How/When to Meet:
Sources of Strength meetings support the growth and strength of your team, providing an opportunity to **Build a Community of Strength and Plan Strategic Messaging Campaigns**. During these meetings, Peer Leaders 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 opportunities for Adult Advisors and Peer Leaders to laugh and play together, for youth-adult connections to strengthen, and for your team to plan campaigns from a place of joy, compassion, and authenticity. Peer Leader teams have the capacity to change population-level norms for the better, and playing, sharing, and planning together in meetings can help support that.

Here are some ideas and resources for planning and hosting Sources of Strength meetings:

**Scheduling Meetings**
- **Discover Team Availability**
  - Send out a [Doodle Poll](https://doodle.com) or email, or use a scheduling app to find a time/times that work best for your team to meet.
  - It is recommended you meet twice a month for 30-60 minutes. The meetings may rotate through different days or times or be on a consistent day or time depending on your team’s availability.
- **Create a Consistent Multi-Week Meeting Schedule**
  - Plan meetings for 3-6 weeks out (i.e. meet every Friday at 12:00 pm or send out a meeting schedule).
  - Find a way to communicate clearly with your team and remind them of upcoming meetings or online initiatives. Use [Google Calendar](https://calendar.google.com) or similar systems to set up reminders or alerts that meetings are happening. Some teams also use [Remind](https://remind.com) for 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 each element of the meeting - one part fun, one part sharing, and one part planning - and what pre-planning, materials, or resources are needed to pull off this meeting in a 30-60 minute period (room location, game, music, sharing prompt, planning ideas, etc.).
As you meet with your Peer Leader team, please continue with the One-Part Planning, One-Part Sharing, and One-Part Fun formula.

**ONE PART FUN**

Continue to use games and a sense of playfulness in Peer Leader team meetings and campaign efforts. Make sure there is always room for fun in meetings through games, music, food, and lighthearted connection! We believe that fun is a connection resource! Through it, we can let loose, alleviate stress, and grow deeper relationships with others. You can find game ideas in the Field Guide as well as Physically Distanced and Virtual Games on the Sources of Strength website. Additional 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 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**

Sources of Strength strongly believes in the power of our stories and in strength-based storytelling. The Sources of Strength vision is to empower a well world by saturating schools, communities, AND meetings with stories of **Hope**, **Help**, and **Strength**. In your meetings work with the Adult Advisors and Peer Leaders to talk about their Strengths, what is going right in their personal lives and in the world around them, and draw out 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 become more positive. Adult Advisors and Peer Leaders are encouraged to share their stories of resilience and strength with each other to remind the team about what helps.

In Peer Leader meetings, your team is encouraged to share about the Strengths they are using right now to overcome adversity and difficulties, and that support and celebrate the good things happening in their lives. One part sharing 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 sharing in your First Meeting:**
- Which of the Big Three Emotions (Anger, Anxiety, or Sadness) is most common for you right now?
- Which Strength(s) 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 is a 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? (i.e. Journaling with my iguana and my mom combines three: Healthy Activities, Positive Friends, and Family Support!)

**ONE PART PLANNING**

Your Sources of Strength team can create positive social norms and behaviors individually, in their homes, with their peers, and in the broader school and community. They do this first through experiencing and practicing a **Community of Strength** in the Peer Leader meetings. Then they work together, 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.

Sources of Strength has developed three highly structured campaigns to support your Peer Leader teams as you start or you can begin with a Get the Word Out Campaign. In your first meeting discuss what campaign you would like to start with by:

1. Reading or discussing the Campaign Planning documents and Peer Leader Meeting agendas (see Sources website for details) for:
   - Trusted Adult Campaign
   - What Helps Us Campaign
   - I am Stronger Campaign
2. Reading or discussing campaign ideas for a Get the Word out Campaign (see Sources website or Adult Advisor Field Guide for details)

3. Return to the **Peer Leader Mission Statement**. Read it as a group and ask Peer Leaders to share what pieces feel most impactful to them and what ideas they have for moving forward in their mission.
4. Ask Peer Leaders how the campaign can look in your context and how they can adapt the campaign to best fit the needs of their family, peers, and community.
5. Create a list of action steps or assign the next steps for campaign implementation to different Adult Advisors or Peer Leaders to work on between now and the next meeting.

Below are several other activities you can do as part of your first meeting(s) to help Peer Leader teams apply strength to their own lives and encourage others to do the same:

- 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 in the school and community? 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.
- Have Peer Leaders design handouts, presentations, or prompts that to be picked up at lunch, during class, or through school-wide communication to introduce the Wheel and help others apply Strength to their own lives.
- 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. Reach out to us if you need any support, and follow Sources of Strength on social media for more ideas.