

## STUDENTS LEADING STUDENTS (SLS) KNOW HOW TO SAY “NO” TO PEER PRESSURE!

STUDENTS LEADING STUDENTS

### HOW TO AVOID BAD SITUATIONS



#### AVOID BAD PEOPLE

Bad people stir up bad situations and cause problems. If you can avoid run-ins with these people, then you will avoid sticky situations altogether.

#### STRENGTH IN NUMBERS

The more people you have with you, the more safe the situation is and the least likely you are to be hurt.

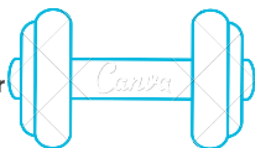


#### USE A STRONG VOICE

Everyone has a voice, and it's important that you use it when you are in an unsafe situation so you get help.

#### USE GOOD BODY LANGUAGE

Body language tells you a lot about a person. Even if you are scared in a situation, keep your shoulders straight and keep direct eye contact.



#### BE KIND, BUT FIRM

If you are in a bad situation, being rude or mean might make the situation worse. Instead, be polite but firm so the other party knows you are being serious.

#### LAST RESORT: TELL A TRUSTED ADULT

Only as a last resort, tell a trusted adult. It's important to know how to solve situations independently, but if someone could get hurt it is best to let an adult help.



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BY JILLIAN DAVIS, MARIAN HIGH SCHOOL

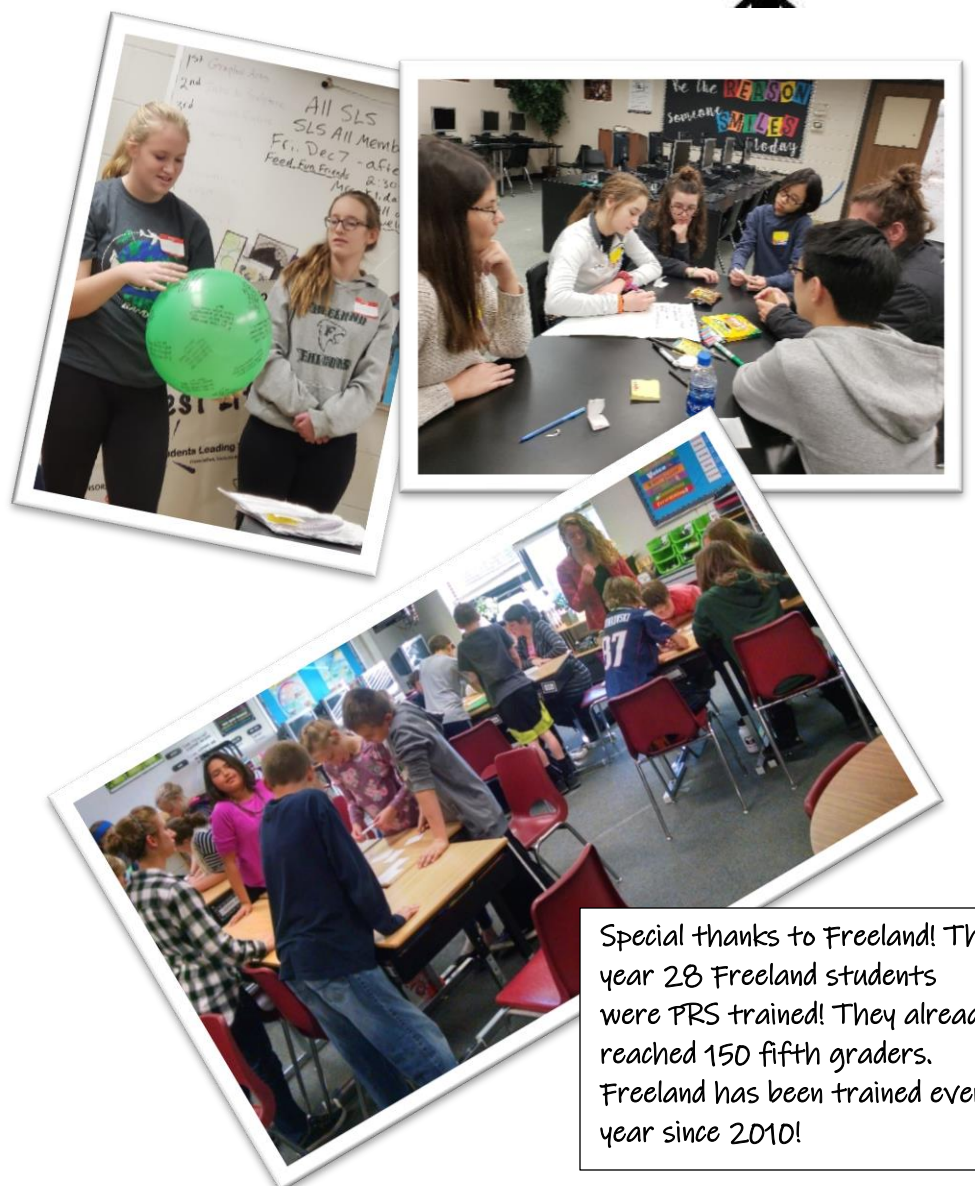
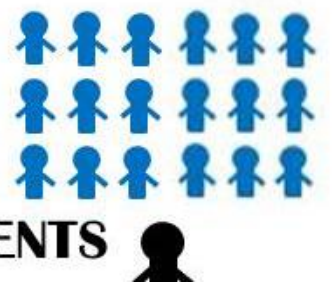
### SLS=RESISTANCE SKILLS

