



Student Leadership Services (SLS) COVID-19 Emergency Response

We know you are worried about your students’ mental health. We are too. We can help.

On March 16, 2020, the state-wide stay at home order and school shut-down occurred. Our Program Director, Dawn Flood, MSW immediately moved our face-to-face, boots-on-the-ground, programming and trainings online. Our SLS Team developed an innovative plan to continue servicing schools, students, teachers, and families. Within 24 hours of school closure, we reached out to our network of schools and asked, **“How can we support your students during this unprecedented time?”** The consensus was that schools, students and families needed support coping with the **stress, anxiety and uncertainty caused by Covid-19**. To help meet this need, SLS created 30-60-minute, interactive, online videos and handouts. It was critical that we responded quickly as the students were separated from their biggest support system, their school family. We knew this sudden disruption in students’ lives left them vulnerable and at high risk for self-defeating behaviors.

SLS trains students to resist alcohol, other drugs, vaping, risky driving, and self-harm behaviors by building “protective” skills. Students also support positive mental health, stress management, overcoming family struggles and developing leadership skills in themselves and others. **These skills are needed now more than ever!** SLS responded immediately to the emotional needs of the students and advisors.

SLS **online curriculum** is for students, educators, and parents. We offer pre-recorded instructional videos, live virtual workshops, and social media video posts (ranging from 5 minutes to 60 minutes) on mental health, physical health, relationship skills, decision making, resistance skills, job readiness, executive functioning skills and figuring out how to cope with the current crisis impacting students and families.

Find SLS online at www.SLSToday.org; YouTube at SLSTODAYMI; Facebook and Instagram at SLSTODAY. Support materials to accompany each video can be found on the SLS website www.SLSToday.org

SLS Instructional Videos/Handouts

Need help? You are not alone.

- [Coping with Anxiety in Difficult Times](#)
- [Dealing with Disappointment and Uncertainty](#)
- [Creating a Validating Environment](#)
- [Coping with Anger](#)
- [Communication Skills](#)
- [Social Skills \(Making Conversations\)](#)
- [Building Relationships](#)
- [Assertiveness and Refusal Skills](#)
- [Resolving Conflicts](#)

The SLS Show: Interactive Videos/Handouts

Live On-Air

This is a weekly show on Tuesdays at 4pm, using Zoom, where students talk about topic of interest generated by students, for students. The show is recorded when parent permission is provided.

- [Appreciation + Empathy = Snoopy](#)
- [Overcoming Procrastination](#)
- [8 Building Blocks of Organization](#)
- [Time Management](#)
- [Overcoming Boredom](#)
- [Staying Connected in Healthy Ways](#)
- [Preparing for Life After High School](#)
- [Building Your Portfolio and Resume](#)

If you have been part of a drug prevention program or safe driving program, such as, “Keys2Drive” by AAA or any other health and safety program, this is for YOU!

Join the SLS #SLSTOGETHERWECAN year-long, student-created leadership program!

#SLSTOGETHERWECAN Blended Learning Institute is a health and safety leadership program for individual students or school groups. Training will focus on six “hot spot topics” identified by our SLS State Student Advisory Board (SAB). It will consist of online and in-person meetings and events (if able) where students will learn about the “hot spots”, work with other students, listen to expert speakers, have entertainment, and develop a project/message to help their peers understand the importance of that topic. Participants may join one or more “hot spots”.

The six “hot spots” are: **Healthy Relationships, Bullying/Inclusiveness, Mental Health, Distracted Driving, Alcohol, and Vaping/Marijuana**. The Institute format consist of: four online workshops, two in-person workshops that will include student presenters, SLS presenters, and expert speakers, with a final in-person celebration where students present the project that they developed based on the knowledge they gained during the Institute. In-person workshops will be regional to reach all of Michigan. Students will also receive a **23-minute, one-on-one consultation** with SLS Program Director, Dawn Flood, the week of Feb. 8-12, 2021 to help plan their project. **Students pre-register with parent permission at www.SLSToday.org. The sessions will be recorded.** **Contact Dawn at: dmf@SLSToday.org to schedule a location near you.**

