

Spring 2021, Volume 34, Number 2

# Resilience and Grit

Student Leadership Services (SLS) provides students with experiences that prepare them to be successful!

#### Students with **<u>Resilience</u>** and <u>**GRIT**</u> are prepared for life!</u>

Students basic needs have not changed, but the need to base our strategies on scientific evidence is essential.

**Passion:** SLS students are empowered by helping others. Whether it's teaching resistance skills to elementary students, creating safe spaces in their high schools, feeding the homeless, or hosting a gift card drive for the needy, SLS students gain confidence in their ability to make a difference. They learn how great it feels to be passionate in purpose and are empowered not to give up when they get knocked down.

**Relationships:** SLS students understand how resilience is strengthened with healthy relationships. They build social connections in their Chapter and develop a positive view of self. With supportive adult relationships, they are part of an inclusive environment that encourages meaningful participation and bonding experiences.

**Family:** As a result of the SLS experience, students are able to create their own path in their family, pursue their own interests, develop skills and cope with struggles that all families face. SLS students practice setting and respecting boundaries.

**College:** SLS students are prepared for college. They have learned self-management and responsible decision-making skills. They know how to hold true to their beliefs when they are challenged. They understand and appreciate diversity and embrace the opportunities to build new relationships.

**Careers:** SLS prepares students for careers. They know how to self-advocate, adapt to change, and have strong organization and time management skills. SLS students have experience mentoring others and being mentored. As a result, they have strong communication skills that result in better relationships with colleagues.

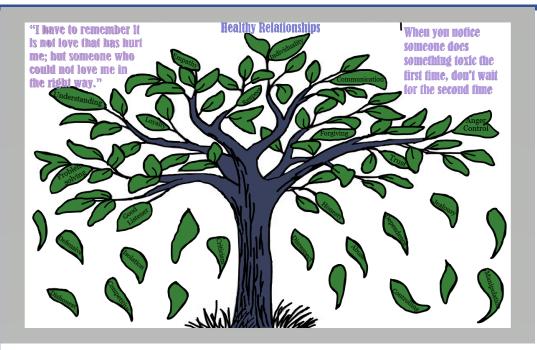
**Success:** SLS students work together to create change in their schools and communities. In doing so, they learn how to set goals, be persistent, overcome challenges and handle disappointment. Leading change takes courage and resolve and SLS students are equipped to do just that!

#### SLS Student of the Year 2020 Haley Lipman, Walled Lake Northern High School

Presented about her experience in SLS to the Oakland Community Health Network Board of Directors, February 2021

SLS has changed my life in such a positive way. When I am with the other SLS members, I feel encouraged and empowered. SLS members are different. We are different in the fact that we care. I am proud to say I am a member of an organization that <u>actually</u> cares. When people know that I am a part of SLS, I hope they acknowledge I am a safe ally. If they want to talk, they know that I am there for them. SLS is more than an afterschool club. SLS teaches compassion, leadership, and support in a way that no other organization is able to. SLS takes a unique approach, by acknowledging and embracing the difficult times and issues that teens face and helps us develop our successes. SLS has been such a motivating and empowering influence, and I am beyond grateful for the opportunities SLS has provided.





#### **#SLSTOGETHERWECAN**

#### Healthy Relationships "Hot Spot" Student Projects

Healthy relationships are meant to **uplift you**, **support you**, and **make you want to strive to be a better version** of yourself. Healthy relationships are incredibly important to have in our lives because they create stability and offer emotional support. They are the foundation of our development as people.

Having people in your life who are consistent can make you feel **grounded** when everything around you feels uncertain. Stability is

important in any healthy relationship because you can be certain that they are not going to suddenly react differently. You already know or can imagine how they would respond to certain news you would share or certain situations you may come across together. The presence of stability in relationships permits you to feel safer and more comfortable with that particular person. When you feel safe, you **trust.** Simply having a close friend to lean on for support

can make difficult times a lot easier for you to handle. In these types of relationships, they can empathize with you, and see situations from your perspective. This can make you feel **understood** and **heard**. That relationship can provide you with a safe space to just be vulnerable and most importantly, be *yourself*.

