

Student Journal

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Welcome to Youth Leadership Through Adventure...or better known as YLTA!

We are excited that you have decided to become a part of this group and start spreading positive change in your school and community!

YLTA is a youth-led, adult-guided strategy. As part of your participation, you will be connected with other like-minded youth at your school and beyond. All of these individuals share the same goal of improving community climate and promoting the benefits of a healthy lifestyle.

By participating in YLTA, you will gain valuable leadership and facilitation skills.

All YLTA activities take place in a fun, positive, and accepting environment.

The purpose of this journal is to assist you during school group meetings. For every meeting you have with your school group, there will also be a coinciding page with an agenda and supplemental learning materials. After the learning materials, there are pages to help guide you through a reflection. These reflections will enable you to document you, and your school groups', progress every week. They will also act as a space for you to record activities and any other notes from the meeting that may be helpful for future meetings.

You should plan on bringing this journal to every school group meeting in order to help document all the brilliant work your group will accomplish throughout the year!

What is YLTA?

Mission:

The mission of Youth Leadership Through Adventure is to empower youth to lead and promote the benefits of a healthy lifestyle, reduce substance misuse, stress and anxiety, and improve overall school climate.

Vision:

- Offer each participant a sense of belonging through service-learning projects.
- Empower youth to generate leadership and self-governance,
- Promote the health benefits of a substance-free lifestyle in schools and communities
- Improve school climate in order to support positive, healthy, substance-free lifestyles choices through practices and policies
- Change the community norms and culture so that healthy substance-free lifestyles are promoted

Goals:

The goals of Youth Leadership Through Adventure (YLTA) are to reduce substance misuse and improve the school climate in each school this program supports. The program seeks to accomplish these goals using experiential education techniques based on the 15 constructs of positive youth development. Research has shown, programs that focus on Positive Youth Development Constructs are able to reduce substance misuse among participants, along with other pro-social outcomes

Date___/___/___

Week #1 Agenda: **Recruitment!**

Objectives:
In order to create the strongest YLTA school group possible, it is important that we spread awareness of what our group stands for, as well as try to find other students that are interested in participating! YLTA is all about students standing together to make a change, so get out there and find other interested students!

- Identify other students throughout our school that would be good candidates for YLTA
- Help Spread awareness of our YLTA group and what we stand for
- Gain enough students to get fit our ideal group size

Attributes of a potential YLTA Candidate:

- Thoughtful
- Someone who is, or could be, a great leader...or someone interested in improving their leadership skills
- A student who cares about others and their community
- A person who strives to live a healthy lifestyle and/or who tries to influence others to do the same
- Someone who loves working through challenges with a group



Action Plan

- Set up tables at lunches
- Create Flush Flyers
- Announcements



Date___/___/___

Agenda #1: **Beginning of Week Goals**

"Talent wins games, but teamwork and intelligence wins championships." **- Michael Jordan**

Monday

I think 3 important attributes of a good YLTA member are:
1._____
2._____
3._____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

One thing I can do to recruit a new member is:
_____

3 reasons why I want to be/I like being a member of YLTA are:
1._____
2._____
3._____
(This will help to guide you when recruiting other potential students)

Other important notes/thoughts:
_____
_____
_____

Date___/___/___

Agenda #1: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____
_____

Was I able to find a new person interested in YLYA?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____

3 things I can do next meeting to make the new potential members feel welcome are:

1._____
_____
2._____
_____
3._____
_____

1 thing I'm looking forward to during the next meeting is:

_____
_____
_____

Date___/___/___

Week #2 Agenda: **Suicide Awareness Month (Flush Flyer)**

Did you know?

Suicide was the second leading cause of death for people ages 10-34 in the US in 2017. (Exact words found online)

What is Suicide Awareness Month???

On average, there are about 123 suicides each day in the US, the entire month of September is dedicated to suicide awareness.

Since 2003, September 10th has been acknowledged as the World Suicide prevention day, where around 40 countries band to honor and increase awareness of those who have lost their life.

Monday through Sunday, Surrounding September 10th are dedicated days to share stories, resources, as well as stimulate awareness.

Suicide prevention awareness is represented by the color yellow but a purple and turquoise ribbon is worn by supporters throughout September to raise awareness.



Resources:

24/7 Crisis Hotline: National Suicide Prevention Hotline



(1-800-273-8255)
www.suicidepreventionlifeline.org
Crisis Text Line (Text TALK to 741-741)



Action Plan...

Create Flush Flyers to spread awareness!!!
(See Appendix for Flush Flyer examples)

Date___/___/___

Agenda #2: **Beginning of Week Goals**

"Soak up the views. Take in the bad weather and the good weather. You are not the storm." **-Matt Haig**

Monday

In my own words, suicide awareness is:

_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with suicidal thoughts:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____
_____

Date___/___/___

Agenda #2: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____
_____

Did I help spread awareness for suicide prevention?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about suicide prevention?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:

_____
_____
_____



Date___/___/___

Week #3 Agenda: **Relationship Abuse**

Did you know?

October is relationship abuse awareness month!

Nearly 1 in 4 women, and 1 in 7 men (aged 18 and older in the US) have been the victim of severe physical violence by an intimate partner in their lifetime. *

October as Relationship Abuse Awareness month...

October is honored nationally as Domestic Violence Awareness month, we chose to specifically acknowledge relationship abuse, as it pertains to high-school students.

The month evolved from the Day of Unity, first celebrated in October of 1981. The Day of Unity was established to connect advocates of battered women across the nation. By October of 1987, the awareness initiative had spread throughout the month and the U.S. began to observe October as a national awareness month for Domestic Violence.

A purple ribbon is worn by supporters of the cause throughout October to help raise awareness.

What is Relationship Abuse???

A pattern of violent power to maintain dominance over another person. Abuse can be physical, sexual, emotional, or psychological actions, or words, that threaten or scare the other person.

Signs of an abusive relationship

- Threatening to hurt you or people you care about
- Unrealistic expectations
- Extreme jealousy
- Verbal or physical abuse
- Controlling behavior
- Isolation



Resources:

RAINN National Sexual Assault Hotline (1-800-662-HOPE [4673])



National Teen Dating Abuse Hotline ((1-866-331-9474

Action Plan...

Create Flush Flyers to Spread Awareness!!!

Date___/___/___

Agenda #3: **Beginning of Week Goals**

"When we seek to discover the best in others, we somehow bring out the best in ourselves." **-William Arthur Ward**

Monday

In my own words, relationship abuse is:

_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with relationship abuse:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____
_____

Date___/___/___

Agenda #3: **End of Week Reflection**

Friday

The highlight of my week was:
_____
_____
_____

Did I help spread awareness for relationship abuse?
___Yes or ___No

If yes, How? And if No, why not?
_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about relationship abuse?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:
_____
_____
_____

Date___/___/___

Week #4 Agenda: **Environmental Prevention**



Did you know?
Environmental Prevention is not about protecting the environment, but instead about effecting change to create local environments that foster communities that help prevention of substance abuse.

What is Environmental Prevention???
Environmental prevention strategies are a mix of policies, programs, and practices that promote the well-being of people and reduce the consumption of- and problems associated with- alcohol, tobacco, and other drugs. Environmental prevention strategies are grounded in the field of public health, which emphasizes the physical, social, and cultural forces that contribute to different substance abuse problems. The strategies used incorporate prevention efforts that can help to influence or change community conditions, standards, systems, and policies.

Goals of Environmental Prevention

- Foster a climate where:
  - Alcohol is only consumed by those of legal age (and where the risk of adverse consequences is minimal)
  - Prescription and over-the-counter- drugs are only used for intended purposes
  - Other substances, such as inhalants, are only used for intended purpose
  - Illegal drugs and tobacco aren't used at all
- Create communities where members have a high quality of life through:
  - Healthy work and school environments
  - Supportive community and neighbors
  - Connections with families and friends
  - Drug and crime free lives



Examples of Environmental Prevention

- Sticker Shock Events in local stores (see photo on left)
- Project Banner Swap

- And more!!! (See Appendix for additional information and examples)



Date___/___/___

Agenda #4: **Beginning of Week Goals**

"Ever tried. Ever failed. No matter. Try again. Fail again. Fail better."
-Samuel Beckett

Monday

My definition of environmental prevention would be: _____
_____
_____

3 ideas of issues in our community/school regarding substance abuse:
1._____
2._____
3._____

3 ideas for environmental prevention projects to combat these issues:
1._____
2._____
3._____
(meet with other group members throughout the week to discuss)

My goal for this week is:
_____

One way I will work to achieve it is:
_____

My favorite activity during the meeting today was: _____
_____. It was my favorite because
_____.

Other important notes/thoughts:
_____
_____
_____

Date___/___/___

Agenda #4: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____
_____

Did I achieve my Goal for this week? ___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____
_____

3 issues my group agreed we need to work on in our community:

1._____
2._____
3._____

Our plan to combat these substance abuse issues is through: _____

_____
_____

The project I am most excited about for environmental prevention is:

_____

1 thing I'm looking forward to during the next meeting is:

_____
_____

Date___/___/___

Week #5 Agenda: **Great American Smoke-Out (Juuling-Vaping Awareness Month)**

Did you know?

E-cigarettes are now the most frequently used tobacco product for kids. In 2017, about 2.1 million teens were users.

3 out of 4 who think they'll escape smoking...won't (The Real Cost)

What is the Great American Smoke-Out???

Every third Thursday of November the Great American Smoke-Out takes place. This reminds friends and families that quitting IS an option. It is an intervention that motivates communities to end smoking for good.

Why smoking is addictive:



- Cigarettes (and Juuls) both contain nicotine, a highly addictive substance
- Nicotine effects dopamine and noradrenaline levels in people's brains; this can cause mood and concentration levels to change. Many smokers enjoy the feeling of nicotine, making it even harder for them to quit.

Why smoking is harmful:

- It can stunt the growth of lungs, and the development of brains
- It can weaken your immune system
- Vapes contain harmful aerosols which can cause irreversible lung damage
- You can get yellow, rotten teeth, yellow colored skin, and bad breath



Resources:

QuitLineNC.com or
1-800-Quit-Now

Action Plan... Create Flush Flyers to spread awareness!!!
(See appendix for examples)

Date___/___/___

Agenda #5: **Beginning of Week Goals**

"At least three times every day take a moment and ask yourself what is really important. Have the wisdom and courage to build your life around your answer." -**Lee Jampolsky**

Monday:

In my own words, smoking is harmful because:

_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with addiction:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____

Date___/___/___

Agenda #5: **End of Week Reflection**

Friday

The highlight of my week was:
_____
_____
_____

Did I help spread awareness for addiction and smoking hazards?
___Yes or ___No

If yes, How? And if No, why not?
_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about addiction/smoking?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:
_____
_____
_____

Date___/___/___

Week #6 Agenda: **Canned Food Drive (Service-Learning Project)**

Did you know?
According to the USDA, more than 41 million Americans face hunger (this includes nearly 13 million children)!

5 Facts about Food Insecurity in the US:



1. The USDA defines "food insecurity" as the lack of access, at times, to enough food for all household members.
    a. Roughly 15 million households were food insecure in 2017.
2. Hunger is caused by poverty and financial resources at both the national and local levels.
3. 1 in 6 American children may not know where their next meal is coming from.
4. 45 million Americans rely on stipends from the Supplemental Nutrition Assistance Program (SNAP) to buy food each month.
5. Children who are food insecure are at a higher risk for developing asthma, struggling with anxiety or depression, and performing badly in school or physical activities.



