

# TRUSTED ADULT CAMPAIGN

## Peer Leader Meeting One: Define and Identify the Trusted Adults

### Goal

Identify the characteristics of a Trusted Adult and begin to facilitate conversations about what to look for in a Trusted Adult.

### 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 Heads or Tails, or another [Sources of Strength Online Game](#).

### ONE PART SHARING (15-30 minutes)

Since you have already selected a TRUSTED ADULT campaign to kick the year off with, it can be a good idea to use a sharing prompt related to that campaign to get the team thinking about their own Trusted Adults before they work to share the campaign with the wider school population.

#### Prompt:

**What are the characteristics of a Trusted Adult?**

**What are the skills, attributes, or values of an adult that you trust?**

*Have the facilitator share first and then call on Peer Leaders and Adult Advisors one by one to share. Make a list for the whole team to reflect on.*

More sharing prompts related to the Trusted Adult campaign can be found on pages 76-78 of the Adult Advisor Field Guide.

### ONE PART PLANNING (10-20 minutes)

As part of a Trusted Adult Campaign, we want to invite Peer Leaders to define the role of a Trusted Adult, experience the benefits of having a Trusted Adult in their lives, and encourage and empower their peer groups to do the same. If you decide to develop a list of words used to describe the skills, characteristics or values of a Trusted Adult, and then create a group word bank. Here's how you could consider creatively engaging your school and community into the Trusted Adult Campaign.

- **Write a job description or recipe for a Trusted Adult.** Have students brainstorm the characteristics and qualities of a Trusted Adult and create a job description to post on social media, a google form, a staff newsletter, or a school newspaper ad. Encourage students to recommend staff! Students can add to their ad, "to apply, contact your Sources of Strength team and attend our next meeting!"
- **Design an "I have been nominated as a Trusted Adult at [Your School Name]" badge/award/graphic/decals** and circulate them amongst the Trusted Adults in your community, as identified by the Peer Leader team. For an example, see this Trusted Adult Template Card (p.141 in AA Field Guide).
- **Peer Leaders attend classes and meetings to crowdsource a definition of Trusted Adults.** Trained Peer Leaders will attend classes and club meetings in person or virtually and will ask everyone to develop a list of characteristics or values of a Trusted Adult for discussion. Feel free to integrate this into the relevant curriculum of the class or club.

We recommend these campaign strategies, but feel free to supplement or substitute any of the additional activities from the Trusted Adult Campaign Planning Document.

As a group visit our website [www.sourcesofstrength.org](http://www.sourcesofstrength.org) and Social Media platforms (specifically Instagram [@sourcesofstrength](https://www.instagram.com/sourcesofstrength)) for more ideas.

## **CLOSING** (1-2 minutes)

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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.