

I AM STRONGER

Meeting One: Explore your “Sources of Strength”

Goal

Encourage Adult Advisors and Peer Leaders to identify their “Sources of Strength” and explore what keeps them grounded and roots them in strength.

Welcome (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for joining the meeting. Reaffirm to Peer Leaders that their voices have power and they are **Agents of Change** and **Connectors to Help** in their schools and communities.

ONE PART FUN (5-15 minutes)

Remind your team that we need to make sure we are holding space for fun in our lives. In this meeting play Hog Call or YeeHaw, or another Sources of Strength Game which you can explore on pages 112-120 of the [Adult Advisor Field Guide](#).

ONE PART SHARING (15-30 minutes)

Since you have selected an **I am Stronger** campaign it can be a good idea to use a sharing prompt related to that campaign to have the team reflect authentically on their Strengths before they work to share the campaign with the wider school population.

Prompt 1:

What are your sources of strength? Think of the people, places, and things that help you mentally, emotionally, physically, and spiritually. Let’s use art to identify your Strengths and share them with a small group, and then with the larger team.

Build on the Strengths Poster activity we did in our Sources of Strength training. Invite the Peer Leaders and Adult Advisors to use art to identify and share their Strengths. You can gather magazines for collage, paints/markers/crayons on blank papers, or outlines of the Strengths Wheel to fill in. Allow everyone to be creative. Perhaps someone wants to write an essay, or compose music, or make a soundtrack of Strengths. As the facilitator, share first, and then invite students and staff to share. Gather the individual creations together and display them for the team in a gallery of Strengths!

More sharing prompts related to an I AM STRONGER campaign can be found on pages 64-66 of the [Adult Advisor Field Guide](#).

ONE PART PLANNING (10-20 minutes)

As part of an I Am Stronger Campaign, we want to invite Peer Leaders to explore their Strengths (roots), to name their stressors (resistance), and to recognize how they’ve gotten through hard stuff, and potentially even grown stronger in the midst of tough times(resilience). And then go out to encourage and empower their friends and classmates to do the same. Here’s how you could consider creatively engaging your school and community into the I Am Stronger Campaign.

- Send Peer Leaders to Homeroom classes to facilitate a Strengths Poster activity, or to crowdsource a definition of resilience.
- Create a questionnaire to learn more about the way people in your school and community have overcome adversity and use the answers to develop **I Am Stronger** games.
 - Populate an **I Am Stronger** human BINGO card for the school
 - Create an **I Am Stronger** game show (like Jeopardy or Family Feud)

- Develop an **I Am Stronger** scavenger hunt
- Host an **I Am Stronger** segment during morning announcements and feature a student sharing their story of strength.

We recommend these campaign strategies, and these are campaign ideas to help fuel your brainstorming, but make sure every campaign you run includes ideas and elements from your Peer Leaders. Feel free to supplement or substitute any of the additional activities from the [I Am Stronger Campaign Planning Document](#). As a group visit sourcesofstrength.org and Sources Social Media platforms (specifically Instagram [@sourcesofstrength](#)) for more ideas.

CLOSING (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for participating in the meeting. Ask everyone to write down (or put in their phones) one way they can practice strength and one way they can encourage others to practice strength in the next week. Remember to let everyone know the time and date for the next meeting.