



Hosting an Online Sources of Strength Peer Leader Meeting

How/When to Meet:

Resuming your Sources of Strength meetings in online settings can be a way to support the growth and strength of your team during this time. Through meetings, Peer Leaders can work to carry out their mission of spreading Hope, Help, and Strength into every corner of their community; reaffirming that their voices have great power and that they continue to be Agents of Change and Connectors to Help. Meetings provide an opportunity for Adult Advisors and Peer Leaders to laugh and play together, for youth-adult connections to strengthen, and for your team to live from a place of joy, compassion, and authenticity. Peer Leader teams have the capacity to change population level norms for the better right now and playing, sharing, and planning together can help support that. Below are ideas and resources for planning and hosting online Sources of Strength meetings:

Scheduling Meetings

- **Discover Team Availability**
 - Send out a [Doodle Poll](#), email, or use a scheduling app to find a time/times that work best for your team to meet.
 - It is recommend you meet once a week for a half hour to an hour
- **Create a Consistent Multi-Week Meeting Schedule**
 - Plan meetings for 3-6 weeks out so Peer Leaders (i.e. meet every Friday at 12:00 pm)
 - Find a way to communicate clearly with your team and remind them of upcoming meetings or online initiatives. Use [google calendar](#) or similar systems to set up reminders or alerts that meetings are happening. Some teams also use [Remind](#) for simple communication and reminders via text message.
- **Ask Adult Advisors to sign up to facilitate different meetings**
 - Ask Adult Advisors to plan on facilitating a meeting (individually or in teams) and delegate who will execute on each section and what pre-planning, materials, or resources are needed to pull off this meeting in a 30-60 minute period (Zoom link, game, sharing prompt, planning idea, etc.)

Meeting Tips and Ideas

- Ask Peer Leaders to invite a friend, sibling, pet, whoever is under the same roof to join the meeting.
- If Peer Leaders don't have access to a video-meeting app, consider providing a call in number for the video call or meeting via conference call.
- Consider recording meetings so Peer Leaders who are unable to join can watch or listen later. Develop a system for sharing these meeting videos back out with the team, maybe in a Google Classroom dedicated to your Sources team, or via email.
- If you have large groups of Peer Leaders, split meetings into groups amongst Adult Advisors.



- Ideas for making groups can include using initials, birthdays, or previously established roles, responsibilities, or sub groups, etc.
- Zoom can host up to 50 people without cost for 40 minutes
- Recommend no more than 20-30 Peer Leaders on each Zoom
- Read the [Peer Leader Mission Statement](#) as a group and ask Peer Leaders to share what pieces feel most impactful to them right now and what ideas they have for moving forward in their mission.

Note: Peer Leaders without access to WiFi can call Spectrum (1-844-488-8398) and Comcast (1-800-934-6489) for free internet services through May 15.

As you meet with your Peer Leader team please continue with the One-Part Planning, One-Part Sharing, and One-Part formula.

One Part Fun

It is strongly recommended your team continues to use games and a sense of playfulness in Peer Leader team meetings and campaign efforts during this time. As humans, especially in a time of stress, we can simply take ourselves too seriously: we need to make sure we are still making room for fun in our lives! Many of us are interacting with difficult stories in our world, work, and personal lives, but that does not mean that all of our prevention efforts have to be serious. Games can alleviate the heavy emotions around discussions of COVID-19, stress, and the transitions Adult Advisors and Peer Leaders are experiencing. The Sources of Strength National Team is working on adapting games for video chats and proper social distancing, you can click [here](#) to see current ideas, but make sure to continue to check in for more updates. Other ideas for adding fun to meetings include:

- Ask a silly question, “Would You Rather?”, or use another fun prompt to start the meeting
- Start meetings with 30 seconds of dancing
- Do a 3-5 minute accessible workout during the meeting
- Ask a 2-3 Peer Leaders to share their favorite meme, Tik Tok, or YouTube video from the week
- Have a dress-up theme for meetings and have everyone introduce their “look” to kick off the meeting

One Part Sharing

We strongly believe in the power of our stories and in strength-based storytelling. Our vision is to empower a well world by saturating schools, communities, AND video chats with stories of Hope, Help, and Strength. At this time, many of us are surrounded by stories in the news and media of everything that can go wrong. Unfortunately, when this is the information we hear we can start to believe that this is an accurate proportion of good to bad in the world. At Sources, we want to work with Peer Leader teams to talk about what is going right and what is helping them right now. Research shows that by noticing our positive stories of strength, resilience, and recovery, our brains can physically change to be more positive. Adult Advisors and Peer Leaders are encouraged



to share their stories of resilience and strength with each other to remind ourselves of what helps during this difficult time.