Contact SLS to schedule a team training for high school students. Teams of 5-8 student role models learn how to teach 4<sup>th</sup> – 5<sup>th</sup> graders how to be assertive, keep their friends and say “no” effectively to alcohol, tobacco, vaping and other risky behaviors.

The PRS Training\* is 11 hours, over 2-3 days at your school or a central location for several schools to attend. The training is also great at a camp setting. Call SLS for ideas to make this happen for your students. 248-706-0757 or [dmf@slstoday.org](mailto:dmf@slstoday.org)

*\*The Peer Resistance Skills Training is a core training of SLS that builds skills in both student age groups. SLS research in the Wayne State University Validation Study of SLS programs (2011-2018) reported greater resistance skills in SLS students, less likely to use substances, they keep their friends, have higher leadership skills, higher sense of belonging and school engagement, more confidence in decisions, and are safer drivers than the comparison students not in SLS.*

**1 STUDENT  
TRAINED  
REACHES 18  
YOUNGER STUDENTS**



Special thanks to Freeland! This year 28 Freeland students were PRS trained! They already reached 150 fifth graders. Freeland has been trained every year since 2010!



## Executive Functioning Checklist... With SLS

SLS creates experiences that integrate well-functioning students, as well as high-risk students, in programs that build skills, develop healthy relationships with peers and adults, and are engaging with fun and food. The SLS atmosphere is accepting, encouraging, and open to learning.

These are the “**Executive Functioning**”, **brain-based skills that SLS teaches and models**. This is healthy human development. The examples noted in SLS are simple, are implemented by youth, and the basis for growth, development and revision:

**Response Inhibition**- SLS teaches assertiveness skills, resistance skills, decision making.

**Working Memory** – Retaining information; learn something and teach their peers.

**Emotional Control** – Empathy, sympathy and coping skills practiced within SLS meetings, workshops and events. SLS creates the “safe space”, “safe environment” where students can express their feelings without fear of judgment. SLS supports expression of feelings.

**Flexibility** – SLS students learn to adapt to small struggles, such as no cups for the punch at meetings, changing meeting times, forgetting your speech notes.

**Sustained Attention** – SLS implements interactive, kinesthetic, and engaging experiences.

**Task Initiation**- SLS facilitates students identifying their passion, talents and a concrete plan with specific timeline to accomplish them.

**Planning and Prioritizing** – SLS Students identify a goal with specific objectives each year.

**Organization** – SLS alumna created the Chapter Planning Book outlining specific tasks/benchmarks. Committee chairs save and pass down event notes/notebook to the next chairperson, so that freshmen can learn to be organized from their peers.

**Time Management** – Deadlines, recognizing how long something will take and monitoring tasks.

**Goal Directed** – SLS teaches/models persistence with celebrations at the end.

**Meta-cognition** – SLS teaches self-reflection and debriefing using groups, SLS forms, feedback models. SLS also teaches advisors to do this, many times reluctantly, with busy schedules.

