# **Sprout: A Design Challenge Media Kit**

# Please help us spread the word and invite people to apply to *Sprout: A Design Challenge*. We’ve prepared this mini media kit to make it easy to share. Feel free to adapt the content for your audience!

# Contact Kaitlyn LaBonte ([kaitlyn@healthyteennetwork.org](mailto:kaitlyn@healthyteennetwork.org)) with any questions.

#### Short Description for Email/Newsletters

Apply to *Sprout: A Design Challenge by In/Tend*

February 3-6, 2025

Calling all doers, dreamers, and change-makers! It’s time to get your hands dirty with human-centered design!

Join the In/Tend Incubator Hub by Healthy Teen Network in Austin, Texas, February 3-6, 2025, for Sprout: A Design Challenge, where purpose, play, and potential bloom!

Geared towards beginners, this is a four-day deep dive where teams, made up of three individuals, get hands-on with human-centered design to tackle a real-world challenge.

Imagine it as a human-centered design boot camp—lots of learning, lots of doing, and a coach to guide you every step of the way! Over four days, with a helpful coach by your side, teams will journey from start to finish, from idea to prototype.

Each person on a selected team gets a $2,500 stipend to support costs associated with traveling to and attending the event.

The Sprout: A Design Challenge [application portal](https://www.healthyteennetwork.org/intend/faqs/) opens December 2. Use the time between now and December 2 to gather your teams and prepare your application! In/Tend built in this preliminary review period to provide more equitable opportunities for all interested teams to prepare.

#### Social Media Graphics

[Download Graphics](https://healthyteennetwork.sharepoint.com/:f:/s/InTend/EiFDvfe5z8dKkEP7nVMdvXIBSWevdt4MpulAPbSpVPh5sw) for Facebook/LinkedIn, Instagram, Facebook/Instagram Story, Threads, and X.

#### Sample Social Media Posts

### Social Caption 1: Ignite Your Passion! 🌱 Are you ready to make life better for adolescents and young adults? Join us at Sprout: A Design Challenge for 4 days of hands-on, human-centered design learning. We’re looking for teams passionate about change. No design experience? No problem! Apply today to start making a difference! 💰 $2,500 stipend. 💰 #InTend #humancentered #designchallenge #innovation [www.healthyteennetwork.org/intend/faqs](https://www.healthyteennetwork.org/intend/faqs/)

### Social Caption 2: Let’s Get Creative!

###### 🚀 Calling all change-makers! If you’re new to human-centered design but ready to learn, apply to join us for a four-day workshop in Austin, TX. Our expert coaches will guide you as your team creates real-world solutions for adolescent health. Ready to be a part of something big? Apply online: [www.healthyteennetwork.org/intend/faqs](https://www.healthyteennetwork.org/intend/faqs/) #InTend #humancentered #designchallenge #innovation

### Social Caption 3: Step Into Design Thinking

💡 New to human-centered design? Join us for Sprout: A Design Challenge! Over four days, you’ll dive into this creative approach with hands-on activities, supportive coaches, and a real-world challenge. And yes, there’s a stipend! Spots are limited—apply today. #InTend #humancentered #designchallenge #innovation [www.healthyteennetwork.org/intend/faqs](https://www.healthyteennetwork.org/intend/faqs/)

### Social Caption 4: Design a Healthier Future!

🌎 Want to use human-centered design to make a difference in adolescent health? At Sprout: A Design Challenge, you’ll learn new skills, create meaningful solutions, and meet like-minded people—all in just four days! Apply now with your team of three! #InTend #humancentered #designchallenge #innovation [www.healthyteennetwork.org/intend/faqs](https://www.healthyteennetwork.org/intend/faqs/)

### Social Caption 5: 4 Days to Apply to Sprout!

⏰ Tick, tock.⏰ There are only a few days left to apply to Sprout: A Design Challenge! This immersive 4-day workshop by Healthy Teen Network will equip you and 2 teammates with the essential human-centered design tools, mindsets, and strategies to make meaningful change in your community! 💰 $2,500 stipend. 💰 #InTend #humancentered #designchallenge #innovation [www.healthyteennetwork.org/intend/faqs](https://www.healthyteennetwork.org/intend/faqs/)

### Social Caption 6: Welcome All Innovators!

### 🌈 We encourage diverse teams to join us! If you’re passionate about making a positive impact, we want you at Sprout: A Design Challenge. Apply with your team, learn with expert coaches, and let’s create change together. #InTend #humancentered #designchallenge #innovation [www.healthyteennetwork.org/intend/faqs](https://www.healthyteennetwork.org/intend/faqs/)

To get the latest news from In/Tend, sign up for updates at [www.healthyteennetwork.org/intend/get-the-latest](https://www.healthyteennetwork.org/intend/get-the-latest).

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