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### Sources of Strength Peer Nomination

Dear Staff,

Our school will be implementing Sources of Strength, an evidence-based best practice youth suicide prevention program this year. The program will kick off with adult and student trainings at the school, and we need your help identifying adults and students to participate.

[Sources of Strength](#) is designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. Sources of Strength moves beyond a risk focus and utilizes an upstream approach, mobilizing a group of powerful Peer Leaders to spread messages of Hope, Help, and Strength throughout their school and community. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard, they can leverage their strengths.

The mission of Sources of Strength is to empower a well world and prevent suicide by increasing help-seeking behaviors and promoting connections between peers and caring adults. The program uses a fun-filled style of active learning to encourage open discussion about the very real problems that youth face and what can help. Sources of Strength believes it takes students, educators, and staff working together to create a lasting positive impact; therefore, both Adult Advisors and Peer Leaders will be trained in your school.

As staff members, you are the heartbeat of your school, and you and your students know your student body better than anyone. Sources of Strength wants influential students from every pocket of the school to participate in the upcoming Peer Leader training. This is not a popularity contest. We want representation from the entire student body: all styles, interests, characteristics, and personalities, different clubs, friendship groups, and every corner of the school. This may include students who have already been identified as leaders, but this will also include students who are not typically tapped for a leadership program. We are looking for natural-born leaders who carry influence and sway.

Sources of Strength begins with upbeat, fun, and highly interactive trainings for Adult Advisors and Peer Leaders. The trainings are followed by a series of peer-led activities designed to enhance school culture, increase help-seeking norms, and equip the student body with healthy behaviors and techniques to weather the normal ups and downs of life. The philosophy behind this program is

strength-focused and positive. Students will use their art, their voices, their writing, their social media, and their culture to promote positive behaviors amongst their peers.

Sources of Strength equips Peer Leaders to use their natural influence to empower the good in others. They will not be trained as junior psychologists, but rather agents of social change.

Help us create a powerful team of change-makers. In the spaces below, please recommend several students of influence, then deliver this form to [redacted]. After we have reviewed all recommendations, we will send out individual letters of nomination to the selected students.

We are also looking for caring, connected, and positive adults from every corner of the school to participate as Adult Advisors. If you would like to join the Sources of Strength team or would like to recommend other colleagues, please indicate below.

Thank you for your recommendations!

Please nominate students below:

Student	Grade	Reason for Recommendation
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\_\_\_ I would like to participate as an Adult Advisor for Sources of Strength!

My Name: \_\_\_\_\_

\_\_\_ I would like to nominate my caring, connected, and positive colleague as an Adult Advisor for Sources of Strength!

Colleague's Name: \_\_\_\_\_

Colleague's Name: \_\_\_\_\_