| Hot Spots All workshops are at 4:00pm | Healthy Relationships | Bullying/ Inclusiveness | Mental Health | Distracted Driving | Alcohol | Vaping/ Marijuana |
|---|-----------------------|-------------------------|---------------|--------------------|-------------|-------------------|
| Session 1: Online | October 19 | October 20 | October 21 | October 22 | October 23 | October 24 |
| Session 2: In-person | November 2 | November 3 | November 4 | November 5 | November 6 | November 7 |
| Session 3: Online | December 7 | December 8 | December 9 | December 10 | December 11 | December 12 |
| Session 4: In-person | January 11 | January 12 | January 13 | January 14 | January 15 | January 16 |
| Session 5: Online | March 8 | March 9 | March 10 | March 11 | March 12 | March 13 |
| Session 6: In-Person Celebration & Project Presentation | April 12 | April 13 | April 14 | April 15 | April 16 | April 17 |



SLS Program Updates and Offerings for 2020-2021

(for new and existing school-based chapters)

We know you are concerned about your students’ risk-taking behaviors. We are too. We can help.

Since 1982, Student Leadership Services (SLS) has proudly run a nationally recognized, comprehensive, whole-child prevention program for students ages 11-19. Students Leading Students (SLS) for high school students and Students Taking a New Direction (STAND) for middle school students. Research shows that prevention programs with long-term investment and repeated exposure to ideas delivered in different settings over time have better results than single awareness-raising or discussion sessions. We know that when students are actively engaged and challenged to lead, they become role models for their peers and develop the self-efficacy needed to live healthy, productive lives. Our model provides an inclusive, safe, environment with the guidance needed to promote student autonomy and develop confidence in their own abilities to lead change in their school. With adult support, the Chapter meets regularly, and students select and plan culturally sensitive, evidence-based activities to address the specific prevention needs in their schools with a multi-method approach to promote positive youth development and prevent alcohol and other drug use (ATOD) use.

Student Leadership Services brings intention to practice with our **Four Pillars of Prevention** and the **Chapter Planning Tool**.

| Pillar 1: Development of a Student-led Chapter | Pillar 2: Development of Substance Use Prevention and Safety Knowledge | Pillar 3: Development of Leadership and Resiliency Skills | Pillar 4: Development of a Prevention Environment |
|---|---|--|---|
| SLS Chapters empower and challenge individual students to engage their peers, build relationships and establish connections through healthy and safe behaviors. Pro-social youth implement innovative strategies that model healthy choices, ATOD resistance, personal growth and helping others. A student-led chapter is well-balanced, aligned with science and models roles and responsibilities for students and adults. | SLS Chapters offer consistent, on-going education and support for students to learn the outcomes of risk-taking behaviors that are not compatible with their health, safety , and life goals. Students disseminate high quality information to their peers to reduce and delay ATOD use, bullying, promote safe driving, and increase student and school connectedness that a peer-led approach nurtures. | SLS Chapters increase inclusion and understanding of the value of others in their lives. Students experience support and training in leadership, communication, negotiation, decision making, teamwork, organizational development, planning, organizing, goal setting, and message marketing as they engage in activities that influence peers and change risk taking behavior. In addition, students learn personal time management, social skills, tolerance, emotional health , resistance skills, problem solving and resiliency skills while overcoming challenges with encouragement from the SLS advisor and students. Students become trainers themselves. | Natural social bonds are utilized in SLS Chapters with a commitment to do what is right for students above all else. Advisors help establish an environment of acceptance and inclusiveness, where students can lead. Meaningful participation and steady, on-going connections and bonding experiences are supported by advisors to encourage pro-social behavior. Traditions, rituals, and ceremonies bond SLS Chapters and encourage peer mentoring relationships. Roles and expectations of SLS students and advisors contribute to student-led health, safety , and social justice opportunities. Learning and participation unite and challenge students to action. |

We had hoped that Covid-19 would abate by the time school resumed this fall as we know that the most effective way to connect with and engage student is face-to-face. However, we also know that this situation presents a unique opportunity to help students learn and practice prevention-based leadership, resiliency and life skills in the face of adversity.

