

ONE  
WAVE

11TH BIRTHDAY  
TRIBE LEADER INFO PACK





# WHO IS ONEWAVE

OneWave is a non-profit surf community raising awareness of mental health with a simple recipe... saltwater therapy, surfing and fluro.

One wave is all it takes!



**50,000+**  
Attendees

200+ Beaches  
50+ Countries



**45,000+**  
Young people

Know it's ok not  
to be ok



**5,000+**  
Workmates

Bringing colour  
to mental health

**WATCH VIDEO** 

# OUR STORY

When OneWave Founder Grant Trebilco was diagnosed with bipolar in 2012, it was surfing with his family and mates that helped him most. Sometimes, OneWave is all it takes!

Grant dreamed of giving more people the chance to ride waves and talk about mental health. So, one Friday morning in March 2013, Grant dressed up in a shirt and tie and surfed solo at Bondi Beach to spark conversations about mental health.

That was OneWave's first Fluro Friday event, and now, thanks to the incredible support of the OneWave community, Fluro Fridays have taken place at over **200 beaches in 50 countries**.

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# OUR PURPOSE

## OUR WHY

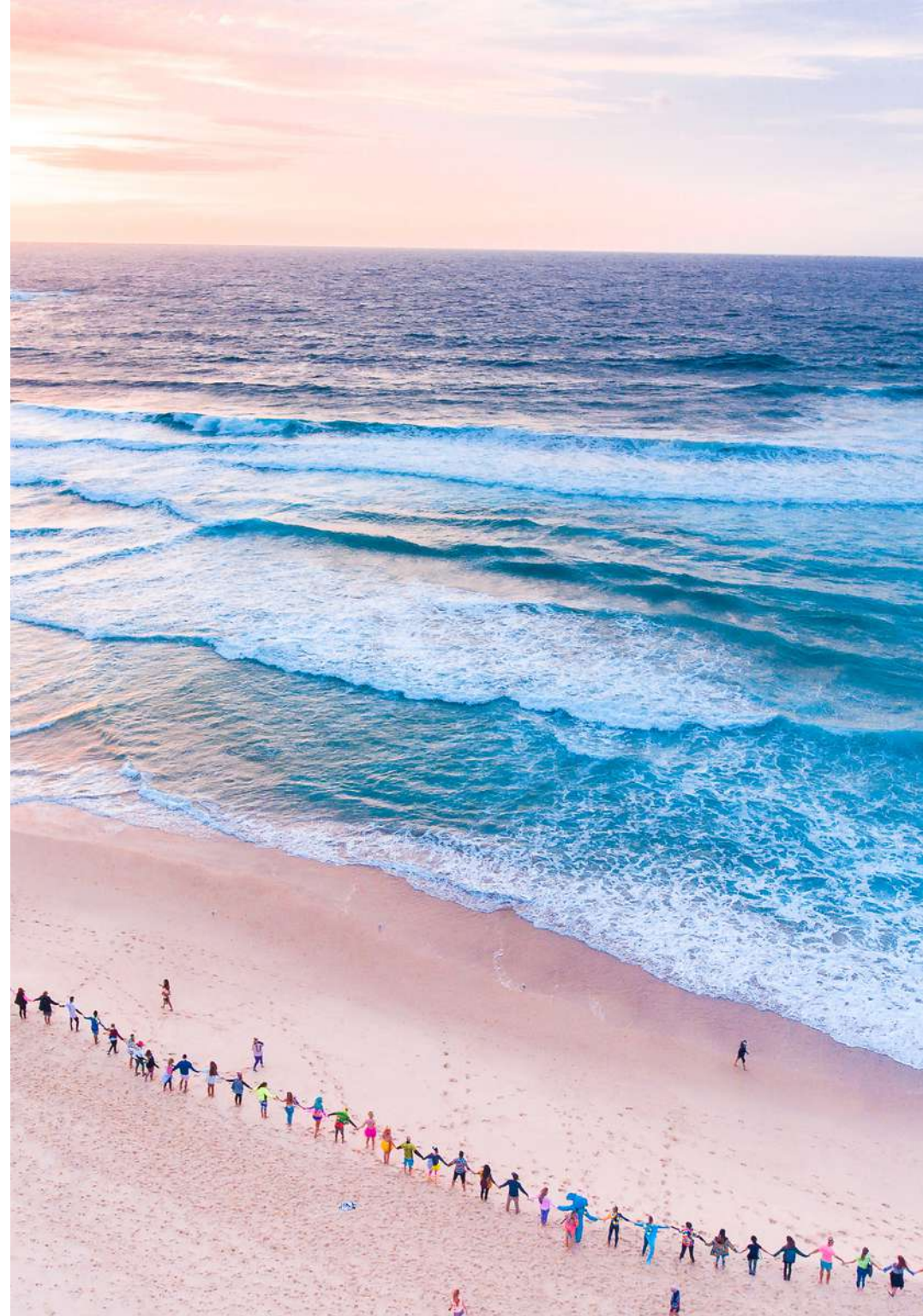
Worldwide we lose someone every 40 seconds to suicide.