Overall, healthy relationships are important to have and can provide us with the support that we need and that will allow us to grow as people. These types of relationships present us with the opportunity to thrive and get in touch with **who we really are** and help **US** be **OUR** best self.

Poster designed by Ashley Wihelmsen and Delaney McClain, Sophomores, Clarenceville High School

Speech written by Alexandria McClain, Junior, Carrollton High School

Student Leadership Services, Inc. 1150 Scott Lake Road

Waterford, Michigan 48328 Phone (248) 706-0757 Fax (248) 706-0750

www.slstoday.org





#### Summer Opportunities

Aligned with national prevention initiatives, parent concerns, whole child education, and Michigan School Improvement goals.

#### Upcoming (Free) Adult Workshops

#### August 4, 2021– 10a-12p (Online)

#### **Building Student's Leadership Capacity**

This workshop is designed for adults who want to help empower students and build their leadership skills. Learn strategies for thoughtful, intentional student engagement.

Register in advance: <u>https://www.surveymonkey.com/r/ADVSUM21</u>

#### August 9, 2021– Session #1 Two Choices: 9a-12p OR 3pm--6pm

Helping Students Transition to Middle School and High School This workshop is based on the Guiding Good Choices Program that is designed to equip parents of 6th-9th graders with specific strategies to help their children avoid drug use and other unhealthy adolescent behaviors. Session topics include: Planning Family Meetings; Setting Clear Family Expectations; Learning Refusal Skills (helping our children learn to say "no" to drugs and alcohol).

Location: Covert Center 1150 Scott Lake Rd, Waterford, MI 48328 Register in advance <u>https://www.surveymonkey.com/r/GGCAUG21</u>

#### August 10, 2021– Session #2 Two Choices: 9a-12p OR 3pm--6pm

Helping Students Transition to Middle School and High School This workshop is based on the Guiding Good Choices Program that is designed to equip parents of 6th-9th graders with specific strategies to help their children avoid drug use and other unhealthy adolescent behaviors. Session topics include: Managing Family

#### Conflict; Strengthening Family Bonds.

Location: Covert Center 1150 Scott Lake Rd, Waterford, MI 48328 Register in advance <u>https://www.surveymonkey.com/r/GGCAUG21</u>

#### August 11, 2021– 10a-12p

#### Building Student's Leadership Capacity

This workshop is designed for adults who want to help empower students and build their leadership skills. Learn strategies for thoughtful, intentional student engagement. *Location: Covert Center 1150 Scott Lake Rd, Waterford, MI 48328* 

Register in advance: <u>https://www.surveymonkey.com/r/ADVSUM21</u>

To register email <u>dmf@SLStoday.org</u> or visit <u>www.SLStoday.org</u> To see a sample of SLS online workshops visit <u>SLSTodayMI - YouTube</u>





Federal, State and/or County funding has been provided through the Oakland Community Healt. Network Substance Use Disorder Services to support the project costs.

#### Michigan's Premier Student-led CONFERENCE March 2022

The nationally recognized SLS student-led conference will take place in March 2022! Celebrate 40 years of students leading their peers in schools and communities.

#### Leadership Institute

#### 3-Day Camp (ages 11-14)

June 28-30, 2021 or July 19-21, 2021



Cost: \$45 per person\* (includes snacks, lunch and materials) \*Scholarships available Location: Covert Center 1150 Scott Lake Rd, Waterford, MI 48328 Register in advance https://www.surveymonkey.com/r/InstituteSummer2021

## SLS Engages & Educates In-person and Virtually



The SLS State Student Advisory Board (SAB) is personally inviting high school students to attend. If you are part of a group that developed a project that saves lives, led by students, that is so great that you want the whole state of Michigan to know about, then we invite you to contact SLS to be considered to present at the conference.

SLS specializes in <u>peer-to-peer education</u>. To submit your project, workshop or speech for consideration email <u>dmf@SLStoday.org</u>.