New Planning and Collaboration Tools to Support STAND and SLS Chapters

- Google Classroom for STAND and Students Leading Students (SLS) Advisors:** This fall we will launch Google Classroom for all participating chapters. This tool will foster increased communication and collaboration across chapters and enable us to share “just in time” resources, including our new Chapter Planning Tool. Contact dmf@SLSToday.org.
- The Chapter Planning Tool:** The Chapter Planning Tool puts our Four Pillars of Prevention into practice by providing chapters a yearly calendar of ideas, actions and inspiration deliberately designed and organized to focus on the key components and guiding questions of our program. See a sample SLS month below:

| Key Components | October |
|--|---|
| SLS & National Initiatives Do we want to align our activities to any local/national initiatives? | Red Ribbon Week/Drug Prevention www.youth.gov Bullying Prevention www.stopbullying.gov www.youth.gov Parent Awareness Conference www.preventionnetwork.org/pam |
| Student-Led Activities What will we do to build an inclusive, safe and supportive environment? How will each activity we plan help improve our school climate and help us reach our Chapter goals? | Red Ribbons Tie ribbons on lockers/put on cars with safe driving messages. Register for #SLSTOGETHERWECAN www.SLSToday.org Advisor of the Year Award Nominate your advisor. |
| Advisor Support How can I empower students and promote leadership and engagement from all members? How can I help students be inclusive and build relationships? | Build confidence in their abilities Student Support-Leadership Support officers. Help them delegate. Support members as they learn to lead. |
| Community & Family Support What actions can we take to develop relationships and inform our community about our goals? How can we connect with our community? | Relationship Building Invite Administrator to a meeting to witness student empowerment and have students write a hand-written thank you note. |
| SLS Support What support is available from the SLS staff and network? Monthly emails, social media and Google Classroom updates | SLS Mentoring Assist Chapters as they participate in #SLSTOGETHERWECAN Assist w/ S4SD grant application. Connect Chapter to area SLS Alumnus. SLS Training Safe Driving with AAA Simulators, Recruitment, Engaging Members, Advertising Group SLS Resources Support materials for Red Ribbon Week Student-Driven Mini-Handbook: Violence Prevention Student Video: 8 Building Blocks of Organization |



SLS 35TH STUDENT ADVISORY BOARD (SAB)

STUDENT LEADERSHIP SERVICES BRINGS TOGETHER A SMALL GROUP OF EMERGING STUDENT LEADERS FROM ACROSS THE STATE OF MICHIGAN TO HELP US DEVELOP AND DELIVER PEER-LED HEALTH AND SAFETY PROGRAMS FOR HIGH SCHOOLS AND MIDDLE SCHOOLS.

IT IS OUR PLEASURE TO ANNOUNCE THE 2020-2021 SAB! INTRODUCTIONS BY FELLOW SAB MEMBERS:

Meet Mariam Kebe by Isabelle Ordway

I asked Mariam a series of questions to get to know more about her. "If you could buy any food, what would you buy?" Her response was, "I would buy chicken nuggets because they are really good." "If you could be any animal, what animal would you be and why?" Her response was, "I would like to be a white fluffy bunny because they are super soft and cute (which I totally agree with her)." The third question was my favorite question, "What is your dream job?" Most people ask this question to little kids with big dreams and they never really ask the older kids. "I would like to be a lawyer." We got into a long conversation about how lawyers make good money and how they are passionate about what they do. "What is the strangest thing you have ever eaten?" And yes, as kids we all probably ate some weird things. "When I was little, I ate dirt." Which is not really a bad thing because I know that when I was younger, I ate worms which is gross. "What is your favorite summer activity?" She said playing basketball. "What annoys you the most/what is your biggest pet peeve?" "When people chomp food in your ear and when people take your food without permission (unless they are your best friend)." My seventh question was, "If you could buy anything in the world, what would it be?" And she said that she would buy a house for her mom which I think is a super nice thing to do. My final question was, "Are you a morning or a night person?" and come to find out she is a night person just like me.

