

KIIS 1065 AND KIIS 101.1 GO SILENT TO SUPPORT R U OK? DAY

Thursday September 10, 2020 – ARN's **KIIS 1065 in Sydney and KIIS 101.1 in Melbourne** will go **silent for 10 seconds every hour from 6am today** as a reminder for listeners to check in on friends, family and colleagues as part of national **R U OK? Day**.

A simple conversation could be life changing, so every hour on the hour KIIS 1065 and KIIS 101.1 will stop the music and on-air chatter to encourage listeners to speak up and ask someone "R U OK?".

In addition to the 10 seconds of silence, KIIS will share reminders voiced by KIIS 1065's Kyle & Jackie O, KIIS 101.1's Jase & PJ and KIIS FM's Will & Woody on-air and across digital and social platforms about the importance of staying connected with others and trusting your gut instinct if you feel like something is not right with someone you know.

See KIIS 1065's R U OK? Day video [here](#).



Of the initiative **Kyle Sandilands** said, "R U Ok?' is more than just a question, it's an opportunity for mates to speak about things that actually matter."

Will & Woody's **Will McMahon** added, "Checking in with the people we love is one of the most rewarding things you can do. It leaves both people glowing with a sense of assurance and connection. Tragically however, sometimes not checking in with those around us can have devastating consequences.

"No one deliberately avoids checking in with their friends, but sometimes we all need a reminder to do so. That's why R U OK?'s messaging is so strong; a simple yet effective reminder to do one of the easiest, but most rewarding things in life. Amazingly, it could even save someone's life. With this in mind, today - with the breadth of its entire audience at hand - KIIS will be reminding people every hour, on the hour, to check-in with their friends and loved ones this R U OK? Day. On a small scale, it's a reminder to do something easy and rewarding. But on a grand scale it may even save a life."

In all ARN offices nationally teams will be encouraged to check in on their colleagues, especially those in Melbourne lockdown, with tips on how to start a conversation and

ask R U OK? ARN have been championing well-being activities across the whole week for their Melbourne team, including virtual mediation sessions and a “fresh air, don’t care” initiative which encourages the team to take a break with a walk around the block while chatting on the phone to a workmate.

About ARN

ARN is one of Australia’s leading Broadcast and On-demand audio companies, ‘Defining Audio’, with ownership or investments in 12 radio stations nationwide in addition to digital entertainment platform, iHeartRadio. ARN’s vision is to deliver the most complete audio offering for audiences and advertisers, and its network brands

KIIS and Pure Gold, along with iHeartRadio and The Edge, entertain and influence over five million listeners each week across Australia.

Its KIIS network consists of Sydney’s KIIS 1065 with Kyle & Jackie O, Melbourne’s KIIS 101.1 with Jase & PJ, Adelaide’s Mix102.3 with Jodie & Soda, Brisbane’s 97.3FM with Robin, Terry & Bob and Perth’s 96FM with Botica’s Bunch for Breakfast. The National Drive Show across all stations is Will & Woody.

Its Pure Gold network consists of Sydney’s 101.7 WSFM with Jonesy & Amanda, Melbourne’s GOLD104.3 with Christian O’Connell, Brisbane’s 4KQ with Laurel, Gary & Mark and Adelaide’s Cruise 1323 with John Dean.

The Edge is available on FM as The Edge 96.ONE in Sydney and nationally via iHeartRadio and DAB+. The Edge Breakfast hosts are Mike E & Emma.

iHeartRadio, the world’s fastest-growing digital service, was launched by ARN to the Australian market in 2013 and since then, the platform has had over 2.2 million downloads of the app and over 1.6 million registered users.

ARN’s iHeartRadio is a free, all-in-one radio, music streaming, podcast and live events platform. In addition to being able to access their favourite music from around the globe, audiences can access their favourite stations in Australia from ARN, the ABC, SBS and Macquarie Media, as well as stations from New Zealand and the USA.

In 2020 ARN launched iHeartPodcasts Australia, providing advertisers with access to significant scale across local, global and catchup podcasts. The network quickly became Australia’s number #1 podcast publisher alongside holding the #1 podcast in Australia.

ARN’s suite of digital and social assets are the online home to Australia’s leading radio stations, providing highly engaged entertainment content and news, complementing the on-air experience ARN’s stations are best known for.

ARN is a HT&E company. For more details, head to www.arn.com.au.