What is a Canned Food drive???
A canned food drive is a form of charity where people donate canned goods, or other non-perishables, to others in the community that do not have access, or cannot afford, food.

Some ways YLTA can host a Canned Food Drive:

- Set up a competition between classes, advisee groups, teams, etc. to see who can donate the most cans
- Set up a donation center in a public area (such as a supermarket)
- Spread awareness through flush flyers/table tents/etc.
- Host an event where a can must be donated as "payment" to enter
- These are just a few examples, there are so many more!!! Get creative and come up for some for your YLTA group!

Hosting a canned food drive is a form of Service-Learning...but, what exactly is Service-Learning???



According to Vanderbilt University, service learning is defined as: "A form of experiential education where learning occurs through a cycle of action and reflection as students seek to achieve real objectives for the community and deeper understanding and skills for themselves."

How to plan a service-learning project:

- Find a local organization
- Reach out and schedule a day of service with them
- Present to the group what your organization of choice does and why the work that the group will be doing is important
- Lead the day
    - Have directions to the organization
    - Plan a quick check-in with the group before getting there
        - Ensure all group members are on task throughout the day
        - Continue to communicate with the organization throughout the day/event
        - End with a quick debrief after the event



This will be a learning moment for everyone and may take some time to thoroughly plan and organize. Don't get discouraged, or stressed, just get excited and inspired to help others in your community and school! Anything your YLTA group can do to make a difference is important and meaningful!

"It is not what we get, but who we become, what we contribute... that gives meaning to our lives." **- Anthony Robbins**

Date___/___/___

Agenda #6: **Beginning of Week Goals**

"You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through the end." **-Sidney A. Friedman**

Monday

3 ways this service-learning project will help our community:

1._____

2._____

3._____

Service-learning planning:

The organization/group we will be working with is/are

_____

The reason we chose this organization to work with is because___

_____

_____

The service(s) we will be performing are: _____

_____

_____

The day(s) we will be providing service (or the timeline for this project) is/are _____

The organizations contact information: _____

Necessary materials: _____

_____

Any other additional planning information: _____

_____

My goal for this service-learning project is: _____

_____

My plan to achieve this goal is: _____

_____

Date___/___/___

Agenda #6: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____

The highlight of the service-learning project for me was:

_____
_____

Did I achieve my goal for the service-learning project?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

2 things that the group did well in planning, or during, the service-learning project:

1._____
2._____

2 things the group could improve on in planning, or during, the service-learning project:

1._____
2._____

Overall, in your own words, how do you feel this service-learning project impacted your community?

_____
_____
_____

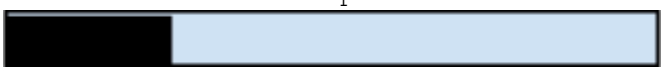
Date___/___/___

First Quarter Year Self-Assessment (Week 6)

CHARTING MY PROGRESS

- Take a moment of honest reflection on the questions below
- Color in the bar charts to show where you are in regard to the questions
- The last bar chart is for you to include an area where you most want to develop yourself

Sample:



0% 50% 100%

My leadership skills are improving:



0% 50% 100%

My communication skills are improving:



0% 50% 100%

I consistently meet my goals:



0% 50% 100%

I find school to be worthwhile:



0% 50% 100%

I feel like YLTA is making a difference in my community:



0% 50% 100%

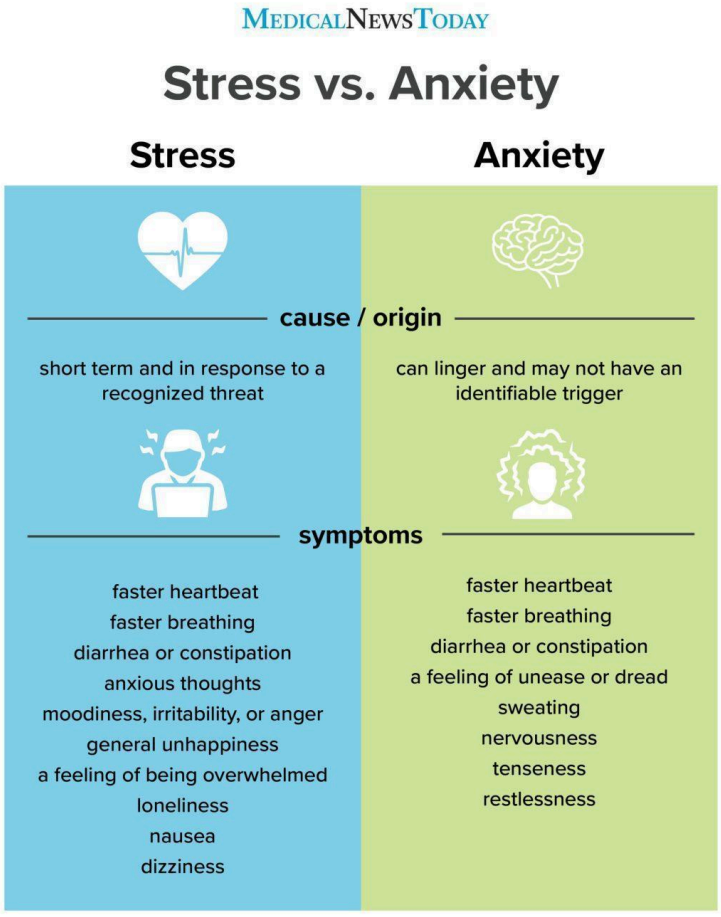
Date___/___/___

Week #7 Agenda: **Stress and Anxiety (Flush Flyer)**

Did you know?
Stress and anxiety are actually natural parts of the body's fight or flight reaction to danger. The purpose of this response is to ensure a person is alert, focused, and ready to deal with a threat. But when stress and anxiety get out of control, or become too much, that's when they pose threats to your mental and physical well-being.

What is stress???
Stress is any demand placed on your brain or physical body. Stress focuses mainly on external pressures someone is having a hard time dealing with. When someone is stressed, they can usually recognize what they are stressed about, and when the event is over, the stress, and its symptoms, usually disappears.

What is anxiety???
Anxiety is a feeling of fear, worry, or unease. Anxiety focuses mainly on worries, fears, or things that can threaten people; it is not always directly from a specific event, but more of a lingering sense of unease.



Signs and symptoms:
Physical Symptoms can include:

- Stomachache, muscle tension, headache, rapid breathing, fast heartbeat, sweating, shaking, dizziness, change in appetite, trouble sleeping, fatigue, and many more.
- (see next page)

- Mental or emotional symptoms can include:
    - Feelings of impending doom, panic, nervousness, difficulty concentrating, irrational anger, or restlessness

Ways to combat stress and anxiety:

- Physical Activities

    - Go for a run, bike ride, or brisk walk
- Relaxation
    - Do breathing exercises, practice yoga or tai chi, visualize tranquil scenes, count to 10 slowly
- Talking to someone



Action Plan: Create Flush Awareness!! examples) Flyers to Spread (See Appendix for

Date___/___/___

Agenda #7: **Beginning of Week Goals**

"Life is 10% what you experience and 90% how you respond to it." - **Dorothy M. Neddermyer**

Monday:

In my own words, stress and anxiety is:

Stress:_____Anxiety:_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with stress and anxiety:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My Favorite Activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____
_____

Date___/___/___

Agenda #7: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____
_____

Did I help spread awareness for people struggling with stress and anxiety?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about stress and anxiety?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:

_____
_____
_____



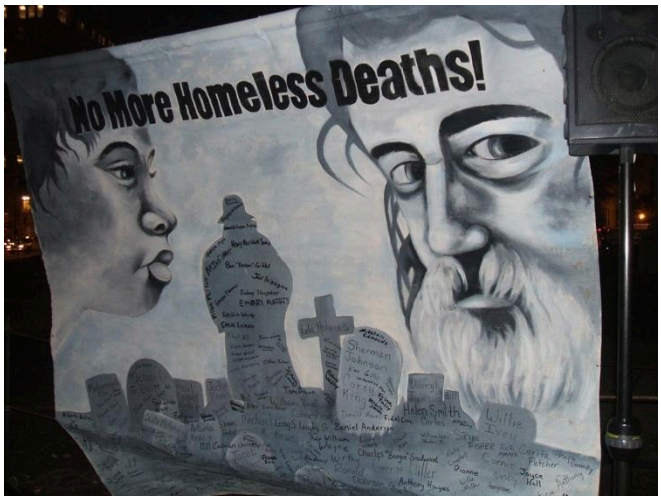
Date___/___/___

Week #8 Agenda: **The Longest Night (Service-Learning Project)**

Did you know?

The longest night takes place during the winter solstice. On the 21st of December, part of the Northern Hemisphere will sink into its deepest point of darkness. During this day there will be about eight hours of daylight. This marks the beginning of winter.

What is The Longest Night???



Though the Longest Night may be recognized as the Winter Solstice, it is also a very important day regarding homelessness. On December 21, the National Health Care for the Homeless Council encourages communities to host events that remember people in the community that have died of homelessness in the past few years.

What can you do to help spread awareness?

Determine home many homeless people have been affected in your community. Work with people who are homeless, service providers and public officials to get a clearer picture of how many people are impacted in your community. Then, on the Longest Night, you can memorialize those in your community who have passed by events such as candlelight/silent march or public policy advocate events.

Action Plan

Do additional research to figure out the best ways to help homeless people in your community. Plan a memorial event for the 21st of December. Start planning and organizing service-learning projects!!

See Appendix for Longest Night Service-Learning Project plans and additional resources!!!

Date___/___/___

Agenda #8: **Beginning of Week Goals**

"I'd rather attempt to do something great and fail than to attempt to do nothing and succeed." **Robert H. Schuller**

Monday

3 ways this service-learning project will help our community:

1._____

2._____

3._____

Service-learning planning:

The organization/group we will be working with is/are

_____

The reason we chose this organization to work with is because___

_____

_____

The service(s) we will be performing are: _____

_____

_____

The day(s) we will be providing service (or the timeline for this project) is/are _____

The organizations contact information: _____

Necessary materials: _____

_____

Any other additional planning information: _____

_____

My goal for this service-learning project is: _____

_____

My plan to achieve this goal is: _____

_____

Date___/___/___

Agenda #8: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____

The highlight of the service-learning project for me was:

_____
_____

Did I achieve my goal for the service-learning project?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

2 things that the group did well in planning, or during, the service-learning project:

1._____
2._____

2 things the group could improve on in planning, or during, the service-learning project:

1._____
2._____

Overall, in your own words, how do you feel this service-learning project impacted your community?

_____
_____
_____

Date___/___/___

Week #9 Agenda: **Winter Clothing Drive (Service-Learning Project)**

What is a Clothing Drive???



A drive is a collection of items for people who are in need of them. And a clothing drive specifically focuses on collecting donated clothes and redistributing to people in the community who are in need. Because it is winter time, and building off of the Longest Night, you and your YLTA group will be planning a winter clothing drive!

Tips for planning your Winter Clothing Drive!