In these Peer Leader meetings, your team is encouraged to share about the strengths they are using right now to overcome adversity and difficulties. Sources of Strength challenges individuals and groups to make 10% of the story about the challenge, adversity, or struggle a person is facing and 90% about what is helping them and how they are managing this difficult time. While this approach takes intention and practice, it is a powerful skill that will cause ripple effects of Hope, Help, and Strength throughout an individual, home, school, and community.

Helpful Prompts for Group Discussions

- Which of the Big Three Emotions (Anger, Anxiety, or Sadness) is most common for you right now? Which Strength is helping you manage that emotion? Who are the people in your life that are helping you? How do they help you?
- What Healthy Activities help you to feel joy right now?
- What Healthy Activities are calming for you right now?
- Share a story of how you are using Healthy Activities to cope.
- Who do you think is the most generous person that you know and why?
- Name a person who has been generous towards you. How have they shown Generosity?
- What is one way you can show Generosity today?
- How well are you taking care of your physical well being? How might you take better care of your physical well being?
- Who is an example of a great Mentor in your school/life? How do they show up for you as a Mentor?
- Who provides you with Family Support? They can be family by choice or blood-related.
- Who is a Positive Friend in your life right now? How do they help you?
- Who has connected you to Healthy Activities?
- What Healthy Activities have helped you?
- What or who has helped you connect to better Mental Health?
- Who is someone who has benefited from Medical Access recently?
- Who or what is giving you Strength during this time?
- How many Strengths have you combined at once? (Journaling with my iguana and my mom combines 3: Healthy Activities, Positive friends, and Family support!!)

One Part Planning

During this time, Peer Leaders can continue to create positive social norms and behaviors in their homes, with their peers, and in the broader community. They do this first through experiencing and practicing a community of strength in the Peer Leader meetings and then by transforming positive energy and stories of strength into strategic messaging campaigns that invite other students, family members, staff, and the community to engage, interact, and apply strength to their own lives. Below are several ways Peer Leader teams can apply strength themselves and encourage others to do the same while out of school and practicing social distancing:



- **Connect to the National What Helps Me Campaign, #WhatHelpsUs.**
 - Check out www.sourcesofstrength.org and follow Sources of Strength on Instagram and Facebook for updates and ways to participate.
 - Ask Peer Leaders how the National #WhatHelpsUs campaign can look in *your* context and how they can adapt the campaign to best fit the needs of their family, peers, and community.
- **Create a Wheel of Resources to share.**
 - View a [Sample Wheel of Resources](#) and Access the Wheel of Resources template [here](#).
- **Create a personal [Self Care Card](#).**
 - Encourage Peer Leaders to share the template with others!
- **Create a resource map for your local school/community.**
 - What resources are available for students to access from home? Recommend resources include the National Suicide Prevention Lifeline (1-800-273-8255), the number/emails of available school counselors, and website and phone numbers for local community resources.
- **Plan regular meetings and check-ins with the Peer Leader team.**
 - Encourage Peer Leaders to create a plan of who they would like to check in with daily, weekly, etc.
- **Have Peer Leaders design handouts or prompts to include in pick-up lunches or school-wide communication.**
- **Decorate street-facing windows in homes with Strength messaging**
- **Tie Ribbons of Hope on school or community fence**
 - Ask team to take a piece of fabric/ribbon from their house, write a message of hope/help/strength on it, and tie it to a pre-approved community or school fence. Remind team to maintain recommended social distancing during campaign.
- **Design a Sources of Strength Board Game**
 - Templates, instructions, and ideas [here](#)
- **Use prompts and games from Peer Leader meetings with family and peers.**
 - Encourage Peer Leaders to ask the people in their lives the prompts used in Peer Leader Meetings and play games in their homes.

Sources of Strength is continuing to collect resources and ideas each day. You can add your own ideas [here](#) and continue to follow Sources of Strength on social media for more [@SourcesofStrength!](#)