

Peer Leader Mission

We Are Sources of Strength

We are a group of diverse **students and adults** from many different corners and cultures of our school and community. We believe that life has ups and downs, that all of us will go through good times and tough times. Our mission is to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up.

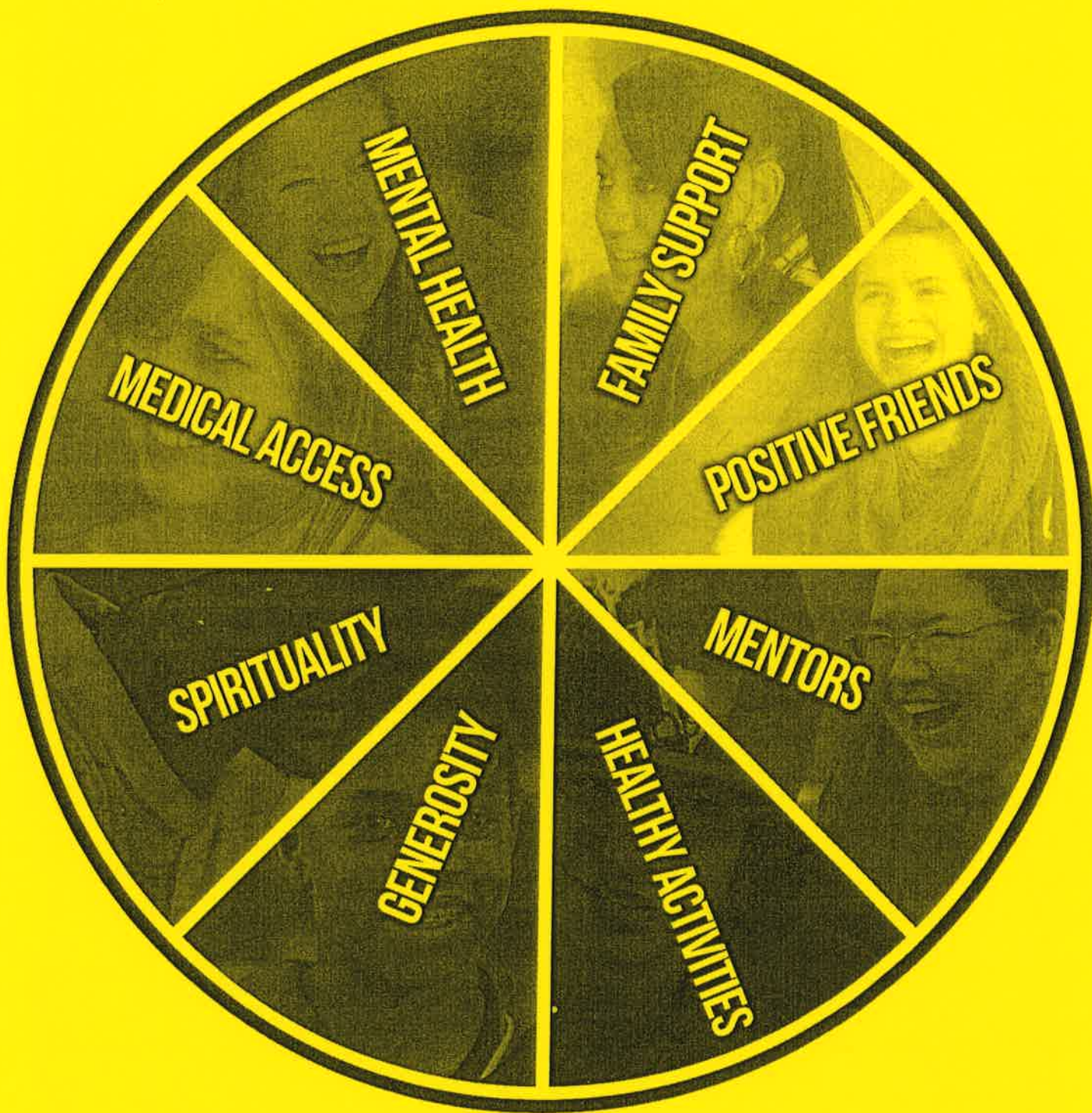
Our mission is to **spread Hope, Help, and Strength** into every corner of our community.

Our mission is to help students and staff turn to their strengths and their supports that are all around.
We are **Connectors** to Help and Strength.

Our mission recognizes that our voice has great power and we use it to **BREAK the SILENCE** when someone is struggling, and to connect them to the help they need and deserve.

We **Spread Hope** by focusing on stories of strength, rather than on stories of trauma. We know our most powerful impact comes from our personal actions, conversations, and messages that use our music, our art, our writing, our activities, our social media, our culture, and our voice.
This gives life to our efforts.

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Core High School Events

We hope most peer teams will complete many different messaging campaigns, but in the midst of all the fun events, generosity efforts, strength of the month, and other ideas we hope these four get completed.

- 1. School-wide process of naming Trusted Adults/Mentors** - Displaying student names and adult names publicly. See the ideas in Thank Your Mentor Week.
 - Awareness – make posters “Who’s Your Trusted Adult/Mentor” or PL’s take picture with their TA and make a poster. Make a video to show to the school with PL’s talking about their TA’s, school announcements with 3-4 PA’s talking about TA’s.
 - Personal, Interactive Sharing – PL’s can lead classroom presentations where all students share and write names of trusted adults, lunchroom activity create a Wall of Trust and get a “Thanks for Being a Source of Strength” postcard to send and give to adults. Target 85% school participation.
 - Fun – Include some games, lunchroom activities, assemblies in which high level trusted adults are recognized and included in some funny games, skits, or events. Photo booth with funny clothes and wigs where students can bring their TA’s and take pictures together – create a wall of pictures.
- 2. Share the Sources of Strength Wheel** – More Strengths are Stronger in Life’s ups and downs.
 - Awareness – Posters with the wheel, video’s “I am stronger”, text messages, etc.
 - Personal, Interactive Sharing – In small groups or classroom size have discussions about which strengths are strongest, what one would we like to strengthen. Small groups where students can share about all the strengths.
 - Fun – Mix games like the yarn knot, Thumper Game, or spin the Sources of Strength wheel at lunchroom events.
- 3. Put on a Sources of Strength Week** – see the attachment for many ideas on interactive, fun, and awareness types of messaging that can go into a Sources of Strength week.
- 4. Breaking Silence** – Connecting a friend in crisis with strengths starting with trusted adults. The message of connecting a friend in distress rather than being a bystander around issues like suicide, bullying, violence and substance abuse.
 - Awareness – series of posters using Courage themes can be spread around. Text, social network, and announcements can be effective.
 - Personal Sharing – Sharing by PL’s about importance of breaking silence and how to help a friend in distress. Services, supports, and resources available.
 - Fun – can use games like Yarn knot, Hog Call, Blizzard about being stuck and getting help.