- Identify a local charity or organization that will be able to redistribute the donated goods to those in need
- Set a time and date for the event
- Use flush flyers, table tents, social media, etc. to spread awareness about the event beforehand
- Set up a clean, organized staging area for people to donate goods
    - Tally what you collect
    - Sort and label all the different clothing items/goods



What types of items to accept/look for in a Winter Clothing Drive

Though all donations are welcomed, here are some things that are very helpful for those in need during the winter:

- winter jackets & snow pants
- blankets, linens, sleeping bags
- hats, mittens, scarves, and gloves
- warm layers of clothing (sweatshirts, sweaters, warm pants, etc.)
- rain gear, umbrellas, tarps



Date___/___/___

Agenda #9: **Beginning of Week Goals**

"Security is not the meaning of life. Great opportunities are worth the risk."
-Shirley Hufstedler

Monday

3 ways this service-learning project will help our community:
1._____
2._____
3._____

Service-learning planning:
The organization/group we will be working with is/are
_____
The reason we chose this organization to work with is because___
_____
_____
The service(s) we will be performing are: _____
_____
_____
The day(s) we will be providing service (or the timeline for this project) is/are _____
The organizations contact information: _____
Necessary materials: _____
_____
Any other additional planning information: _____
_____

My goal for this service-learning project is: _____
_____

My plan to achieve this goal is: _____
_____

Date___/___/___

Agenda #9: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____

The highlight of the service-learning project for me was:

_____
_____

Did I achieve my goal for the service-learning project?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

2 things that the group did well in planning, or during, the service-learning project:

1._____
2._____

2 things the group could improve on in planning, or during, the service-learning project:

1._____
2._____

Overall, in your own words, how do you feel this service-learning project impacted your community?

_____
_____
_____

Date___/___/___

Week #10 Agenda: **Middle School Lock-In (Service-Learning Project)**

Did you know?



Teens that drink are much more likely to have negative consequences to their health and well-being. Not only does alcohol impact the brain, but it also puts youth at risk of using other drugs, alcoholism, arrests, problems in school, unplanned pregnancy, violence, and more.

What is The Middle School Lock-In???

The Middle School Lock-In is an overnight event where all middle school students spend the night at the school playing games, doing activities, and having fun. While this night is a project that will help students realize that they can be chem-free and still have fun, it's also about implementing mentoring and team-building projects to further improve school climate.

By planning this service-learning project, not only will you and your YLTA group be setting a great example for younger students, but you will also be helping them to develop valuable leadership, communication, and teamwork skills.



What types of activities to plan:

Activities should be a mix of fun, energizing games, as well as valuable problem solving and team building ones as well. You want to keep students energetic and entertained, all while learning at the same time.



At the end of this journal there is an appendix with multiple planning tools, and examples of agendas for the night! Use these tools and examples to help your YLTA group plan a Middle-School Lock-In for your school!

Date___/___/___

Agenda #10: **Beginning of Week Goals**

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us."

-Marianne Williamson

Monday

3 ways the Lock-In will help our middle-schoolers with school climate:

1._____

2._____

3._____

Middle-School Lock-In planning:

The grades we will be working with are

_____

The teachers, or faculty members, that are willing to chaperone are_____

The activities we will be doing will help with:_____

_____

The planned night for the lock in will be on_____

_____

Necessary materials: _____

_____

_____

Any other additional planning information: _____

_____

My goal for this service-learning project is: _____

_____

My plan to achieve this goal is: _____

_____

see appendix for additional planning resources

Date___/___/___

Agenda #10: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____

The highlight of the Middle-School Lock-In for me was:

_____
_____

Did I achieve my goal for the service-learning project?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

2 things that the group did well in planning, or during, the service-learning project:
1._____
2._____

2 things the group could improve on in planning, or during, the service-learning project:
1._____
2._____

Overall, in your own words, how do you feel this service-learning project impacted your school climate?

_____
_____
_____

Date___/___/___

Week #11 Agenda: **Black History Month/Diversity (Flush Flyer)**



Did you know?

Black History Month was first created in 1962. The first celebration of BHM took place in Kent State University, Ohio. 6 years later celebrations were being held all across the US.

What is Black History Month???

Black History month is an annual celebration where the achievements and important roles African Americans throughout history are honored.

In the United States and Canada, BHM is celebrated in February. Carter G. Woodson started the first celebration of Black History Week, which eventually evolved to Black History Month.

Gerald Ford was the first President to recognize Black History Month, during the United States Bicentennial. He urged Americans to, "seize the opportunity to honor the too-often neglected accomplishments of African Americans in every area of endeavor throughout our history."

While BHM focuses on accomplishments of those in the African American community, more importantly it is a time for everyone to examine the African American experience within American history. It is a time to become educated and learn more about the battles of racism to help create better dialogue about it today. It is a month to learn about the importance of diversity to better help combat racism.

The Importance of Diversity

First off, diversity can come in many forms, whether it be age, race, gender, religion, culture, background, etc.

Diversity is extremely important in exposing you to different people, cultures, traditions, and practices. Through this exposure you will learn how to communicate and cooperate with people and concepts that may be different than your own. Diversity helps to increase social development and make you into a global citizen.



Date___/___/___

Agenda #11: **Beginning of Week Goals**

"The time is always right to do what is right." **-Martin Luther King Jr.**

Monday:

Diversity and BHM are important because_____
_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people to learn more about BHM and diversity:

1._____
2._____
3._____

1 other way I will help spread awareness:
_____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:
_____
_____
_____

Date___/___/___

Agenda #11: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____
_____

Did I help spread awareness for Black History Month and diversity?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:

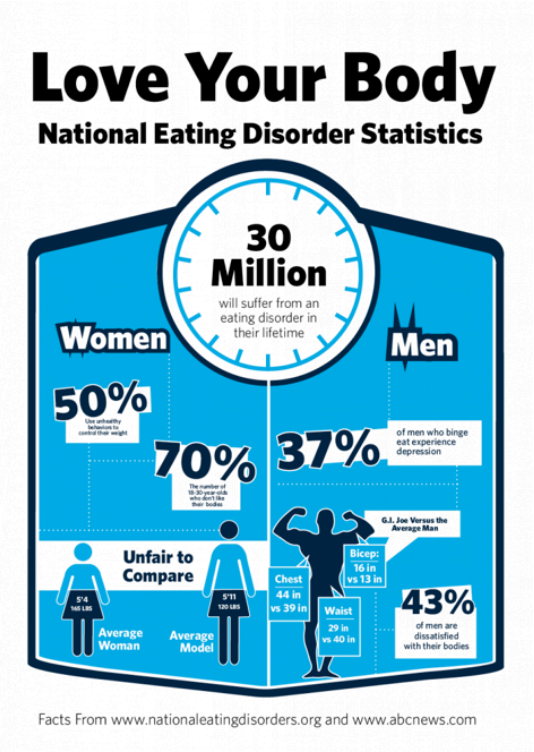
_____
_____
_____

Date___/___/___

Week #12 Agenda: **Eating Disorder Awareness (Flush Flyers)**

Did you know?

Eating Disorders affect roughly 30 million Americans and has the highest rate of mortality of any mental health disorder.



What are Eating Disorders???

Eating disorders are illnesses in which people experience severe disruptions in their eating patterns, behaviors, and food related thoughts and emotions.

Eating disorders are complex mental health conditions that usually require medical and psychological help.

In severe cases, eating disorders can cause severe health issues.

What are the different categories (and their symptoms)?

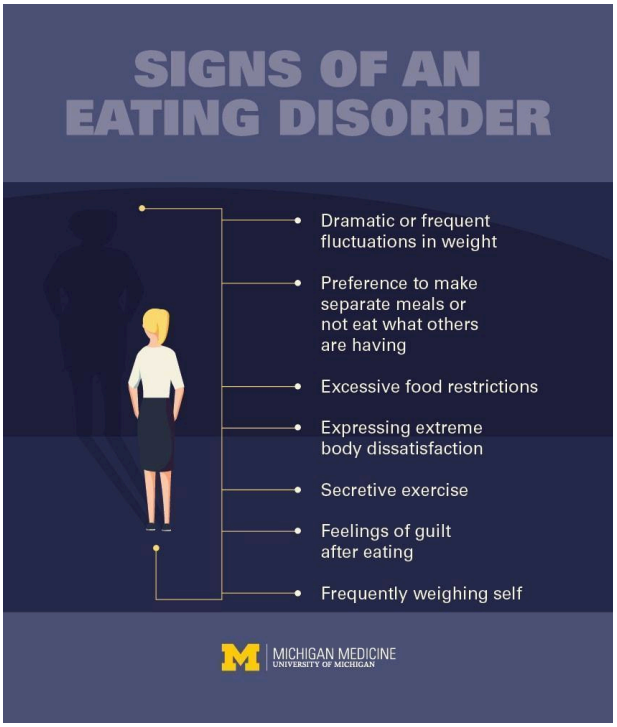
1. Anorexia Nervosa-restricting calories in fear of gaining weight and constantly monitoring their weight
    a. Symptoms
        i. Being considerably underweight compared to others of similar height and age
        ii. Extremely restricted eating patterns
        iii. Intense fear of gaining weight or persistent behaviors to avoid gaining weight
        iv. A relentless pursuit of thinness
2. Bulimia Nervosa-eating a lot of food at once then purging it all out after (binging and purging). Binging usually feels uncontrollable

3. by the person and purging can include vomiting, fasting, laxative use, or extreme exercise
    a. Symptoms
        i. Recurring episodes of binge eating
        ii. Recurring episodes of purging to prevent weight gain
        iii. Self-esteem extremely influenced by body shape/weight

4. Binge Eating Disorder-participating in multiple episodes of binge eating, but without purging. Binge eating is consuming large amounts of food at once with a feeling of uncontrol.
    a. Symptoms
        i. Eating large amounts of food quickly, in secret
        ii. Lack of control while eating

Eating until uncomfortable full, despite not

        iii. feeling hungry
        iv. Feeling shame, distress, disgust, or guilt about eating food
        v. No use of purging
5. Avoid Restrictive Food Intake Disorder-being so restrictive about what you eat, where you do not receive adequate requires nutritional amounts for basic functioning
    a. Symptoms
        i. Extreme weight loss or poor development for age
        ii. Eating habits that interfere with normal social functions
        iii. Nutrient deficiencies or dependence on supplements
6. Other Specified or Eating Disorder-other patterns of disorder eating that may not fit into the clinical definitions

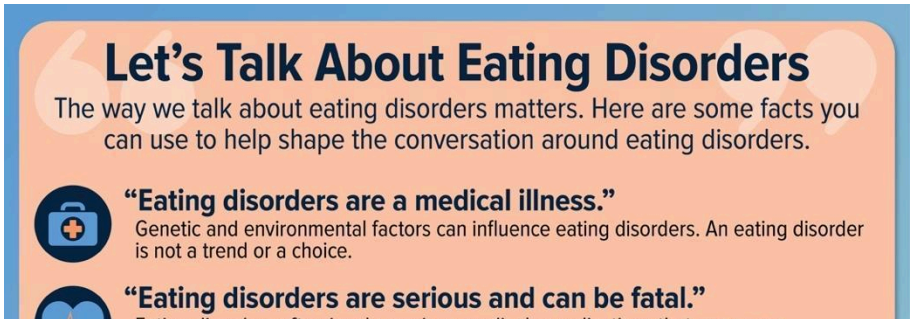


General signs of an Eating Disorder

- Struggling to eat in front of other people
- Developing rituals around eating
- Losing and gaining weight very quickly
- Experiencing body dysmorphia (obsession with perceived flaws in physical appearance)
- Constantly eliminating food groups/experimenting with new diet trends

Resources for those who may be struggling:

- National Eating Disorder Helpline: (800) 931-2237
- National Eating Disorder Association: www.nationaleatingdisorders.org
- Crisis Text Line: Text HOME to 741742



- Eating Disorder Resource Center (EDRC): www.edrcsv.org

Date___/___/___

Agenda #12: **Beginning of Week Goals**

"I intend to accept my body today, love my body tomorrow, and appreciate my body always." **-Author Unknown**

Monday:

In my own words, eating disorders are:

_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with eating disorders:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____
_____

Date___/___/___

Agenda #12: **End of Week Reflection**

Friday

The highlight of my week was:
_____
_____
_____

Did I help spread awareness for eating disorders?
___Yes or ___No

If yes, How? And if No, why not?
_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about eating disorders?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:
_____
_____
_____

Mid Year Self-Assessment (Week 12)

CHARTING MY PROGRESS

- Take a moment of honest reflection on the questions below
- Color in the bar charts to show where you are in regard to the questions
- The last bar chart is for you to include an area where you most want to develop yourself

Sample:



0% 50% 100%

My leadership skills are improving:



0% 50% 100%

My communication skills are improving:



0% 50% 100%

I consistently meet my goals:



0% 50% 100%

I find school to be worthwhile:



0% 50% 100%

I feel like YLTA is making a difference in my community:



0% 50% 100%

Date___/___/___

Week #13 Agenda: **March Madness (Chem-Free Event/Service-Learning Project)**



Did you know?
March Madness started in 1939 and was held every year from then until the 2019/2020 season due to the Coronavirus Pandemic.

