

Join the

pulse

#LifeGivas Network



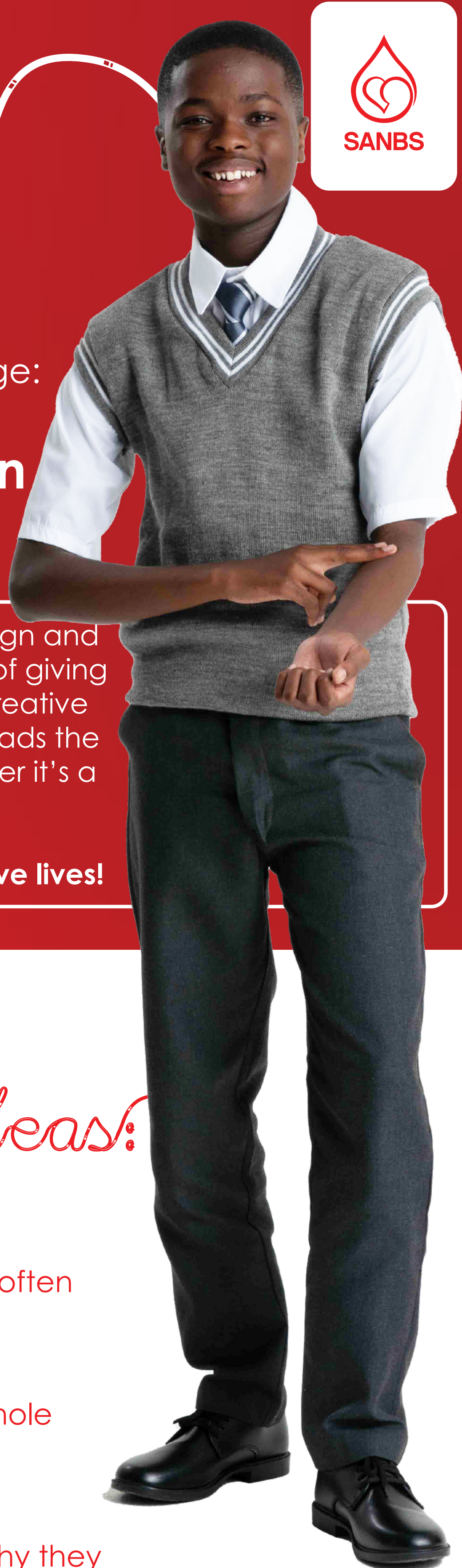
SANBS

The LifeGivas Creative Challenge:

Bring Life Through Blood Donation

Join the **LifeGivas Network** campaign and inspire others to unlock the power of giving life through blood donation. Get creative and craft a unique piece that spreads the blood donation message — whether it's a dance, skit, song, or war cry.

Your creativity has the power to save lives!



Creative Challenge Ideas:

- **Who Can Donate:**
What age, ID, weight, and how often you can donate.
- **Types of Blood:**
About plasma, platelets, and whole blood.
- **Blood Types:**
The different blood types and why they are important.
- **The Donation Process:**
What happens when you donate blood.
- **Why Donate Regularly:**
Why it's important to donate blood regularly.
- **Your Donation Story:**
Share your experiences about donating blood.
- **Busting Myths:**
Set the record straight about blood donation myths.
- **How You Organise a Blood Drive at Your School:**
Document the process of setting up your own blood drive.

How to Participate

Create Your Piece: Choose a format — dance, skit, song, or war cry — and incorporate one of the above topics.

Like and follow the SANBS TikTok page [@thesanbs!](#)

Share your creative content on TikTok, tag [@thesanbs](#), and use the hashtag [#LifeGivas](#) to enter.

The Prize:

Boost your school's chances of hosting the **Outside Broadcast or Podcast** and get featured as part of the **#LifeGivas** campaign, spreading the powerful message of blood donation to everyone!



Deadline:

Submit your content between 01 April 2025 and 31 October 2025.

Judging Criteria:

Entries will be evaluated based on:

- Creativity
- Engagement
- Impact

Let's give life through creativity. Join the **#LifeGivas Creative Challenge** today!