

ONLINE SOURCES OF STRENGTH PEER LEADER MEETING SAMPLE AGENDA

WELCOME (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for participating in the training and joining the first 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 the team, when it comes to Sources of Strength, they can expect to connect, to get stuff done, and to have a good time. Invite them to play a game. We suggest Copycat Commotion (detailed below):

Copycat Commotion

Time: 5-15 minutes

Group Size: Small, Medium

Buy-In: Medium

Participant Supplies: Computer and Web Camera

Facilitator Supplies: Images of historical portraits, celebrities, or modern art

Overview: Participants will quickly search surroundings to recreate the image quickly, accurately, and/or comically.

Directions:

1. Prepare a group of historic or popular culture images based on your group interest (ex. Mona Lisa, Girl with the Pearl Earring, Rosie the Riveter). [Consider our historic portraits linked here.](#)
2. Inform participants that you will put an image on the screen and, when prompted, have a certain amount of time to search their surroundings and position themselves in a re-creation of the image.
3. When time runs out the facilitator will take a screenshot of the gallery view(s) to be displayed and/or voted on.
 - Consider a run-off bracket-style competition for smaller groups, pairing participant A versus participant B, and allowing the audience to vote for the best recreation
 - For larger groups, simply award places (first, second, third) based on outcomes or entirely random points (i.e. one point for participant X, two flower emojis for participant Z, and one “warm good try” for participant Y). The points don’t matter!
4. Vary time limits per image to keep the game lively and interesting while considering the complexity of the image.
5. Continue play as desired with the primary goal being laughter, movement, and participation rather than diligent focus on competition or outcomes.

ONE PART SHARING (15-30 minutes)

Return to the Sources of Strength Wheel. Encourage your team to share the strengths they are using right now to overcome adversity and difficulties. Model making 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.

Ask your Peer Leader team to share about their Strength in small groups. Have the facilitator share first and then call on Peer Leaders and Adult Advisors, one-by-one to share. During the training, the small groups highlighted stories of Positive Friends, Generosity and Mental Health, and managing the Three Big Emotions. You can break back into smaller groups and share about any of the following:

Prompts:

- Mentors, Healthy Activities, and Physical Health (the remaining Strengths not discussed in the training)
- How has everyone used strength in the last ____ days (number of days since the training)?
- Which two strengths are you feeling strongest in today, and why?
- Which strength would you like to grow stronger in, during the coming weeks? How can you accomplish this?

Feel free to use any of the additional sharing prompts in the [Adult Advisor Field Guide](#). Sharing prompts related to each Sources of Strength templated campaign can be found on pages 41-43.

ONE PART PLANNING (10-20 minutes)

Sources of Strength has structured two campaigns for online implementations; a Trusted Adult Campaign, and a What Helps Us Campaign. Your Peer Leader team can decide which campaign best fits the moment effectively for your school and community.

- A **Trusted Adult Campaign** focuses on building relationships between students and the adults they would connect with, if they were struggling, or if they were worried about a friend.
- The **What Helps Us Campaign** focuses on building creative strategies for calming, coping and connecting in the midst of challenges.

We created sample meeting agendas, brainstormed campaign activities, and developed a templated calendar for each campaign- you just need to choose your own adventure! Have the Peer Leader team discuss and vote on which campaign they want to roll out first, and then begin adapting the materials for your school and community.

Visit the Sources website www.sourcesofstrength.org and Social Media platforms (specifically Instagram [@sourcesofstrength](#)) for more campaign ideas, and don't forget to tag us #sourcesofstrength so that we can share your campaign ideas with all of our other teams.

CLOSING (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for showing up. 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 as you launch your first campaign.