Meet Makenzie Staffne by Loretta Dossou

Makenzie is what I like to call a "free-spirited" person. She described herself as dedicated, athletic, and kind. Her favorite animal is a monkey. Her description of dedication is "Superman, which is known to be THE superhero of the people." You call Superman for help. He fought for justice and the good for mankind. Those are the same traits that Kenzie portrays. She isn't afraid to do what needs to be done. Makenzie sees problems that need to be addressed. She even said she had an addiction to her phone, which is pure honesty for most of us, but we wouldn't ever say that or even think of it. She is a person who with her dedication and kindness would not think twice about helping another person or working to change things for the better. She also seems like an adventurous person. She has eaten dog food, which I do not think I could ever do, and from her experience I will never try. Her favorite movie quote, "To die would be an awfully big adventure" from Peter Pan. Kenzie will be a great adventurer.



Meet Alexandria McClain by Loretta Dossou

I first discovered, that like me, Alexandria enjoys singing - favorite hobby. It gave me a vibe that she is probably very music- oriented and a fun person. One of her most used emoji are the laughing, and crying emoji, which I am not surprised to hear as almost everyone in the world uses that the most, even moms. Her favorite smell is peppermint and I honestly could not argue with that, but it is very much a peculiar smell. I also learned that if she could change lives, she would do it with a famous life coach named Iona Russell. Alexandria is inspired by her and wants to help other people. That really inspired me, because it shows how much of a sweet and helpful person she is. I cannot wait to learn more about her.

Meet Isabelle Ordway by Miriam Kebe

I asked Isabelle what animal she wanted to be and why. "A sloth, because I can be really slow at times." I could relate to her. I asked her to name her favorite things. Without any hesitation, she replied ice cream. "It's just so good," she added. One of her favorite jokes goes like this..." What do you call a guy with a rubber toe?" "Roberto." Her favorite hobby is singing, her dream job is a surgical technician; and she admires her dad the most because of his hard work and dedication. Her favorite movie quote was from the movie, "Clueless," and the quote was, "As if." What she would do with her 15 minutes of fame, Isabelle said, "Well, with fame comes lots of money, so I would buy a house." I cannot wait to learn more about her and the other girls.

Meet Loretta Dossou by Sage Bowyer

"Missing" A fictional story about Loretta

"I can't find her!" I cried. My twin was missing! I was so worried about her. "I need to go to the Police Station and report her missing." As soon as I got there, I started talking to Officer Help. He said that he needed me to answer some questions. "Miss Bowyer, do you know what Loretta's dream job is?" "Yes, I believe it is to be a world traveler." I said shaking. He nodded, "What was she doing the last time you saw her?" I replied, "She was sleeping. That is what you do when you are out all the hours of the night. You sleep during the day." I was confused about how these stupid questions were supposed to help him find my sister. At that moment I remembered that she writes everything down in her journal. Maybe something in there was going to help us locate her. I remembered our spot that we said we would always use in an emergency. The vent. I ran to the vent and popped it off. It was there! There were a bunch of pages ripped out. In the back, all the questions the Officer asked were written down. They were the exact same! What are 3 words you would use to describe yourself? atHletic, Eenergized, and sociaL. What is the weirdest food you have ever eaten? A cow. If you could get yourself anything what would it be? A car. What is your biggest pet peeve? Fake People. As I looked at the answers, I realized that only some of the letters were capitalized, which spelled HELP. All I could think about was the Officer that helped us earlier. Officer Help knows where she is. I took her journal back to the police station and turned it in as a lead to find Loretta.

Meet Oghosasse Osadiaye by Alexandria McClain

Ogho participates in five different sports. She plays soccer, volleyball, basketball, track, and football. She also is involved in her church and has a candle making business. In her free time, she enjoys listening to music and reading books. Ogho is excited to be part of something big and help people all over Michigan. She wants to help students realize that drugs are not the way to go and wants to spread awareness on how to be happy and healthy.