Students and adults practice “Executive Functioning” while driving, working, socializing, during family events, and in our daily lives.

Effective prevention requires a commitment to do what is right for the students above all else. Health education, addiction and safety education is effective prevention when it changes behavior-develops executive functioning.

**Effective prevention builds skills that last. That’s it.**

Pamela Voss-Page, Executive Director, Research Director  
Dawn Flood, Program Director, Student Advisory Board  
Advisor

# ANXIETY: HOW TO IDENTIFY & COPE

## ANXIETY: WHAT IT REALLY IS

Anxiety is a nervous disorder characterized by a state of excessive uneasiness.

Anxiety is a common disorder with more than three million cases in the United States.

## SYMPTOMS

Symptoms include stress that's out of proportion to the impact of the event, inability to set aside a worry, and restlessness. People may feel fatigue and restlessness, lack of concentration, racing and unwanted thoughts. They might be hypervigilant or irritable.

## HOW TO COPE

Eat well balanced meals and avoid caffeine.  
Take deep breaths.  
Learn what triggers your anxiety.  
Set small daily goals.  
Find forms of exercise.  
Maintain a positive attitude.  
Talk to someone.  
Get enough sleep.

## CAUSES OF ANXIETY

Stress from personal relationships.  
Stress from school assignments.  
Stress from an emotional trauma.  
Financial stress.  
Stress from a serious medical condition.  
Side effect of medication.

## Student Leadership Services

### SOURCE:

“TIPS.” ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA, ADAA, [ADAA.ORG/TIPS](http://ADAA.ORG/TIPS).

“WHAT ARE ANXIETY DISORDERS?” WEBMD, [WWW.WEBMD.COM/ANXIETY-PANIC/GUIDE/ANXIETY-DISORDERS#1](http://WWW.WEBMD.COM/ANXIETY-PANIC/GUIDE/ANXIETY-DISORDERS#1).

Jillian Davis, Marian High School

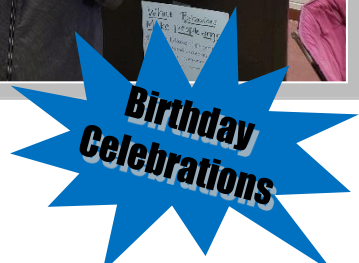




# Taylor High School SLS

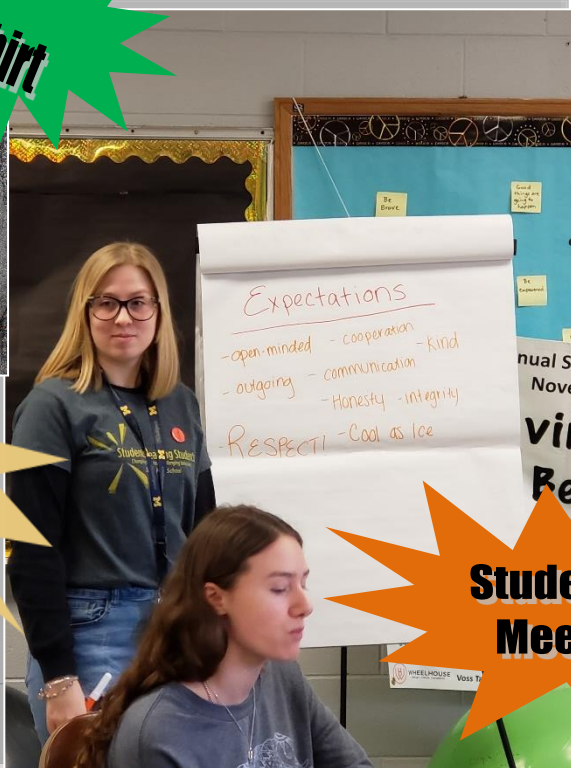
Look at their plans to see what a well organized chapter does!

+Create your group identity.



**Goals & Expectations**

+Be friendly.



**Student-Led Meetings**

+Set Long Term Goals.

+Short-term Objectives.

Thank you, Sandra Kluk, Taylor Advisor.

+Games connect members.

+Fun at every meeting!

