

Limit Less, inspire more

Now that you have pledged to support the Limit Less campaign, there are several actions you can take to spread the word.

We know that you are committed to removing barriers that too many young people face – but we want to demand that discrimination stemming from sexism, racism, ableism, classism and anti-LGBT+ prejudice is eradicated.

We need more training and support, and a greater emphasis on and tools for whole-school planning.

iop.org/WholeSchool

Limit Less

IOP Institute of Physics

Here are some ideas:

1. Share information about the Limit Less campaign with schools in your formal or informal networks:

The more schools we have who support the Limit Less manifesto, the harder it is for those in power to ignore. Spread the word to any schools or early years settings you are linked with, so we have bigger numbers behind the movement when we demand change.

2. Shout about what you're doing within your school community and locally:

You will find a digital banner for your website and newsletter to parents and carers at iop.org/educators. Go one step further and invite your local elected officials along with the local paper to showcase how you are living inclusive values. You can also order free Limit Less pin badges by contacting us at campaigns@iop.org.

3. Promote whole-school equity at every opportunity:

To support you we have produced an animation, posters and flyers - all at iop.org/WholeSchool. You can also order printed versions by emailing us. Could you showcase the animation at a staff meeting or in form time? Display the whole-school approach poster in your staffroom? They're a great overview of all the people who need to be on-board with a push to remove barriers that too many young people face.

4. Let us be your loudspeaker:

Tweet [@IOPTeaching](https://twitter.com/IOPTeaching) and use the hashtag [#IOPLimitLess](https://twitter.com/IOPLimitLess) to showcase work happening in your school, and photos of your pin badges in action. You can also email campaigns@iop.org – the more case studies and examples of the impact of whole-school change we have, the more we can take to decision makers in government to argue for more resources and support for your work.

5. Live the Limit Less values in every classroom interaction:

You can find resources to prompt conversations aligned to personal, emotional, and wellbeing education and helpful tools to support inclusive teaching. Head to iop.org/InclusiveResources for lesson ideas, tips and support for educators.

Let us know how you get on!