

How to incorporate Mullets For Mental Health into your school

Virtual

- Nominate a teacher or your Principal to take part. You could live stream the shave through Zoom or your chosen platform.
- Nominate a year mullet representative. Encourage a student from each year to get behind the cause and encourage some friendly competition between grades.
- Use Mullets For Mental Health as a learning and leadership activity. Challenge your students to come up with a virtual mullet event to raise funds for Black Dog Institute. e.g. Design and create Mullets Merchandise and sell and donate the profits to Black Dog Institute.
- Host a virtual wellbeing day. Sadly, our research shows 75 percent of young people say their mental health has worsened as a result of COVID. Why not incorporate Mullets For Mental Health wellbeing day to support those struggling with current lockdowns and encourage them to reach out.

Physical

- Host a Mullets For Mental Health Day! It could include;
 - BBQ
 - Casual dress /theme
 - Invite local hairdressers to shape in the mullets
- For those who do not want to cut their hair, they can colour or style into a mullet.
- 'Best Mullet' competition. Students vote for their favourite mullet, their could be different categories e.g. Best Curly Mullet, Most Stylish Mullet, Highest Fundraiser.

As always, please remember to first ensure parents/guardians have given permission before cutting any students' hair into mullets.