## OUR MISSION

We believe that everyone should have the chance to ride waves and openly talk about mental health without being judged.

By 2024, we aim to positively impact the lives of 100,000 people through saltwater therapy, surfing and fluoro.

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# ONEWAVE PROGRAMS



## FLURO FRIDAY

OneWave runs free weekly Fluro Friday sessions where the community dresses in bright fluro outfits and share waves and stories to raise awareness of mental health.



## SCHOOL PROGRAM

OneWave delivers 'Free the Funk' programs in primary schools, secondary schools and universities to raise awareness of mental health. Programs can be at school or virtual.



## CORPORATE PROGRAM

The OneWave 'Free the Funk' program helps start much needed conversations about mental health in the workplace. Programs can be in the office, virtual or at the beach.



# ONEWAVES 11TH BIRTHDAY

## JOIN THE WORLD FLURO WAVE FOR MENTAL HEALTH

On Friday, 22 March, OneWave will celebrate our 11th Birthday by creating a World Fluro Wave for mental health, and we would love you to join us!

OneWave communities around the world will dress in our brightest fluro with a simple message - to let anyone facing mental health challenges know they are not alone.

Whether you create a fluro wave on the beach, in the surf, at school, or in a park, all it takes is two or more people dressed in fluro to create a fluro wave, or you can take a fluro selfie. Every single fluro wave will help paint the world fluro for mental health.

The logo for OneWave, featuring the words "ONE" and "WAVE" stacked vertically. The letters are stylized, bold, and have a 3D effect with a color gradient from pink to blue.

# ONEWAVES 11TH BIRTHDAY

## HOW TO JOIN THE WORLD FLURO WAVE?

Whether you create a fluro wave on the beach, in the surf, at school, or in a park, all it takes is two or more people dressed in fluro to create a fluro wave, or you can take a fluro selfie. Every single fluro wave will help paint the world fluro for mental health.

## HOW TO CREATE A FLURO WAVE AT YOUR LOCAL?

- **At the beach** - You could create a Mexican-style fluro wave on the sand, catch a fluro party wave or take a fluro group photo or selfie.
- **At school/park/lake/gym/etc** - You could create a Mexican-style fluro wave or take a fluro group photo or selfie.

It would be awesome if you could capture a photo and share it on social media tagging: [@onewaveisallittakes](https://www.instagram.com/onewaveisallittakes) #flurofriday.



# HOW THE 11TH BIRTHDAY EVENT WILL RUN?

**Below is an example of an event plan for a 6.30am start time:**

You can create the Fluro Wave event plan and the best timings for your beach/location.