What is March Madness???
March Madness is the annual NCAA Division 1 men's college basketball tournament held in the month of March!!

What is a Chem-Free event?
A chem-free event is an event held without drugs or alcohol to promote healthy, safe, fun!

So, what is the March Madness Event???
Throughout the entire tournament basketball teams compete against each other in hope of winning the championship. Before the tournament starts, people can fill out a bracket to guess which teams will move forward and beat each other. For the March Madness Service-Learning Project, try to get as many of your peers to create brackets and compete to see who can guess as many of the right game outcomes!
This is a great way to get a lot of people involved in one event, following something fun, and create buzz about something healthy and positive!



For additional Rules, Information, and Brackets you can visit:

https://www.ncaa.com/news/basketball-men/bracketiq/2020-04-20/what-march-madness-ncaa-tournament-explained

Date___/___/___

Agenda #13: **Beginning of Week Goals**

"Most of us are just about as happy as we make up our minds to be."
-Abraham Lincoln

Monday

3 ways this service-learning project will help our community:
1._____
2._____
3._____

Service-learning planning:
The organization/group we will be working with is/are
_____
The reason we chose this organization to work with is because___
_____
_____
The service(s) we will be performing are: _____
_____
_____
The day(s) we will be providing service (or the timeline for this project) is/are _____
The organizations contact information: _____
Necessary materials: _____
_____
Any other additional planning information: _____
_____

My goal for this service-learning project is: _____
_____

My plan to achieve this goal is: _____
_____

Date___/___/___

Agenda #13: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____

The highlight of the service-learning project for me was:

_____
_____

Did I achieve my goal for the service-learning project?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

2 things that the group did well in planning, or during, the service-learning project:

1._____
2._____

2 things the group could improve on in planning, or during, the service-learning project:

1._____
2._____

Overall, in your own words, how do you feel this service-learning project impacted your community?

_____
_____
_____

Date___/___/___

Week #14 Agenda: **Youth Violence Prevention (Flush Flyer)**



Did you know?
Worldwide about 200,000 homicides occur among youth ages 10-29 each year, which is about 43% of the total number of homicides globally each year.

What is Youth Violence???



Youth Violence is the usage of physical force to hurt others by young people ages 10-24. Typically, it involves young people hurting others whom they have no affiliation with or do not know well. Generally, youth violence takes place outside home life. It can include bullying, physical fighting, more severe physical assault, and homicide. There are many programs that address youth violence and are there to help.

National Youth Violence Prevention Week
National Youth Violence Prevention Week occurs one week in April, the dates can change depending on what organization is hosting the week. The week aims to help spread awareness to students of the positive role they can have amongst their peers. By educating students of effective strategies to prevent youth violence before it happens, hopefully it will be reduced. Each day of the week focuses on a specific challenge of Youth Violence to help communities learn how to prevent it.
For example:
Monday- Know the signs and SAVE the day
Tuesday- Promote Respect and Tolerance
Wednesday- Be an Upstander
Thursday- Resolve Conflicts Peacefully
Friday- Unite in Action

SAVE™ PROMISE CLUB
STUDENTS AGAINST VIOLENCE EVERYWHERE

Further information and resources for each of these daily topics can be found at https://nationalsave.org/NYVPW/

Date___/___/___

Agenda #14: **Beginning of Week Goals**

"An eye for an eye will only make the whole world blind." **-Mahatma Gandhi**

Monday:

In my own words, youth violence is:

_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with youth violence:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My Favorite Activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____
_____

Date___/___/___

Agenda #14: **End of Week Reflection**

Friday

The highlight of my week was:
_____
_____
_____

Did I help spread awareness for youth violence?
___Yes or ___No

If yes, How? And if No, why not?
_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about youth violence?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:
_____
_____
_____

Date___/___/___

Week #15 Agenda: **Alcohol Awareness Month (Flush Flyer)**

Did you know?

Each year over 85,000 people die from alcohol related causes. In 2014, roughly 31% of driving fatalities were due to alcohol. This makes alcohol the third leading preventable cause of death in the US!

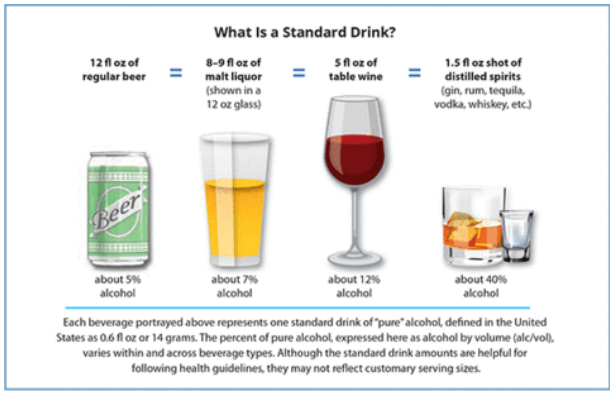


What is Alcohol Awareness Month???

April is Alcohol Awareness month! Alcohol Awareness Month is a public health program developed to increase outreach and education regarding the dangers of alcoholism and issues related to alcohol. It has become a national movement to help spread awareness of the causes and effects of alcoholism as well as to help families and communities deal with drinking problems.

Information about alcohol

- Slang terms:
  - booze, brew, juice
- What is it?
  - Alcohol is a depressant that contains ethyl alcohol or ethanol. Ethanol is the intoxicating ingredient in beer, wine, and liquor.
- What does it look like?
  - Alcohol is a liquid that come in many different forms, packaging, colors, and sizes
- How is it used?
  - Alcohol is drunk to consume it.
- What do young people hear about it?
  - Alcohol helps you relax and have more fun (...not true!!)



9 Facts about Alcohol

1. Alcohol affects your brain and body
2. Ethanol is the most popular psychoactive addictive substance
3. Binge Drinking is dangerous



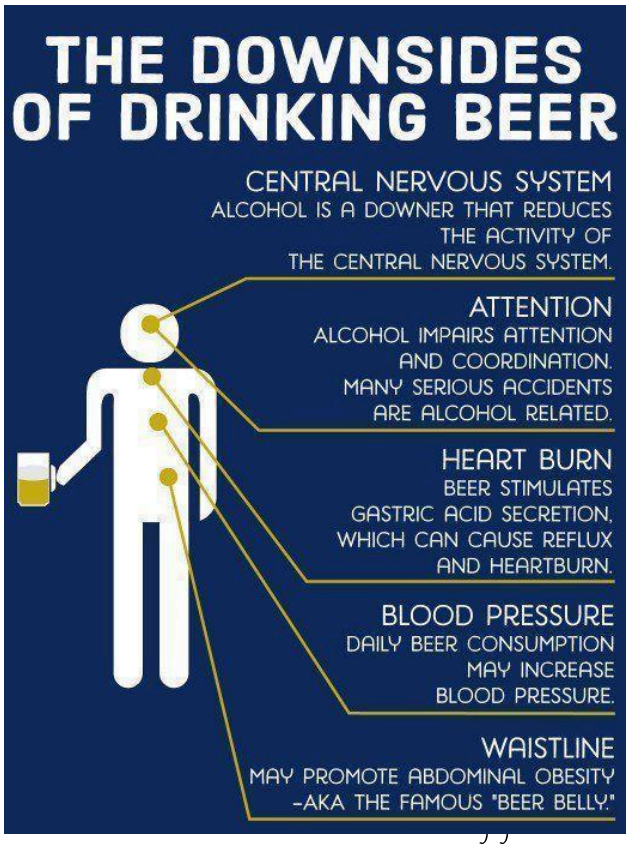
4. Alcohol has a negative impact on your hormones
5. Alcohol abuse has a genetic component
6. Dark colored drinks cause severe hangovers
7. Some drinks contain more pure alcohol than others
8. Alcohol is a leading cause of violent behaviors and traffic accidents
9. Alcohol withdrawal symptoms range from mild to serious

Signs and Symptoms of Alcohol Abuse

1. Drinking more than planned or intended
2. Failing to fulfill obligations due to drinking
3. Continuing to use despite negative impacts on life (relationships, financials, health, etc.)
4. Using in situations that could be physically hazardous (drinking and driving)
5. Showing an increased tolerance to alcohol
6. Experiencing physical or psychological withdrawal symptoms
7. Losing interest in once-enjoyed activities or becoming socially isolated
8. Becoming dishonest, secretive, aggressive, moody or temperamental
9. Craving alcohol
10. Spending abnormal amounts of time thinking about alcohol, acquiring it, or recovering from hangovers

Negative Consequences of Drinking Alcohol

- Short term
  - Slurred speech, drowsiness, vomiting, diarrhea, upset stomach, headaches, breathing difficulties, distorted vision
  - and hearing, impaired judgement, decreased perception and coordination, unconsciousness, blackouts
- Long term
  - Intentional/unintentional injuries, increased family/relationship problems, alcohol poisoning, high blood pressure, stroke, other heart related diseases, liver disease,



sexual problems, permanent brain damage, ulcers, and more

Resources for Alcohol Abuse

- American Addiction Centers 1-866-676-7356 or www.alcohol.org
- SAMHSA's National Helpline 1-800-622-HELP (4357)
- Alcohol Addiction Center https://alcoholaddictioncenter.org/alcoholism-resources/

Date___/___/___

Agenda #15: **Beginning of Week Goals**

"At the bottom of every person's dependency, there is always pain. Discovering the pain and healing it is an essential step in ending dependency." **-Chris Prentiss**

Monday:

In my own words, alcohol abuse is:

_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with alcohol abuse:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____
_____

Date___/___/___

Agenda #15: **End of Week Reflection**

Friday

The highlight of my week was:
_____
_____
_____

Did I help spread awareness for alcohol abuse?
___Yes or ___No

If yes, How? And if No, why not?
_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about alcohol abuse?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:
_____
_____
_____

Date___/___/___

Week #16 Agenda: **Mental Health Awareness (Flush Flyer)**

Did you know?