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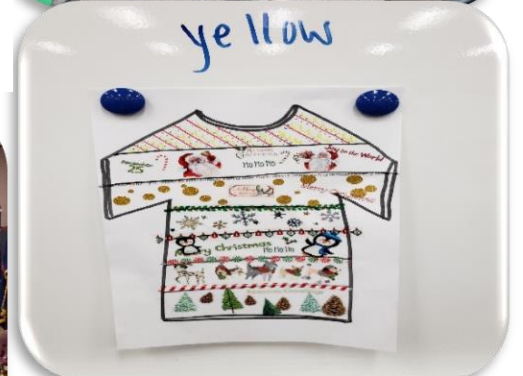


Jessica Head, SLS Student of the Year 2018, Milford SLS

SLS Most Improved Chapter 2018, Milford SLS



Milford SLS hosted an SLS Christmas Party for 6 SLS Chapters Lakeland; Harbor; Pinckney; Novi; Holly and Walled Lake Northern.



Ugly Sweater Competition

Makenzie Ryder, Walled Lake Northern; Niah Holsey, Warren Mott; Sonya Liggins, Warren Mott, Mone't Stewart, Chippewa Valley, Connor Meadows, Milford; Camryn Jackson, Warren Mott. 2018-2019 SAB!





Meet Elizabeth Kurkowski, SLS Prevention Specialist!

Liz trains SLS middle school students in Life Skills, high school students in Relationship Skills, and is a Certified 4H Shooting Sports Instructor.



Oakland University is her team. Liz worked in Behavioral Therapy with individuals on the Autism Spectrum.

Her pet rabbit, trained in Behavioral Therapy to use the litter box, is named TAZO.

**Thank You!**

**Citizens**  
Insurance™  
A company of The Hanover Insurance Group



**PETITPREN JCT Foundation**

**Citizens**  
Insurance™  
A company of The Hanover Insurance Group

Citizens Insurance and Student Leadership Services, Inc. (SLS) have joined forces since 1999 to make financial support available to Michigan high school youth-led prevention groups with special program needs. Citizens Insurance is offering mini-grants in amounts ranging from \$100 to \$1000 to qualifying high school groups. Grants can be used to fund special events and programs designed to prevent underage alcohol, tobacco and other drug use, while encouraging safe and healthy life-styles.

Since 1915, Citizens Insurance has been a leading provider of automobile insurance in Michigan. Understanding the risks and responsibilities of driving, Citizens Insurance supports safe driving education and health and safety programs, such as SLS. Raising awareness of the dangers of distracted driving, impaired driving, and decision-making skills especially among students, is fundamental to any ongoing efforts to reduce traffic tragedies on our highways.

**Criteria for Awarding Mini Grants to SLS Member Chapters:**

1. Programs, events or training of SLS such as Peer Resistance Skills, SLS assemblies and rallies, SLS Sponsored Conferences, Leadership Seminars and Leadership Institutes.
2. SLS Member Chapter Registration.
3. Starter Packets for "Students Leading Students" or Students Taking A New Direction (STAND).
4. SLS approved Michigan speakers.
5. Other chapter events (i.e. Awareness Week/Month, Community Service, Family Days, Red Ribbon, etc.)

To learn more about SLS Mini Grants contact [dmf@SLStoday.org](mailto:dmf@SLStoday.org)



**Thomas P. Bingman Memorial  
Dawn & Craig Sylvester  
Found Objects (Laurie & Zachary)  
Voss Taylor Steel  
Sign Fabricators  
Pamela Voss-Page**



**SLS Board of Directors**

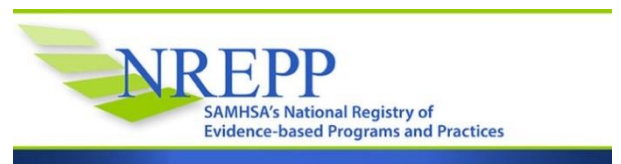
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*Pamela Voss-Page, Executive Director and Research Director  
Dawn Flood, Program Director  
Elizabeth Kurkowski, Prevention Specialist  
Rochelle Winstead, Bookkeeper  
Jillian Davis, Co-Op, Marian High School  
Volunteer Alumni Throughout the World!*

**National SLS Awards**

*The only Michigan developed student-led program with national validation.*



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