## **6.30am - People arrive dressed in their brightest fluro:**

- Make people feel welcome, and if you can have a little speaker with some music playing, it always helps create a good vibe (no problem if you don't have a speaker).
- If you have some spare fluro (fluro zinc/Hawaiian leis), it's always a super nice way to welcome people who don't have fluro

## **6.45am - OneWave 11th Birthday talk (standing or sitting in anti-bad vibes circle):**

Before we create a fluro wave, it would be amazing if the tribe leader could talk about who OneWave is and why we're so passionate about creating a fluro wave for mental health. [Here is a link to an example of a talk for the 11th Birthday](#), in case you want to use it as a guide. Also included in the talk is an example of what to do if someone shares their story and they or someone they know needs support.

**7am - Create a Fluro wave** (at the beach, park, school, lake - anywhere fluro).

**7.15am - 7.30am** - Fluro wave finishes, and people go surfing/swimming/do yoga/beach clean.

**8am - 8.30am** - Event wraps, and people leave the beach and head for breakfast at a local cafe if they have time before work.



# WORLD FLURO WAVE FOR MENTAL HEALTH

## STAYING SAFE

Please stay safe and salty and follow all local health and safety rules at the time of the event.

Please get attendees to RSVP before the event so people have agreed to the disclaimer and so you know how many people are attending. RSVP at: [www.onewaveisallittakes.com/11thbirthdaylocations](http://www.onewaveisallittakes.com/11thbirthdaylocations)

**When you RSVP for the event OneWave requires attendees to agree to the following:**

A. I shall check and follow all relevant Government laws, guidelines and health directions. In particular, I shall consider all weather and other related risk factors including my own health and capability. I shall only participate, after giving full consideration to those laws, guidelines and risks.

B. I agree and accept all risk associated with my participation in a OneWave event, including but not limited to the risk of visiting the beach and/or entering the water, using surf equipment (whether my own or not) or being near others using surf equipment

C. If I am 15 years old or younger, I will not participate in a OneWave event unless my parent or guardian also attends the event. I agree and accept all risk associated with my participation in the event

# 11TH BIRTHDSOCIAL MEDIA CONTENT

Here is some fluoro wave social media content and posters for you to promote the World Fluoro Wave. Send an email to: grant @onewaveisallittakes.com if you would like us to create a poster for your beach/location.



Global Poster (global poster)



Fluro Wave Event Poster  
(with your event details)

Email: grant@onewaveisallittakes.com if you would like us to create a poster.



Instagram Stories

[Download posters here](#)

# MENTAL HEALTH SUPPORT

## **What if someone attending the event needs mental health support?**

OneWave is a non-profit surf community raising awareness of mental health through a simple recipe... saltwater therapy, surfing and fluro.

Just remember, we are not mental health professionals. We are focused on raising awareness, letting people know it's ok not to be ok, and encouraging them to seek professional help. So if someone comes down to a OneWave event who is struggling, remember you don't have to try and fix it - just be there and listen without judgement. You can then help link them up with local mental health support services.

## **Mental Health Support numbers and websites**

If you need urgent support or are worried about someone, remember you are not alone. Please contact your local doctor and/or use the support numbers to ask for help. If your need is life threatening, call the Police.

You can find global mental health support numbers and websites here:

[www.onewaveisallittakes.com/need-help](http://www.onewaveisallittakes.com/need-help)

We have included some tips on the next page for how to support someone who is going through a funk.

If you want to chat more about this, please give Grant a call on +61420725965.

# HOW TO SUPPORT SOMEONE IN A FUNK?



## CHECK IN

How's your headspace?  
How are you travelling?  
How are you really?  
Stoke factor from 1-10?



## ENCOURAGE A CHECKUP FROM NECKUP

Have you told anyone else? Have you talked to a doctor/mental health professional? If no, do you want me to come with you?



## JUST BE THERE

You don't have to know how to fix it.  
Ask if they feel like talking about it?  
Listen. Give them a hug.  
Ask if there is anything you can do to help?



## KEEP CHECKING IN

Mental health comes in waves.  
When you keep on showing up for people when they need it most, it can honestly change their life.

# THANK YOU FOR YOUR AMAZING SUPPORT!



Send us an email if you have any questions:  
[grant@onewaveisallittakes.com](mailto:grant@onewaveisallittakes.com)