May is Health Awareness Month. Mental health affects how we think, feel and act. Mental health relates to our emotions, as well as our psychological and social well-being. It can influence how we handle stress, relate to others, and make choices. Mental health involves effective functioning in daily activities. Good mental health is important at every stage of life.

6 Steps to Improve Mental Health



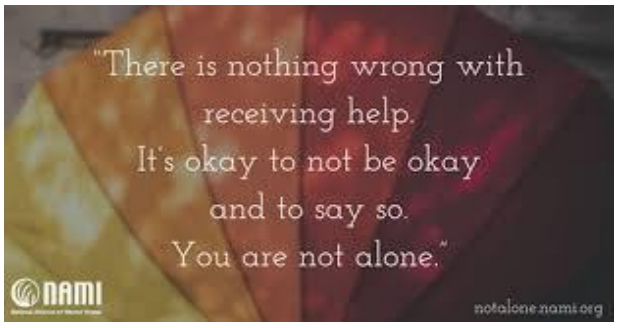
1. Exercise-contributes to better moods and anxiety control
2. Sleep-adults need as close to 8 hours of sleep per night, too much or too little can have negative effects on the mind
3. Play-social support and spending times with loved ones can be the best medicine of all
4. Eat Well-wholesome, nutritious foods that sustain energy levels will keep you feeling full and vibrant throughout the day
5. Give-looking beyond yourself to help others can help you feel more positive and self-confident
6. Manage Stress-practice activities that help you develop kills to tolerate and manage stress

What is Mental Illness???

Mental illnesses are a medical problem and health condition; it is not something to be ashamed of. Mental illnesses involve changes in emotion, thinking, behavior, or a combination of those three. They are usually associated with stress or problems functioning in social, work, or family activities. Mental illness refers to all diagnosable mental disorders and can affect anyone. There are many different types of mental illnesses and some are minor and treatable, while others can require a lot more attention and intervention.

NAMI's You Are Not Alone Campaign

Every year NAMI promotes their 'You are not alone' campaign to help fight the stigmas of mental illness, inspire others to help take action, and educate the broader public. They emphasize that it is important for the mental health community to come together so nobody ever has to feel alone. This campaign specifically helps to build connections for those struggling. For more



information visit:
https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month

Signs of Struggling with A Mental Illness

- Not wanting to be around family or friends as much
- The mind seems to be elsewhere
- Extremely anxious
- Feeling negative about life
- Not acting like oneself and being more irritable than normal
- Taking more risks than usual
- Talk about feeling hopeless
- Drinking [more] alcohol or doing [more] drugs

Additional Tips to Take Care of your Mental Health!

- Take a break when you need it
- Don't drift away from friends and family-allow them to be there for you and let them help
- Reach out to others when you need help
- Look for counseling services if you need them

Resources:

- NAMI Mental crisis text



(National Alliance on Illness) Helpline 800-950-NAMI or in a NAMI to 741741

Date___/___/___

Agenda #16: **Beginning of Week Goals**

"Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all the pebbles in your path and you will find you have crossed the mountain." **- Author Unknown**

Monday

In my own words, mental health is:

_____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 resources for people struggling with mental health/illnesses:

1._____
2._____
3._____

1 other way I will help spread awareness:

_____

My favorite activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:

_____
_____

Date___/___/___

Agenda #16: **End of Week Reflection**

Friday

The highlight of my week was:
_____
_____
_____

Did I help spread awareness for mental health and illnesses?
___Yes or ___No

If yes, How? And if No, why not?
_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned something new about mental health?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:
_____
_____
_____

Date___/___/___

Week #17 Agenda: Safe Prom (Flush Flyer)

Did you know?
In a 2014 survey done by AAA, 41% of teens, aged 16-19, said that it was likely that they or their friends would use drugs or alcohol on prom night.



Prom
Prom is one of the highlights of all of high school. It's exciting to dress up, visit a fancy venue, and spend the night dancing and celebrating with friends. Prom should be fun for everyone, but it can easily go very badly if students make poor decisions. Staying safe on prom night, and making smart decisions, is probably a lot more important than you ever realized.



The Dangers of Prom Night

- Drug and alcohol use are much more widely used on prom night than normal. A survey conducted by Liberty Mutual reported that 54% of students admitted to having 4 or more drinks during or after the prom.
- The dangers of drunk driving increase rapidly due to the fact that teens are drinking and don't recognize the severity of getting behind the wheel.
    - A AAA survey reported 84% of teens surveyed said their friends would be more likely to drive their car intoxicated than call home for a ride.
- Sometimes when drugs and alcohol are involved, people can be much more aggressive about doing things sexually than they
- normally would. This can lead to many dangerous and/or unwanted situations/outcomes.

How To Make Prom Night a Good/Safe Experience

- Talk with your parents, friends and date, about what's going to happen beforehand. If everyone has an understanding about what they want

from the night, then misunderstandings or different expectations won't hinder the night.



- Make the prom a fun friend event. If people want to bring dates, that is totally okay, but putting emphasis on people going with friends and having fun will help ensure everyone has a good time and doesn't feel left out.
- STAY SOBER! Staying sober will make sure you get home safe and healthy. Also, it will make sure you remember the night. Nobody wants to get drunk and forget about what they did or didn't do. Also, if caught intoxicated at a school event, there may be very serious repercussions.



- Make a pact. Your parents or another trusted adult can be helpful as someone to call if something does go wrong. This will guarantee that you nor your friends are trapped somewhere you don't want to be. It's much better to call someone and be in trouble, than to push it, and potentially end up in a dangerous or fatal situation.

Action Plan

Look up additional dangers that can happen around prom and create flyers and other resources to encourage your peers to be safe!!

Date___/___/___

Agenda #17: **Beginning of Week Goals**

"It takes leadership to improve safety." **-Jackie Stewart**

Monday:

A safe prom would entail:

1._____2.__
_____3._____
_____

Flush Flyer Ideas:

- A bold title_____
- An inspiring quote_____
  _____
- A brief background on the history of the month
- A call to action for other students to show support_____
  _____
- 3 options for people to get home safe after prom:

1._____
2._____
3._____

1 other way I will influence students to be safe at prom:
_____

My Favorite Activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:
_____
_____
_____

Date___/___/___

Agenda #17: **End of Week Reflection**

Friday

The highlight of my week was:
_____
_____
_____

Did I help spread awareness for the necessity of a safe prom?
___Yes or ___No

If yes, How? And if No, why not?
_____
_____
_____

How do you think the flush flyers were perceived by your peers?
Do you think they read them? ___Yes or ___No
Why? _____
Do you think other students learned the importance of having a safe prom?
___Yes or ___No
Why? _____
Did you read other YLTA members flush flyers? ___Yes or ___No
If no, why not? _____

2 improvements that could be made to future flush flyers are:
1._____2.__
_____

1 thing I'm looking forward to during the next meeting is:
_____
_____
_____

Date___/___/___

Week #18 Agenda: **Post Prom (Chem-Free Event/Service-Learning Project)**

Did you know?

Post-Prom events can be an actual matter of life and death for high school students. Because students are more likely to party, drink, and drive intoxicated on prom night, by having a school sanctioned party for them to attend after prom, you could save their lives.

What is a Chem-Free Event???

A Chem-Free Event is an event without any drugs or alcohol present. The idea of the event is that everyone is having fun, while still being safe and sober.



Post-Prom Event

It can take a lot of work to convince students to come and attend a Post-Prom event, rather than going out partying with friends. In order to get students to attend after prom, a lot of planning and informing is necessary. There is a lot of different things to do for a post prom, so here are a few ideas:

- Inflatable bounce houses/obstacle courses
- Olympics styled tournaments
- Game shows
- After prom concert
- Themed carnivals



There are a ton of different things to do, just make sure your group makes a budget and does what's best for your high school! Also be sure to plan out arrangements for transportation home and post-prom snacks!

See Appendix for additional planning tools and examples from other post-proms!!!

Date___/___/___

Agenda #18: **Beginning of Week Goals**

"Safety isn't expensive, it's priceless." **-Author Unknown**

Monday

3 ways Post-Prom will help protect high school students:

1._____

2._____

3._____

Post-Prom planning:

The intended location for post prom is:

_____

The teachers, or faculty members, that are willing to chaperone are_____

The planned night for the lock in will be on_____

_____

The activities we will be doing are:_____

_____

_____

Necessary materials/equipment:_____

_____

_____

_____

The plan to spread awareness of the event to students will include:

_____

Any other additional planning information: _____

_____

My goal for this service-learning project is: _____

_____

My plan to achieve this goal is: _____

_____

Date___/___/___

Agenda #18: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____

The highlight of the Post-Prom project for me was:

_____
_____

Did I achieve my goal for the service-learning project?
___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____

2 things that the group did well in planning, or during, Post-Prom:
1._____
2._____

2 things the group could improve on in planning, or during, Post-Prom:
1._____
2._____

Overall, in your own words, how do you feel that the Post-Prom event was perceived by your peers?

_____
_____
_____

Third Quarter Year Self-Assessment (Week 18)

CHARTING MY PROGRESS

- Take a moment of honest reflection on the questions below
- Color in the bar charts to show where you are in regard to the questions
- The last bar chart is for you to include an area where you most want to develop yourself

Sample:



0% 50% 100%

My leadership skills are improving:



0% 50% 100%

My communication skills are improving:



0% 50% 100%

I consistently meet my goals:



0% 50% 100%

I find school to be worthwhile:



0% 50% 100%

I feel like YLTA is making a difference in my community:



0% 50% 100%

Date___/___/___

Week #19 Agenda: **Graduation & Year End Celebration**

The year has finally come to a close!

As we come to the end of our year it's important to go over a few things!

Being Safe and Smart After Graduation

Graduation is a time to celebrate accomplishments, the end of a high school career, and the exciting new future that lays ahead of those students. Now more than ever, it is extremely crucial to help your peers make smart, informed decisions.

Just like after prom, so many students are more likely to party and find themselves in dangerous situations! It will be important for your YLTA to spread awareness to others about the risks associated with underage drinking and partying.





Year End Celebration!!

Now that your YLTA group has put so much work into educating your community, spreading awareness about issues to your peers, and improving school climate, it's time to celebrate!

First things first, it's important to look back at all that the YLTA group has accomplished! Take some time to reflect on some of your favorite group projects and individual moments throughout the year. Next, think about some things that can be improved regarding events, group meetings, etc. for next year.



Finally, it's time to plan a celebration. The celebration can be anything your group wants it to be, just make sure it's fun and safe. Some ideas could be a group hike, a pizza party, or a mini-golf outing! Whatever your group chooses, enjoy it, you all deserve it!

Date___/___/___

Week #19 Agenda: **Beginning of Week Goals**

"How lucky am I to have something that makes saying goodbye so hard." **- A.A. Milne**

Monday

What I learned today:

1._____
2._____
3._____

My favorite activity during the meeting today was: _____ _____. It was my favorite because _____.

After graduation, 3 ways I can help myself, and my peers, be safe and responsible are:

1._____
2._____
3._____

2 ways that I can spread awareness to others about being safe are:

1._____
2._____

One thing I am really excited for, regarding the end of the year, is:

_____

My 3 best memories from being a part of the YLTA group are:

1._____
2._____
3._____

Date___/___/___

Week #19 Agenda: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____

Did I help myself and others stay safe during and after graduation? ___Yes or ___No

If yes, How? And if No, why not?