#### Hold the date...Save your spot... Don't miss out!

Conference 2019 Memories Everyone matters; You can be nice and be a leader at the same time; Fun ideas for workshops; How to meet new people; You can't control things; Importance of self-care and organization; Be grateful and the importance of good choices; To make safe decisions and make time for myself; You are your own person; Importance of smart decisions and how they affect things; New ways to fundraise and self-care; New networking contacts; Stigmas and fundraising skills; Take time for myself; Make a difference; How to better plan; To be more accepting about others; How to organize.



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# TEE IT HIGH. LET IT FLV. Fore the Kids.

Monday, September 20, 2021 Links of Novi Golf Course 50395 W 10 Mile Rd., Novi, MI 48374



Created by: Marion High School SLS Chapter



**Platinum Sponsor** 

4-Person Teams | Scramble Format9:00 A.M. - Registration10:00 A.M. - Shotgun Start

# \$135 per golfer | \$540 per team

Includes golf cart, driving range, golfer gift bag, lunch at the turn, dinner and awards ceremony

**Dinner only \$45 per person** 

Register today at: <u>www.progolfplanners.com/SLS</u>

**Sponsorship Opportunities Available!** 

For more information, contact Toni Lauretano at <u>trlauretano@gmail.com</u> or Tony Comperchio at <u>Tony@progolfplanners.com</u>

Since 1982, Student Leadership Services (SLS) has worked to ensure our youth remain safe, healthy, and alcohol and drug free.

Student Leadership Services Inc.

Innovative. Inclusive. Validated.

### **YOUR LOGO HERE!**

Every dollar raised will go directly to building teen's skills through the SLS programs that are key to decreasing destructive behaviors among youths.

Student Leadership Services is a 501(c)(3) tax-exempt organization. Federal Tax ID Number: 38-2879899



In Partnership with Professional Golf Planners of America, LLC The Premier Golf Event Consultants in the Midwest "Chipping in to make a difference"

# Vaping & Peer Pressure

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DELANEY MCCLAIN PRESENTS:

# STOP VAPING!!

Take a pamphlet to encourage you on your road to giving up vaping, once and for all!

YOU'VE DECIDED TO QUIT VAPING, SO WHAT NOW?

So, you've decided to quit vaping, but what now? The road ahead of you may be a difficult one, but you can do this!

Cravings and pressures are to be expected, so here are some steps you can take to help handle anything that comes your way.

- 1. Stay Busy
  - a. Get outside!
    - Make a new playlist of your b.
    - favorite music Keep your hands busy
    - Drink lots of water d.
    - Relax with deep breathing
    - Plan a fun activity with friends
    - and family
  - Avoid vaping triggers
- Ask for help

#### Reward yourself

#### Isabelle Ordway, Junior, 2020 Valley Lutheran High School

When it comes to drugs people don't always know what to say. Especially when they are with their friends and want to look cool and don't want them to think bad of them because they won't give into peer pressure. Some people think drugs are ok because they don't know the effects it has on their body. Others think that it is ok because they have seen other people use them and nothing has happened to them. What they don't realize, is that it only takes one time for something to happen to them or someone else. Drugs can have long and short term effects on your body. Take smoking or vaping for example, when someone starts smoking they have a very hard time stopping. They just keep wanting more and more and if they are not careful addiction sets in without even realizing it. Nicotine is addictive. So what do you do when you have a close friend and you don't want to stop being friends with them, but they are using drugs? Tell an adult that you trust and try to get them some help. Because friends look out for friends.

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## **Thank You!**



#### PETITPREN

#### **JCT Foundation**



Developmental Disabilities • Mental Health • Substance Recove

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## For education, information, and inspiration, stay connected with SLS! www.SLStoday.org

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A big thanks to the SLS Golf Committee for making the first ever SLS golf outing happen! Toni Lauretano, SLS Alumna, Board of Director Member Tricia DeVries, SLS Alumna Sue White, SLS Volunteer

As a non-profit organization, we greatly appreciate our volunteers and their commitment to our mission.

SLS is the only Michigan Developed, student-led program with national validation.





National Prevention Network







You too can help SLS by selecting us as your charity on AmazonSmile's non-profit program. AmazonSmile donates 0.5% of your eligible purchases. To support the work we do, visit smile.amazon.com and select us as your charity. The donation will be made at no extra cost.

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