



WHAT IS IT?

A way for pupils to incorporate prayer, fasting and almsgiving by being sponsored for giving up their mobile phone for one day.

HOW DOES IT WORK?

BEFORE THE PHONE FAST DAY

1. It's based around what their 'Lent Number' is. They find out their own individual Lent Number by counting the number of times they pick up/use their mobile phone in one day, from waking up to going to sleep. The number of times they count becomes their Lent Number.
2. Once they have established their Lent Number, pupils aim to relate all of their Lenten Activities to it. For example, if their Lent Number was 42 (as in they picked up their phone 42 times on the day they were counting), then their sponsorship target would be £4.20 or £42.00.
3. In addition, they would try to do 42 acts of charity/selflessness over the course of Lent. These acts can be recorded in their online Lent Mobile Phone Challenge booklet.
4. Pupils then chose one day to give up their mobile phone. This means that they do not use it for any texts, social media, photographs, YouTube or anything else.* They get sponsorship for the day and try to raise at least as much as their Lent Number, but of course they can always raise more!
5. The day before their Lent Fast they might want to send out a message to all their contacts on their various platforms, explaining that they will be out of contact for one day.
6. Pupils should be made aware of how the money they raise will be used (<https://acnuk.org/about/our-mission-and-history/>)

ONE THE DAY

1. They simply do not look at their phone. Every time they go to reach for their phone on this day, pupils are invited to say a prayer instead. So if they usually wake up and check their texts, at that moment when they would usually do so, they say a prayer instead. If they usually check their social media and WhatsApp on the bus, then instead, they say a prayer. Continue this throughout the day.

AFTER THE DAY

1. Pupils reflect on the day through prayer and an optional writing task.
2. The money raised should be collected afterwards and sent to ACN.
3. Pupils continue with their works of charity and could even opt to do a second phone fast day.

HOW CAN MY SCHOOL JOIN IN?

1. A class, year group or individuals from a school could decide to do the challenge on the same day. It would be even better if staff joined in too. Pupils could also be encouraged to get their parents involved.
2. The money raised should be collected afterwards and sent to ACN (see the sign up list for contact details).
3. If you want to register your school, then please fill in the registration form to let us know about your plans.
4. Pupils may want to write a short article about their Lent Phone Challenge and send them to ACN. One will be chosen to feature on ACN's website and in our schools' newsletter. This student may also be invited to speak at an upcoming ACN Schools' event.

****For security and emergencies, we recommend that pupils do have their phones with them on the phone fast day, and may check them at say 2 pre-agreed times for this reason (but not to check other texts etc.).***