



**TAKE ACTION. SPREAD HOPE.**

The ALS Youth Challenge is a chance for kids to rise to the challenge and help raise awareness and funding for ALS.

On May 13, 2023 – Youth Action Day – kids, teenagers, and young adults across the country will unite to take a stand against ALS. By challenging yourself and completing an awareness or fundraising activity online – you’ll show the world that you are fighting to end ALS.



**Kids across the country will be taking the  
ALS Youth Challenge on May 13, 2023 – Youth Action Day.  
But you can take the ALS Youth Challenge any day!**



**SHARE YOUR  
TALENT.  
SPREAD  
HOPE.**



**WRITE  
LETTERS.  
SPREAD  
HOPE.**



**EDUCATE  
OTHERS.  
SPREAD  
HOPE.**



**SHARE YOUR  
HERO.  
SPREAD  
HOPE.**



**USE YOUR  
IMAGINATION.  
SPREAD  
HOPE.**



# CHOOSE YOUR CHALLENGE

Thank you for joining with your peers across the country to help make your generation the first to create a world without ALS. Pick one of the challenges listed below or create your own awareness and fundraising idea!



### **Share Your Talent. Spread Hope.**

Do you play the piano? Like to draw? There are fun ways to do what you love and raise awareness – and money – at the same time. Set up a virtual event to showcase your hobby or talents! (Don't forget to make sure it's okay with your parents!)



### **Write Letters. Spread Hope.**

Contact your local members of Congress and tell them why ALS research and legislation are important to you.



### **Educate Others. Spread Hope.**

Create an online presentation to teach your class, friends, school, or any organization about ALS and how it affects your family..



### **Share Your Hero. Spread Hope.**

Find a picture of your ALS hero. It could be someone living with ALS, or a caregiver, scientist, or doctor participating in the fight against ALS. Post the photo to social media using both of these hashtags – **#ALSHERO** and **#ALSYouthAction**. Include a few sentences about how your ALS hero inspires you.



### **Use Your Imagination. Spread Hope.**

Develop your own awareness or fundraising idea. Your ideas and passion are limitless. Show everyone your creativity as you help those fighting ALS!

Visit [als.org/youthchallenge](https://als.org/youthchallenge) to learn more about the ALS Youth Challenge, and to download your ALS Youth Challenge toolkit!