



Experience Checklist

Why can't I go straight to sleep?

Sleep Out is not a night of pretend. It is an opportunity to learn about what causes homelessness, advocate for change, and destigmatize what it means to be homeless (not so fun fact: nearly 1 in 10 young people in the United States will face homelessness, which means you probably know someone who has or will be unstably housed in their lifetime).

Your Experience Checklist

Learn about youth homelessness

Select an issue and read about how it affects youth experiencing homelessness:

[Affordable housing](#) [Justice system](#) [Pregnant & parenting youth](#)
[Foster care](#) [LGBTQ+ youth](#) [Racial discrimination](#)
[Human trafficking](#) [Physical & mental health](#) [More reading](#)

Understand how Covenant House helps youth overcome homelessness

Read about [our mission](#), find out more about [your local Covenant House](#), or watch a video from [this library](#).

Hear from people who have faced homelessness

Select 2-3 stories to [read](#) or [watch](#) from people who have experienced homelessness.

Challenge yourself with an activity

Select 1-2 activities from the [Resource Center](#).

Reflect

Take time to reflect as you settle in for the night or when you wake up in the morning. Use the reflection guide in the [Resource Center](#) to prompt questions and journal or share your thoughts.

Share your story

Let people know about your Sleep Out experience! Share your reflections and photos and thank your donors for their support. Your page will remain live so you can collect additional donations.