

# INTERNATIONAL DAY OF HOPE

JULY 12 | MARCHING GUIDELINES



## MARCHING FOR HOPE, UNITED IN ACTION

### THE CRISIS DEMANDS ACTION:

- In the US, Suicide is the 2nd leading cause of death for youth ages 10–24 in the U.S.
- 42% of high school students report feeling persistently hopeless.
- Over 108,000 overdose deaths were recorded in the U.S. in 2021.
- Globally, 14% of 10–19-year-olds live with a diagnosed mental health disorder.
- Suicide is the 4th leading cause of death among teens worldwide.
- 90% of youth in low-income countries receive no mental health care.

**These numbers are more than statistics — they are a call to action. We cannot wait. We must rise.**

### GUIDING PRINCIPLES FOR MARCHES

- ✓ Stay peaceful and respectful
- ✓ Focus on what we want to build, not what we want to tear down
- ✓ Create uplifting, visionary, and creative signage
- ✓ Include people from all walks of life
- ✓ Keep the message of Hope front and center

## WHY WE MARCH?

We are not marching against each other — we are marching to transform our despair and hopelessness into purpose and Hope.

The world is facing a global crisis of mental health, addiction, violence, and suicide — especially among our youth. Hope is not a luxury. It is a lifeline. A science. A human right. Hope is achievable if we teach the skills.

We march to ignite a new conversation: one centered on action, vision, and unity. We march to say that despite our differences, we are united in building a better future — and we choose Hope.

This movement is bipartisan, inclusive, and forward-looking. We do not allow hate, blame, or vulgarity. We call on every marcher to channel pain into purpose and rage into results. Let's rise — not divided, but united.

**This is our moment. The children are watching. Let's give them something to believe in.**

**Learn How to Get Involved at [www.internationaldayofhope.org](http://www.internationaldayofhope.org)**

# SHARE YOUR OWN VISION

“What does the world you want to live in look like?”

MAKE YOUR OWN SIGN!

I MARCH FOR  
\_\_\_\_\_

MY VISION FOR  
THE FUTURE:  
\_\_\_\_\_

IN MY AMERICA,  
THERE IS  
\_\_\_\_\_.

I BELIEVE IN  
\_\_\_\_\_.

I HOPE FOR  
\_\_\_\_\_.

## MARCH DAY CHECKLIST

- ✓ Wear bright, uplifting colors. Yellow is often associated with Hope.
- ✓ Bring signs, cameras, and courage
- ✓ Practice your message and your intention
- ✓ Appoint speakers to share personal Hope stories
- ✓ Register your event at [internationaldayofhope.org](https://www.internationaldayofhope.org)
- ✓ Use hashtags: #InternationalDayofHope #IDOH2025 #LetsShineHope #Hope



We are facing a generation at risk. Despair is not an option. Division is not a solution. Let us march for our children. For ourselves. For our communities. Let us march to create the world we all want to see — one built on courage, compassion, and commitment.

**Hope is measurable. Hope is teachable.  
Hope is action. And this is where we begin.**

**JOIN THE MOVEMENT. MARCH FOR HOPE. JULY 12, 2025.**

Concept inspired by N'deye Thiome, Communications and Social Media Chair, Dayton United for Human Rights.

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# MARCH SIGN THEMES & IDEAS



## MENTAL HEALTH & WELL-BEING

- Mental Health for All
- Hope Is a Human Right
- Healing Begins with Us
- Let's Talk. Let's Listen. Let's Heal.
- Emotional Wellness Matters
- Shine a Light on Hope

## HUMAN RIGHTS & FREEDOM FOR ALL

- Human Rights Are Not Optional
- We All Deserve Dignity
- Rights Without Exceptions
- Freedom Means Freedom for Everyone
- My Rights Shouldn't End Where Yours Begin
- Protect All Rights — For All People
- Hope Grows Where Rights Are Honored
- No One Is Free Until Everyone Is
- Human Rights = Mental Health
- Stand Up. Speak Out. Shine Hope.
- I Don't Shine If You Don't Shine

## COMPASSION FOR ANIMALS & LIFE

- Kindness to All Living Beings
- Protect the Voiceless
- All Creatures, Great and Small, Deserve Care
- Compassion Is a Universal Value

## EDUCATION & OPPORTUNITY

- Quality Education for Every Child
- Learning Is the Foundation of Hope
- Every Student Deserves a Chance
- Teach Hope. Fuel Dreams.
- Invest in Minds, Empower the Future

## ENVIRONMENT & SHARED RESPONSIBILITY

- Protect What Sustains Us
- A Clean Future for All Generations
- Healthy Planet. Healthy People.
- Nature Is Not Partisan
- Let's Leave the World Better Than We Found It

## HOUSING & HUMAN NEEDS

- Everyone Deserves a Place to Call Home
- Dignity Starts with Shelter
- A Safe Home Is a Foundation for Hope
- Build Communities, Not Barriers

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# MARCH SIGN THEMES & IDEAS



## DIGNITY, RESPECT & BELONGING

- Every Life Has Value
- Respect Is the Foundation of Peace
- Lead with Kindness. Act with Respect.
- We All Belong Here
- Dignity for All — No Exceptions

## SELF-WORTH, IDENTITY & HOPE

- You Are Enough
- Hope Begins Within
- Shine as You Are
- Your Life. Your Light. Your Legacy.
- I Belong, and So Do You

## CHILDREN & THE FUTURE

- Let Kids Be Kids
- Raise Hope, Not Fear
- Their Future Deserves Our Best Today
- Give Children a World Worth Growing Into
- Hope Begins with Our Youth

## WORK, PURPOSE & VALUE

- Every Job Deserves Respect
- Work with Purpose. Live with Hope.
- Dignity in Every Role
- Fair Work. Bright Futures.

## PEACE, SAFETY & COMMUNITY

- Peace Is a Practice We All Share
- Safety Is a Right, Not a Luxury
- Strong Communities Are Built on Connection
- Together, We Create Belonging

## CORE HOPE MESSAGES

- Hope for All
- Create Sparks of Hope
- Let's Shine Hope Together
- Act on Hope
- Hope Is the Seed. We Are the Gardeners.
- Together, We Rise in Hope

## HEALTHCARE & HUMAN DIGNITY

- Everyone Deserves Access to Care
- Health Is Hope in Action
- Caring for Each Other Is Not Political
- Stronger Communities Start with Well-Being

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