

# 2026










## Secondary school calendar



# Ask

# R U OK?®

# ANY DAY

January	February	March	April
<p>It's important to teach the R U OK? message year-round. Our <b><u>R U OK? in Secondary Schools Guide</u></b> helps students become confident to ask R U OK? any day.</p> 	<p>Display the R U OK? message at your school year-round by using our templates to create a mural or print <b><u>R U OK? posters</u></b>.</p> 	<p>Check out our dedicated R U OK? resources for teenagers at our <b><u>#FriendBetter hub</u></b>. Young people can find information to help them have important and meaningful conversations with their friends.</p> 	<p>It's school holiday time! The break is a great chance to unwind, prioritise your wellbeing and check in with your colleagues. Our <b><u>Staffroom Conversation Guide</u></b> has tips to help you have an R U OK? Conversation.</p>
May	June	July	August
<p>Need some inspiration to plan R U OK?Day activities? Check out the <b><u>activities and events</u></b> that schools from across Australia have implemented to encourage meaningful connection with their students and staff.</p> 	<p>Watch <b><u>'Tips for being a good friend'</u></b>, where Adelaide 36ers player and R U OK? Ambassador, Isaac Humphries talks to secondary students about how to spot the signs that a friend is struggling and how to ask R U OK? your way.</p> 	<p>NAIDOC Week (5-12 July) celebrates and recognises the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. R U OK? Stronger Together resources encourage people to <b><u>Ask your mob, in your way, R U OK?</u></b>.</p>	<p>It's one month until R U OK?Day 2026! Don't forget to finalise your plans, get merch orders in and <b><u>register your event or activity</u></b>.</p> 
September	October	November	December
<p>R U OK?Day, on 10 September 2026, is a reminder that any day is the day to ask 'are you OK?'. We have free <b><u>Educator resources</u></b> on our website.</p> 	<p>With end of year exams approaching, check in with students and ask 'are you OK?'. Some students may find support services such as <b><u>headspace</u></b> and <b><u>Kids Helpline</u></b> helpful.</p> 	<p>Share our Youth Conversation Guide with your students. It's designed to help young people navigate an R U OK? Conversation and help the people in their world. They're available on our <b><u>online store</u></b> or you can <b><u>print them yourself</u></b>.</p> 	<p>The holiday season can be great fun, but it can also be a time of stress for people experiencing financial, family, or other challenges. Make sure to check in with colleagues before you head off for the holidays. If you or someone you know needs support during the holidays, there is <b><u>help available</u></b> 24/7.</p>