION

A 'Million Minutes of Silence' is a really simple idea - each minute is sponsored to raise money for projects supporting young people. Throughout Lent 2019 schools, parishes, communities and individuals will help clock up a million minutes!

YOUR SILENCE MAKES A DIFFERENCE

Amy always wanted to show people who she was, but she wasn't able to. Instead, as a young person growing up with a disability, she was judged and bullied. Now that is changing. Million Minutes' is working with For Jimmy to give Amy her voice. Our help enables her to use her experience of being rejected and bullied to support other young people living with disabilities.

Money raised from siLENT is supporting Amy to work with other young people and to reduce the stigma of the label 'disabled'. She explains: "I refuse to call myself disabled because that word means you are not able. I want to support young people who have disabilities to understand we can do anything we set our mind too." **Your silence will help young people to build a peaceful world without bullying and discrimination.**

Download siLENT resources for more ideas of how to get involved:

- Primary schools
- Secondary schools
- Parish & Communities

MILLIONMINUTES.ORG/SILENT

For Jimmy is the charity set up in Jimmy Mizen's name. In 2008, Jimmy was killed in a violent attack. Million Minutes is working with For Jimmy supporting young people like Amy to stay safe and to build communities of peace where young people are valued and belong.

STAY SILENT FOR PEACE



STAY SILENT. GET SPONSORED. CHANGE LIVES.

At 16 Andre was isolated from lessons at school due to his behavioural difficulties. Lonely and frustrated Andre was given a second chance when Million Minutes encouraged Andre to help out at his local primary school. During the year his confidence grew so much that he built relationships with young people in his local neighbourhood. Knowing what being isolated felt like, he saw opportunities to include others, like supporting a child using a wheelchair to take part in a basketball game with his peers. "I feel empowered," he said. Andre overcame his own difficulties to use his voice to make a change for other young people.

Your silence will help young people like Andre to change lives.



STAY SILENT FOR ANDRE

TAKING PART

People can take part in different ways:

Collective silence in school/groups - e.g. you could set up a silent assembly, choose an hour together, or do a 'silent relay' by each staying silent for an hour and passing on the 'baton'!

24 hours straight - Just go for it! Choose a date in Lent (6 March to 20 April) and start getting sponsored.

No Phone or Social Media over Lent! - Instead of spending all those hours online, spend just half an hour a day in silence (and an hour on Good Friday and Holy Saturday). It adds up to 24 hours.

SPREAD THE WORD. Let people know what you are doing and share your fundraising page on your social media accounts. Remember to tag us @millionminutes and use #siLENT so we can see your posts!

INFO@MILLIONMINUTES.ORG Registered charity number 1140079

GETTING STARTED

1. Sign up online
millionminutes.org/silent

2. Setup your online fundraising page. Follow the link at sign up millionminutes.org/silent

3. You can also download the siLENT sponsor forms from the website.

You can also get sponsored by text. Share the message: To donate £5, text **LENT24 £5** to 70070. (You can donate £1/ £2/ £3/ £4/ £5/ £10)



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