_____
_____

While being a part of YLTA this year, the 3 most important things I learned were:

1._____
2._____
3._____

Do I feel that I was able to make a difference in my school, and my community throughout the year? ___Yes or ___No

If yes, How? And if No, why not?

_____
_____

1 thing I am excited about coming back to the YLTA group next year is:

_____

1 thing I am excited about for summer is:

_____

1 thing I will do to make a difference in my community this summer is:

_____

Date___/___/___

Week #20 Agenda: **Post Survey**

What is a Survey?



A survey is an investigation about the characteristics of a given population by means of collecting data from a sample of that population.
In other words, surveys help to gather data from groups of people, which can be used to describe the characteristics/behaviors of general groups of similar people.

Why is this Important?

This is important because in the beginning of the year your YLTA group released a survey to your peers. This original survey was to gather data and create a baseline of where students in your school were at regarding different topics. But now, it is time to release the post survey and analyze the results! Since your YLTA group has been spreading awareness and educating your peers on many different topics throughout the year, it will be important to see if there have been any changes in people's understanding/thoughts on said topics, since the beginning of the year.

Post Survey Results

After the post survey has been distributed, gather all the completed ones and organize the data. After all the data is organized and compiled into results, compare those results from the Pre-Survey. Do you see any changes? Why or why not? What areas had the greatest and least changes? What could your YLTA group have done differently to increase the differences?
Continue to ask yourself and your group these questions to determine how your actions impacted the community!!



Date___/___/___

Agenda #20: **Beginning of Week Goals**

"Never give up, for that is just the place and time that the tide will turn."

-Harriet Beecher Stowe

Monday

What I learned today:

1._____

2._____

3._____

My favorite activity during the meeting today was: _____ _____. It was my favorite because _____.

2 important results from the post survey are:

1._____

2._____

My goal this week is:

_____

3 things I can do/practice this week to achieve it are:

1._____

2._____

3._____

Other important notes/thoughts:

_____

_____

_____

Date___/___/___

Agenda #20: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____
_____

Did I achieve my Goal for this week? ___Yes or ___No

If yes, How? And if No, why not?

_____
_____
_____
_____

3 ways I used what I learned from this week's agenda are:

1._____
2._____
3._____

1 thing I'm looking forward to during the next meeting is:

_____
_____

"Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle." **-Christian D Larson**

Date___/___/___

Week #21 Agenda: **Leave No Trace!**

Did you know? 9 out of 10 people in the outdoors are uninformed about their impacts!

What is Leave no Trace???

Leave no trace, or LNT, is a set of seven ethical principles that promote conservation of the outdoors! The LNT principles are designed to help spread awareness to everyone about how we can all protect and enjoy the outdoors responsibility. As more people enjoy the great outdoors, the greater the risk our wildlands and recreations are at for degradation. by learning and practicing the 7 LNT principles, we can all help to protect and conserve these areas for future generations, as well as maintain the integrity and character of the outdoors for all living things!

Problems LNT Solves:

Damaged Trails & natural areas, polluted waters, connecting youth to nature, wildlife at risk, destructive fires, and crowded parks

The 7 Leave No Trace Principles: (and hand motions to easily remember them!)

1. Plan ahead and prepare!
    - Bring necessary equipment and clothing. Plan your trip to avoid high use times. Visit in small groups, consider splitting large groups in half. Repackage food to minimize waste.
    - Hand motion: use finger to write list on other hand to remember to make a list of everything you'll need on your adventure
2. Travel and Camp on Durable Surfaces
    - Durable surfaces include established trails, snow, rocks, dry grass, or gravel.

- Hand motion: Use two fingers as legs to remember treading on only durable surfaces

3. Dispose of Waste properly
    - Pack out the trash you bring in. Dispose personal waste properly.
    - Hand motion: Use three fingers as a trowel to dig a cat-hole and remember to dispose of all waste properly
4. Leave what you find
    - Preserve the past- leave any historical or cultural items or structures. Do not pick flowers, dig trenches, or build structures.
    - Hand motion: Use fingers on both hands to form a camera and remember to take nothing but pictures
5. Minimize campfire impact
    - Build campfires only in established fire rings. Bring firewood or use only small sticks found on the ground that can be broken by hand.
    - Hand motion: Use hand to create flames in a campfire pit
6. Respect wildlife
    - Do not approach, touch, or feed wildlife.
    - Hand motion: put three fingers on each hand up on your head to mimic deer or moose antlers
7. Be considerate of others
    - Respect other visitors and protect the quality of their experience. Keep pets leashed and clean up after them. When camping in close proximity, be aware of noise levels at night. Avoid stopping on the trail for long amounts of time, take breaks off the trail.
    - Hand motion: Wave and peace sign (or hang loose and rock on!)



Date___/___/___

Agenda #21: **Beginning of Week Goals**

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of a difference you want to make." **- Jane Goodall**

Monday:

2 important aspects of LNT are:
1._____
2._____

One LNT principle that I will practice this week is:
_____

3 ways I can practice this principle are:
1._____
2._____
3._____

2 ways I can help spread awareness of LNT principles with others are:
1._____
2._____

My Favorite Activity during the meeting today was:_____
_____.It was my favorite because_____
_____
_____

Other important notes/thoughts:
_____
_____

Date___/___/___

Agenda #21: **End of Week Reflection**

Friday

The highlight of my week was:

_____
_____
_____

Did I practice my LNT principle? ___Yes or ___No
If yes, how? And if No, why not?

_____
_____
_____

Was I able to educate someone else about the principles of LNT?
___Yes or ___No
If , how? And If no, why not?

_____
_____

3 ways I used what I learned from the week's agenda are:

1._____
2._____
3._____

1 thing I'm looking forward to during the next meeting is:

_____
_____
_____

Date___/___/___

Week #22 Agenda: **Planning for a Trip**

End of Year Adventure Outing

Now that the school year has finally come to a close, and summer is upon us, it is time to plan the annual YLTA group adventure outing. Here are some tips to planning a successful trip!



How to plan the best trip...

1. Choose a destination
    a. First you and your group need to choose where you want to go. Do you want to go to the top of a mountain, an island in the middle of a lake, the ocean?
    b. You also have to determine your time frame allotted for getting there. Do you have a one day trip planned or a multi-day overnight?
2. Pick an activity
    a. Once you have determined where you want to go, now you must all choose what adventurous pursuit will get you there. You may have to go backpacking, or kayaking/canoeing to get to your destination...this is the time to sort that out.
    b. Also, research any other outdoor activities you can do while near your destination! Maybe you are canoeing, but there is an easy day hike nearby!



3. Research
    a. When you have a about know vital planning elements going on an outdoor adventure it is crucial to researched everything your trip. You should what the weather and temperatures are going to be like and get an understanding of the conditions of whatever terrain you are going to be on.

b. At this point it is also important to research what hospitals are close by in case of emergency and have emergency plans in place.



4. Have a clear path
    a. Not only do you want to clearly mark your path on a map, or have directions for the whole trip, but you also need to know where important resources are such as water and shelter areas.
    b. It is also important to map out how long each part of your adventure should take you in order to determine what to do each day.
5. Create a packing list
    a. The packing list should be representative of what your group is planning for the week (ie. if you are hiking, group members should bring hiking boots, if you are canoeing, members should bring quick drying layers)



    b. Your YLTA group should not only make a packing list for participants, but also a list of all necessary group gear and equipment.
6. Gather essential equipment
    a. Be sure that your group has access to all
    b. important gear and equipment that will be needed throughout the trip!
7. Create goals/leadership roles
    a. It is best to break the trip into different legs and have different leaders for each part. Not only does this ensure someone is always in charge, but it will also divide responsibilities, and allow each participant to practice implementing their leadership skills they've been developing all year!
8. Double Check everything!!!
    a. Before the trip make sure everything is in perfect order.

b. Double check equipment functionality if necessary, double check everything is packed, go over route plans once more, determine any questions the group has before leaving.
c. Everyone should feel confident and comfortable about the trip before leaving!



Date___/___/___

Agenda #22: **Beginning of Week Goals**

"The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences" **-Eleanor Roosevelt**

Monday

End of Year Adventure Outing Plan

Destination: _____
Activity planned to get to the destination: _____
_____
Additional activities/adventures to do along the way: _____
_____
Did your group look up maps for the route? ___Yes or ___No
Timeline for the trip: _____
Are important resources mapped out along the route? ___Yes or ___No
Create individual packing lists for everyone to bring
Create group gear packing list for all necessary group items
Does your group have all necessary equipment? ___Yes or ___No
If No establish a plan to acquire that gear: _____
_____
Create leadership roles for each of the days/for different sections of the trip:
_____
_____
_____

What are you most looking forward to about the trip?
_____
_____

What are you most nervous about for the trip?
_____
_____

What do you plan to do to help feel less nervous?
_____

Date___/___/___

Agenda #21: **End of Week Reflection**

Friday

End of Year Adventure Outing Plan Review (to go over before departing)

Are all members of your group equipped with necessary equipment?
___Yes or ___No

Have you and your group members reviewed all the group equipment to make sure everything is well functioning? ___Yes or ___No

Have all the route plans been discussed by everyone? ___Yes or ___No

Does everyone feel confident about their leadership roles during the trip? ___Yes or ___No

Is everyone ready to have an amazing adventure??? ___Yes or ___No

***If No was answered for any of the above questions, be sure to go over or double check anything, and check in with your group members. All questions should be answered with a Yes before departing. ***

What are you most looking forward to about the trip?

_____
_____

What are you most nervous about for the trip?

_____
_____

What do you plan to do to help feel less nervous?

_____

Date___/___/___

Week #23 Agenda: **Group Outing**

Throughout the entire group outing it is important to journal your thoughts and reflections from the day. The next few pages will be left open for you to journal at the beginning and end of each day. For the morning feel free to write about where you are at in the trip, things you are excited about for the day, and check in from the night before. The evening journals should be reflective of your day and thoughts on the experience as a whole. There will also be additional prompts for you to answer. Feel free to write more!!!

Day 1

Date___/___/___

Morning: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Evening: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Day 2

Date___/___/___

Morning: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____
Evening: _____
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Day 3
Date___/___/___
Morning: _____
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Evening: _____
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Day 4
Date___/___/___
Morning: _____
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Evening: _____
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Day 5
Date___/___/___
Morning: _____
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Evening: _____
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_____
_____

"The starting point of discovering who you are, your gifts, your talents, your dreams, is being comfortable with yourself. Spend time alone. Write in a journal." **-Robin Sharma**

Additional Prompts:

How did you feel your leadership role went? What were some positives and negatives? What worked for you while leading the group, what didn't? Reflect on how you think you did as a group leader, and how you felt while leading others.

What were some of your favorite group activities and problem-solving challenges throughout the week? Use this space to document activities you liked so you can use them in the future!

What was your overall favorite and least favorite parts of the trip and why?

Date___/___/___

Week #22 Agenda: **Debriefing the Experience**

After the end of a trip it is vital to debrief the experience. In order to learn from events, it is important to debrief what went well, what didn't, and how to make the next experience even better!