Student Leadership Services, Inc. * 1150 Scott Lake Road. Waterford, Michigan 48328 * Phone: (248) 706-0757 * Fax: (248) 706-0750

www.SLSToday.org; www.facebook.com/SLSToday; www.twitter.com/SLSToday; www.instagram.com/SLSToday



Thank You!

A Little Love

Mariam Kebe, Clarenceville High School

My favorite SLS project is one that I will never forget, because it was the most heartfelt thing I have ever done. A couple of weeks before school dismissed for holiday break, we wanted to send messages to all the students to remind them that they are important. We created handmade gift bags with candy, encouraging notes, and a bracelet that said, "NEVER FORGET YOUR WORTH." We delivered these bags to every Second Hour class the day before we left for break. We did this to recognize that holidays can be depressing and lonely for many students. We wanted them to know that they matter and that we care about them. Students and teachers smiled ear to ear when they received them. Some even had tears in their eyes.

This simple project reminded me that love always goes a long way.

Let's see this SLS project go a long way across Michigan!



Loretta Dossou, Taylor High School

One of Taylor High School's most famous SLS project was "Kindness Week". For one-week, SLS students went around the school giving out acts of kindness. One of the acts of kindness was "Kindness Grams". Students bought the gram on a lanyard or a button and it came with candy. The gram and candy were then delivered to the person of their choice by an SLS member. That same week SLS students did a, "Say Hello Act" where they picked a day and woke up early to be at the school before anyone else got there. They stood in the front of school and greeted each person that walked through the door.

Congrats Taylor SLS! You rock!



Teens and Safe Driving

Isabelle Ordway, Valley Lutheran High School



When it comes to teens and driving, there are a lot of things that you must keep in mind. One of the big things that I think people have forgotten about is texting and driving. When you are driving and you look at the people around you, most of the time they are texting or scrolling through social media, because now people are always glued to their phones and can't seem to put them down. I grew up not having a phone but all my friends had one. I was so jealous but when I look back and really think about it I think it, was a good thing that I didn't have a phone. I think that if I grew up with a phone I would be like everyone else and always be on it because that is what people grow up doing and it forms bad habits that can be hard to break in the future. I got my phone at the end of my freshman year of high school. When you get to high school you get to start driving. Some good ways to stay off your phone while you're driving are: you can put it in your backpack, put it in the backseat, or the trunk, somewhere you can't just grab it when it goes off. Another thing you can do is you can put it in the glove box or your center console and if you have an iPhone you can put it on "do not disturb" while driving and that will mute all of your texts until you turn it off. The one point that I am trying to get at is the fact that you do not need your phone while you are driving, so put it away and drive safely.



JCT Foundation



PETITPREN



Thomas P. Bingman Memorial

Voss Taylor Steel

Sign Fabricators

Brad Simmons

Dianne Bostic Robinson

Ward Bartlett

Michelle Turner

Zane and Sandra Hatahet

Laura and Christian Dodd

Larry Rotta

Nikki and Allan Motes

Pamela Voss-Page

Dawn and Jeremy Flood

SLS Board of Directors

Brad Simmons, President

Ward Bartlett, Vice President

Dianne Bostic Robinson, Strategic Planning Chair

Zane Sami Hatahet, Media Spokesperson

Tammy Wilson, Technology Chair

Garrett Zimmerman, Web Manager

Toni Lauretano, Fund Development Chair

SLS Staff

Pamela Voss-Page, MED Executive Director & Research Director

Dawn Flood, MSW Program Director/Master Trainer

Mindy Willis, MED Curriculum/Administration

Rochelle Winstead, Bookkeeper

Jillian Davis, Technology Co-Op, Marian High School

National SLS Awards

SLS is the only Michigan developed student-led program with national validation.



National Prevention Network



@SLStoday



Oakland Community Health Network

Developmental Disabilities • Mental Health • Substance Recovery

"Federal, State, and/or County funding has been provided through the Oakland Community Health Network Substance Use Disorder Services to support the project costs".