What are three things that we planned very well for:
1._____
2._____
3._____

What are three things we lacked while planning or didn't plan well for? (these may be things you realize your group overthought, or didn't think about, while planning)
1._____
2._____
3._____

How well were leadership roles broken up throughout the outing?
_____
_____

What could have been improved in regard to the leadership roles?
_____
_____

For the following questions, circle the answer that fits best and then explain why. (One being very unprepared, five being very prepared)

How prepared do you feel you were for the trip? 1 2 3 4 5 Why?
_____
_____

How prepared do you feel your group was for the trip? 1 2 3 4 5 Why?
_____
_____

What could you have done better to be more prepared?
_____
_____

What could your group have done better to be more prepared?
_____
_____

For the following questions, circle the answer that fits best and then explain why. (One being very little, five being a lot)

How much do you think your leadership skills improved over the course of the trip? 1 2 3 4 5 How so?

_____
_____

How well do you think the activities chosen help to enhance your groups leadership, communication, problem-solving, and teamwork skills? 1 2 3 4 5 Why?

_____
_____
_____
_____

What could have been done differently to push the group further?

_____
_____
_____
_____

How often were you challenged <u>physically</u> during this trip? 1 2 3 4 5 What challenged you the most?

_____
_____

How often were you challenged <u>mentally</u> during this trip? 1 2 3 4 5 What challenged you the most?

_____
_____

How well do you think the group worked together during this trip? 1 2 3 4 5 Why?

_____
_____

How much do you think the group grew during this trip from when you were all working together at school? 1 2 3 4 5
What would you say caused these results?

_____
_____
_____
_____

If your YLTA group were to redo this trip, what are three things you would all keep the same and what are three things you would all change?

Same:

1._____

2._____

3._____

Change:

1._____

2._____

3._____

After answering all these questions, you and your group should sit down and compare what each other wrote. This will help you to grow and learn from your experience together to ensure that the next trip, or event, you all plan together will be even better!

Remember to focus on both the positives and the negatives! You can all learn from every decision made and experience had.

After doing this debriefing journal, and discussing with your group, it would be helpful to also work through some fun, debriefing activities.

Lastly...

What was the most important thing you learned about leadership throughout the trip?

_____

_____

_____

What was the most important thing you learned about teamwork throughout the trip?

_____

_____

_____

What was the most important thing you learned about communication throughout the trip?

_____

_____

_____

What was the most important thing you learned about yourself throughout the trip?

_____

_____

_____

End of Year Self-Assessment (Week 24)

CHARTING MY PROGRESS

- Take a moment of honest reflection on the questions below
- Color in the bar charts to show where you are in regard to the questions
- The last bar chart is for you to include an area where you most want to develop yourself

Sample:



0% 50% 100%

My leadership skills are improving:



0% 50% 100%

My communication skills are improving:



0% 50% 100%

I consistently meet my goals:



0% 50% 100%

I find school to be worthwhile:



0% 50% 100%

I feel like YLTA is making a difference in my community:



0% 50% 100%

Resources for Students:

Suicide Prevention

- 24/7 Crisis Hotline: National Suicide Prevention Hotline (1-800-273-8255)
- www.suicidepreventionlifeline.org
- Crisis TextLine (Text TALK to 741-741)

Sexual Assault

- RAINN National Sexual Assault Hotline: (1-800-662-HOPE [4673])
- National Teen Dating Abuse Hotline: (1-866-331-9474)

Addiction QuitLine

- www.QuitLineNC.com or 1-800-QUIT-NOW

Eating Disorder

- National Eating Disorder Helpline: (1-800-931-2237)
- National Eating Disorder Association: www.nationaleatingdisorders.org
- Crisis Text Line: (Text HOME to 741-742)
- Eating Disorder Resource Center (EDRC): www.edrcsv.org

Youth Violence

- https://nationalsave.org/NYVPW/

Alcohol Abuse

- American Addiction Centers: (1-800-676-7356) or www.alcohol.org
- SAMHSA's National Helpline: (1-800-622-HELP [4357])
- Alcohol Addiction Center: https://alcoholaddictioncenter.org/alcoholism-resources/

Mental Health

- NAMI (National Alliance on Mental Illness) Helpline: (1-800-950-NAMI) or if in a crisis (Text NAMI to 741-741)

*****If you or a friend are in a life-threatening situation always call 911 first!!!*****

YLTA School Group Action Planner

School Group Action Planning Time #1

- Spend a few minutes Debriefing/Checking-In on their experiences thus far and find something they enjoyed!

Equipment Needed:

Flip Chart/ Easel & Markers
Monthly Calendars
Smart Goals Sheet

*If any of their games/activities/experiences thus far included any goal setting use those opportunities to help segway into introducing the first steps of Goal Setting:

- Start with identifying a need
- Think of ways to address that need
- Pick an objective

*At this time you can facilitate an **activity that demonstrates goal setting** examples include: Keypunch, Moonball, Frogger/Lily Pads, (Most team building games can be adapted to include goal setting).

Quickly Debrief and Introduce and Explain the SMART Goal Model*

SMART GOALS (Specific, Measurable, Achievable, Relevant, Timely)	
Specific:	Know exactly what you want to accomplish. Who, what, when, where, why
Measurable:	How will the group evaluate the extent to which goals have been met?
Achievable:	Are the goals realistic for the group? Can it be completed within present constraints?
Relevant:	How does the project tie into group objectives?
Timely:	Set multiple target dates for each piece of the project to ensure timely completion.

Setting the Group Goals:

- Use this time to identify what your group would like to accomplish.
- Consider making a list of ideas without any judgement of quality or feasibility.
- Get the group to realize realistic goals

Begin the Planning:

- Prepare Flipchart and ask a group member to be the scribe, and ask the group what they wish to change at their school.
- Try to step-back and allow the group to lead themselves, watch and observe and be prepared to steer the group away from any negativity or to get them back on track if needed.
- They don't need to decide on a specific plan but the ideas should be there so they are prepared to hit the ground running during Session 2.

- If they do decide on a plan you can use the extra time to debrief the planning process thus far or see below:

****IF THE GROUP NEEDS A BREAK FEEL FREE TO LEAD A GAME AS YOU'LL HAVE**

Notes/Feedback: Action Planning Session #1

School Group Action Planning Time #2

- If group dynamics/time allow, you can choose to do another quick check-in.
- **Meaningful Team Building Activity** (This activity should require a debrief, and lead the group out of the forming stage and into the norming stage so they can move into handling a plan period) Activities include: Traffic Jam, Bomb Removal, Tarp Flip, Group Pushup, etc. MAKE SURE YOU WORK IN A DEBRIEF TO TIE IT ALL TOGETHER!

**During this planning time, work more on splitting up the action plan into smaller, more manageable pieces through the SMART acronym.*

ACTION PLAN CREATION:

- By the end of this Planning time a school group action plan ***needs to be written***.
- An easy style of this is a calendar with what the group plans on doing each month, i.e. a calendar. Please make sure it is written down so participants can take it back to their school and have accountability on their plan. Without this, the conference experience will not be transfered into school, (Kolb's Learning Cycle (experience → transfer)

*Also note to fill out the SMART goals sheet, so participants can see a step by step process.

- Again try to step out and let the group work through this process
- **Remember**: A written Action Plan needs to be written, there may be some time during session #3 to put the finishing touches on it but don't rely on it.
- Help in the presentation and encourage them to practice as time allows.

Notes/Feedback: Action Planning Session #2

Use this checklist to keep track of information as you create your school's action plan.

School Name _____

Note Taker_____

Environmental prevention (focused on prevention of alcohol, tobacco or other drug Use) project (select at least 2)	
Project	**Time Conducted (please give a range, e.g. January 15-30)**
Flush Flyer/Stall Street Journal Campaign	
Project Sticker Shock	
Public Service Announcements	
Awareness night event	
School/ Town Policy Review/Modification	
Other (Please Specify _____)	

***Environmental prevention** is based on the public health model, which stems from the premise that to affect health-related behaviors, prevention efforts must address the host, agent, and environment. In preventing alcohol, tobacco and other drug abuse, the host is the*

individual; the agent is alcohol, tobacco and other drugs; and the environment is the given community.

Service Learning Project (select at least 1)	
Project	**Time Conducted (please give a range, e.g. January 15-30)**
Volunteer at food pantry/soup kitchen	
Volunteer at disabled sports	
Environmental clean-up	
Trail Maintenance	
Volunteering at nursing home/senior center	
Building/fixing up a local park	
School Beautification	
Painting local community buildings	
Other (Please Specify_____)	

***Service learning** is a teaching and **learning** strategy that integrates meaningful community **service** with instruction and reflection to enrich the **learning** experience, teach civic responsibility, and strengthen communities.*

Optional schoolwide components	
Project	**Time Conducted (please give a range, e.g. January 15-30)**
Kids in Prevention Retreat For Grades 4-6	
Mentorship Project: ***Mentorship** is a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person.*	
School Climate Project	

Chem Free Event	
Other (Please Specify _____)	

Environmental Prevention Examples

Project Banner Swap



- Including subways, billboards, buses, and stadium signs youth are exposed to 45% more beer ads, and 27% more liquor ads.
- There is 2 billion dollars spent on ads every year that advertise alcohol.
- It has been found that alcohol advertisements often reach teens and in many cases are specifically targeted at teens on billboards or signs of he like.
- The ratio of seeing an alcoholic beverage add compared to a non-alcoholic borage ad is 1.5 to 4.6.
- The typical 18-year-old will have been exposed to 100,000 alcoholic beverage ads.
- If someone prior to the age of 15 has a drink than they are 5% more likely to develop an alcohol addiction.
- In 1996 Budweiser used a frog as an advertising plot. In that year the Budweiser frog was more recognizable to children aged 9-11 than the Power Rangers and Tony the Tiger.
- The typical 8-12-year-old can name more beer brands than U.S. Presidents.
- 25% percent of all alcohol consumed in the United States is consumed by underage drinkers.

PROJECT STICKER SHOCK

To Whom It May Concern:

Lin-Wood Public School's Inspire group is a collection of High School students who are dedicated to ending substance misuse in the



Lincoln-Woodstock community and educating their peers to the importance of positive decision making.

One of the projects the Inspire group takes on each year is Project Sticker Shock. This involves placing stickers on alcoholic items warning buyers of the repercussions of purchasing alcoholic beverages for minors.

Underage drinking doesn't hurt just the individual, but the community as a whole. Alcohol kills 6.5 times more youth than all other illicit drugs combined, but with your help we can reduce that number. We value your desire to sell alcohol responsibly and therefore would like to recognize your business as a cooperating partner in this effort.

With your permission, on May 23rd 2017 we would like to affix these stickers on alcoholic items in your business to reduce the amount of alcohol purchased by those of legal age specifically to supply to underage users.

Please contact our faculty advisor Lynn Tilden at ltilden@lin-wood.org if your business is willing to partner with Inspire.

Thank you for your help!

Letters to Storeowners about Participating in Environmental Prevention Strategies

Dear Barry,

Thank you so much for your participation in the "Sticker Shock Campaign"! We are lucky to have such a cooperative supporter in the Dublin Community.

I am writing in regard to the letter you received and phone conversation you had with Devin Thomas concerning this campaign. I think there was some confusion on Devin's part and I just wanted to clear up any misunderstanding. We (Dublin A.C.T. and Youth to Youth International) are trying to create an awareness to limit or stop the amount of underage drinking among students in the Dublin community. We are NOT trying to sell anything to you. We simply want your support and cooperation in the use of your store. The premise of the campaign is to educate the consumers that providing alcohol to those under the age of 21 is illegal, unsafe and unhealthy. We are not trying to limit any of your sales; we just hope customers who are buying alcohol from you are not providing it to those under 21.

Marcus Thorpe from Channel 4 news is interested in covering this story. If you are interested, we will add the Barley Bin along with Iacono's Drive Thru as a participant in the campaign. If not, we will leave you and your store name out, but we wanted to share this media opportunity.

This "Sticker Shock Campaign" is funded by a statewide youth grant (from the Drug-Free Action Alliance) so the students must be involved. It is designed so the students will place the stickers onto the cases of beer. Adult leaders from Youth to Youth and the Dublin A.C.T. coalition will be in attendance and assisting the students involved. The students will never be holding the alcohol, just placing the stickers on the 12 packs or larger. The placement of the stickers will not cover any logos or important information printed on the container.

Iacono's has agreed to participate on Thursday May 27th. We thought it would be great to work with you on the same day. If that date does not work, we would love to come on the 26th if possible. I know that May 12th was a good date for you; however, we will not have any of the material printed by that date.

What I am looking for is a signature saying you are willing to cooperate with us and our campaign. I realize you are very busy. If it is easier for us to coordinate with a manager, we will. Please sign below.

Yes, I agree to participate in the "Sticker Shock Campaign"

_____

Yes, I would like to be included in the media piece

_____

Thanks again for your support and participation in this campaign!

To Whom It May Concern:

We, the Dublin A.C.T. Youth Council are continuing to help prevent underage drinking in Franklin County. You have a great opportunity to partner with a group of concerned teenagers in our community who are dedicated to helping prevent underage drinking.

The A.C.T. Youth Council is a group of committed high school students and adults whose goal is to improve our community one step at a time. We have developed a sticker campaign that is aimed to reach those individuals over the age of 21 who legally purchase alcohol and provide it to a minor. The project consists of youth-designed stickers being placed on multi-packs of alcoholic beverages in participating stores. A team of youth, accompanied by an adult chaperon, will visit each store at a time of mutual convenience to place the stickers on alcoholic beverages. These stickers have been designed by teens and emphasize the consequences of providing alcohol to minors.

Alcohol usage not only harms the individual, but the community as a whole. Alcohol kills 6 1/2 times more youth than all other illicit drugs *combined,* but with your help, together we can help reduce the amount. We are not looking to disrupt any business your store has with the sales of alcohol, we simply want to address the problem of underage drinking.

We value your desire to sell alcohol responsibly and therefore would like to recognize your business as a cooperating partner in this effort. We would appreciate your response as soon as possible. If you have any questions, or to confirm your participation, please contact Cheryl Campbell at ccampbell@youthtoyouth.net or call 614-224-4506 x150.

Thank you for taking the time to read this letter. We look forward to working with you in this project to prevent adults from providing alcohol to youth.

Sincerely,

The Dublin A.C.T. Youth Council

INSPIRE NH

Hey Athletes!

Did you know that one night of heavy drinking can undo two weeks of training?



Hey Drivers!

Did you know that 11% of you have driven after drinking over the past 30 days AND 27% of you were passengers in a car driven by someone who had been drinking?



Hey Minors!

Did you know that 42% of you think it would be very easy to get alcohol if you needed it?



KNOW THE FACTS! MAKE THE RIGHT DECISIONS!

www.inspirenh.org

NORTH COUNTRY HEALTH CONSORTIUM

Flush Flyer Examples

INSPIRE NH

DID YOU KNOW?

Only 61% of people your age think it is wrong to smoke cigarettes

Just 57% of people your age think it is wrong to drink alcohol.





40% of students think it is okay / right to smoke marijuana

KNOW THE FACTS! MAKE THE RIGHT DECISIONS!

www.inspirenh.org

NORTH COUNTRY HEALTH CONSORTIUM

Middle School Lock-In Resources (Example and template for later use)

Schedule and Planning

FRIDAY, MAY 31, 2019				
Time	Group Number	Activity	Location	Chaperones
7:00	All	Registration / Move In	Gymnasium	All
7:30	Lock-In Olympics			
	All	Basketball Hot Spots	Gymnasium	All
	All	Football Toss	Gymnasium	All
	All	Music Trivia	MPR	All
	All	Pop Trivia	MPR	All
	All	Stepping Stones	HS Playground	#3
8:30	All	Dinner	MPR	All
9:15	Family Group Activities			
	1	Small Group Teambuilding	MHS Gymnasium	#2
	2	Small Group Teambuilding	Baseball Field 1	#1
	3	Small Group Teambuilding	Baseball Field 2	#4
10:30	All	Free Play	Gymnasium	All
11:00	All	Dance	Gymnasium	All
11:45	All	Movie	EMPR	All
2:00	Lights Out!			
SATURDAY, JUNE 01, 2019				
Time	Group Number	Activity	Location	Chaperones
9:00	All	Breakfast / Pack-up	Gymnasium	ALL
10:00	Talent Show			
11:00	Dismiss			

SMALL GROUP LAYOUT		
Time	Group	Activity

0:00	Family	Energizer	
0:10	Family	Peek a Who?	
0:20	Family	Assigned Activity	
0:40	Family	Group Debrief	

7:30	Family Group Activities			
	1	A-Frame	Front Field	Chaperone 1
	2	Pipeline	Baseball Field 1	Chaperone 2
	3	Islands	Baseball Field 2	Chaperone 3
	4	Pipeline	MS Playground	Chaperone 4
	5	Stepping Stones	HS Playground	Chaperone 5

Menu

SHOPPING LIST	
Items	**Quantity**

LOCK-IN MENU
Friday, May 31st

Items	Quantity
Hot Dogs	62
Buns	62
Chips	31
Drinks	31
Cookies	31

Saturday, June 01st	
Items	**Quantity**
Pancakes	62

Roster

Student Name	Authorized Contact	Relationship	Number	Pick-Up	Walking	Health Forms	Participant Total

Budget

2019 POST PROM BUDGET				
	Estimated		Actual	
Budget	$	200.00	$	-
Total	$	144.00	$ -	
Diff	$	56.00	$	-

	Estimated		Actual	
Lodging	Qty	Cost	Qty	Cost
Totals	0.00	$ -	0.00	$ -

	Estimated		Actual	
Equipment	Qty	Cost	Qty	Cost
Totals	0.00	$ -	0.00	$ -

	Estimated		Actual	
Misc	Qty	Cost	Qty	Cost
Syrup	2.00	$ 7.00		
Plastic Utensils	1.00	$ 10.00		
Napkins	1.00	$ 10.00		
Totals	4.00	$ 34.00	0.00	$ -

	Estimated		Actual	
Vendor	Qty	Cost	Qty	Cost

Totals	0.00	$ -	0.00	$ -

	Estimated		Actual	
Transportation	Qty	Cost	Qty	Cost
Totals	0.00	$ -	0.00	$ -

	Estimated		Actual	
Food	Qty	Cost	Qty	Cost
Hot Dogs	2.00	$ 15.00		
Hot Dog Buns	10.00	$ 2.50		
Chips	2.00	$ 11.50		
Condiments	2.00	$ 7.00		
Pancake Mix	2.00	$ 9.00		
Totals	18.00	$ 110.00	0.00	$ -

	Estimated		Actual	
Postage	Qty	Cost	Qty	Cost

Totals	0.00	$ -	0.00	$ -

2019 POST PROM BUDGET				
	Estimated		Actual	
Budget	$	200.00	$	-
Total	$	144.00	$	-
Diff	$	56.00	$	-

Post-Prom Planner
Schedule

SATURDAY, MAY 11, 2019			
Time	**Activity**	**Location**	**Chaperones**
11:00	Sign-In	MHS Entrance	6
11:30	**Sleepover Games**		
	Twister		2
	Jenga		2
	Xbox & Wii		2
12:00	Food	MHS Main Hall	2
12:30	**Cosmic Activities**		
	Black Light Climbing	MPR Climbing Wall	2
	Cosmic Bubble Soccer	Gymnasium	2
	Glow in the Dark Ultimate	Softball Field	2
2:00	Dismiss	MHS	

ACTIVITIES			
Activity / Game	Equipment Need	Volunteer Needs	Station/Location
SLEEPOVER GAMES			

Twister	Budgeted	2	
Jenga	Budgeted	2	
Xbox & Wii	Budgeted	2	
COSMIC STATIONS			
Black Light Climbing	Budgeted	2	
Cosmic Bubble Soccer	Budgeted	2	
Glow in the Dark Ultimate	Budgeted	2	

Budget

2019 POST PROM BUDGET		
	Estimated	Actual
Budget	$ 1,500.00	$ 1,500.00
Total	$ 1,239.00	$ -
Diff	$ 261.00	$ 1,500.00

	Estimated		Actual	
Lodging	Qty	Cost	Qty	Cost
Totals	0.00	$ -	0.00	$ -

	Estimated		Actual	
Equipment	Qty	Cost	Qty	Cost
Bubble Soccer Balls	6.00	$ 126.00		

Black Lights	2.00	$ 68.00		
Rope Lights	12.00	$ 18.00		
LED Ultimate Discs	1.00	$ 23.00		
Totals	**21.00**	**$ 1,131.00**	**0.00**	**$ -**

	Estimated		Actual	
Misc	**Qty**	**Cost**	**Qty**	**Cost**
Neon Gaffers Tape	1.00	$ 28.00		
Glow Sticks	2.00	$ 40.00		
Totals	**3.00**	**$ 108.00**	**0.00**	**$ -**

	Estimated		Actual	
Vendor	**Qty**	**Cost**	**Qty**	**Cost**
Totals	**0.00**	**$ -**	**0.00**	**$ -**

	Estimated		Actual	
Transportation	**Qty**	**Cost**	**Qty**	**Cost**
Totals	**0.00**	**$ -**	**0.00**	**$ -**

	Estimated		Actual	
Food	Qty	Cost	Qty	Cost
Totals	0.00	$ -	0.00	$ -

	Estimated		Actual	
Postage	Qty	Cost	Qty	Cost
Totals	0.00	$ -	0.00	$ -

2019 POST PROM BUDGET		
	Estimated	Actual
Budget	$ 1,500.00	$ 1,500.00
Total	$ 1,239.00	$ -
Diff	$ 261.00	$ 1,500.00

Volunteers

CHAPERONE LIST			
Name	Phone	Email	Role / Activity
Volunteer 01			
Volunteer 02			
Volunteer 03			

Additional Necessary Planning Items:

- Include a map of the school grounds
- Include a list of necessary equipment/games and the resources from where it can be rented/bought

SATURDAY, APRIL 13, 2019		
TIME	ACTIVITY	LOCATION
04:00 PM	Registration	MPR
04:30 PM	Speaker: Tracy Shamberger	MPR
05:00 PM	Shelter Set-Up	Gymnasium/Back Field
06:00 PM	Pack School Supplies	MPR/Gymnasium
07:00 PM	Dinner	Gymnasium/Back Field
08:00 PM	Group Games / Movie (Vote?)	Campus Back Field
09:00 PM	S'mores 😊	Campus Back Field
11:00 PM	Quiet Time	Campus Back Field
SUNDAY, MARCH 09, 2019		
TIME	ACTIVITY	LOCATION
07:00 AM	Rise & Shine	Campus Back Field
07:30 AM	Walk to the Community Center	Roger B. Community Center
08:00 AM	Breakfast	Roger B. Community Center
09:00 AM	Walk to Lin-Wood School	MPR
10:00 AM	Departure	MPR