



Attention!!
Please share this newsletter with student leaders within your school!
Thank you!

Winter 2023, Volume 36, Number 1

PRE-CONFERENCE AGENDA

Friday, March 17, 2023

7:00pm	Pre-Conference Registration
8:00pm	Team Building Activities and Ice Cream Social
10:00pm	Mandatory Advisor/Parent/Chaperone Orientation
10:15pm	Room Curfew

Please note breakfast will be on your own Saturday morning

CONFERENCE AGENDA

Saturday, March 18, 2023

9:30am-11:30am	Conference and Hotel Registration Schools set up exhibits; decorate hotel doors
11:00am-11:20am	Mandatory Advisor/Parent/Chaperone Orientation
11:30am-12:00pm	Friend Networking and Lunch
12:00pm-1:00pm	Opening Ceremonies & Concert Performance by Connor Lyman, Garber High School <i>Featuring hit song “Young Inside”</i>
1:10pm-2:00pm	Workshop Session #1 Choice of Five Topics
2:05pm-3:00pm	Workshop Session #2 Choice of Five Topics
3:05pm-4:00pm	General Session #1- Sexting and Laws, Alisha Meneely, ProtectMiChild
4:00pm-4:45pm	School Team Meetings #1 Meet with Advisor(s)
4:45pm	Break/Dress for Special Advisor Dinner
5:30pm	Advisor Photo (<i>Conference Tradition</i>) <i>Advisors meet in Bellaire Foyer for Group Photo</i>
5:30pm	Students Meet to Prepare for Advisor Dinner & Awards
5:45pm-7:30pm	Advisor Recognition Dinner, Theme: “Count on Me!” <i>Award Ceremony and Entertainment: Mother and Son Duet by Nicole King and Connor Lyman</i>
7:45pm-8:30pm	Workshop Session #3 Choice of Five Topics
8:40pm-9:00pm	School Team Meetings #2 Meet with Advisors
9:00pm-9:30pm	Break/Dance Preparation/Decorating
9:30pm-11:00pm	The Big Dance – “ Luau ” (<i>Movie option available for those that prefer a quieter experience</i>)
11:00pm	Room Curfew (11pm-7am)
11:30pm	Lights Out!

Sunday, March 19, 2023

7:45am-8:15am	Interdenominational Service (optional)
8:30am-9:15am	Breakfast – <i>All Conference Photo-Wear Conference Shirts (Conference Tradition)</i>
9:15am- 9:45am	School Team Meeting #3- Action Planning & Preparing for Team Presentations
9:45am-11:00am	General Session #2-School Team Presentations
11:00am-11:50am	Workshop Session #4 Choice of Five Topics
12:00pm-12:45pm	Lunch
12:50pm-1:50pm	General Session #3- <i>Miss Michigan 2022, Melissa Beyrand</i>
1:50pm	Closing Ceremonies and Awards
2:15pm	Schools Depart! Drive Safely!

Conference Cost:
Early Rate \$90 per person - deadline 2/3/2023
Regular Rate \$125 per person (after 2/3/23)
Lodging (Saturday)/Meals Cost (per person):
\$149 (quad-rate);
\$159 (triple-rate);
\$178 (double-rate);
\$234 (single-rate adults only)
Pre-Conference Friday night lodging
\$108 per room (room only; no meals)
Registration deadline February 24, 2023

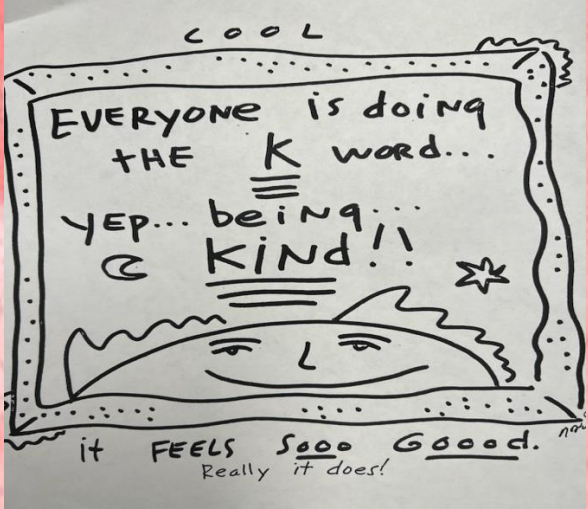
SLS acknowledges the hours of hard work and dedication of the Student Advisory Board to plan this conference and help their peers!

SLS Trainings and Workshops are conducted in schools and organizations throughout Michigan since 1982. Schools can choose to train in consecutive days, weekly, bi-weekly in a schedule that suites their needs. Consecutive days works best if overnight travel is required. SLS offers one day workshops; two to four-day trainings; evening programs; conferences; retreats. SLS trains students, adults, teachers, and parents. SLS offers faculty and community organizer trainings that are designed for the needs of the groups. SLS trainings are validated for effectiveness, in addition to including the magical SLS strategies that engage and motivate participants to implement curricula and programs that build skills and reduce risk. Call **SLS, 248-706-0757** to discuss your needs with Dawn Flood, Executive Director. Or email dmf@SLSToday.org. Please plan ahead. Dates fill up. We want to help you!

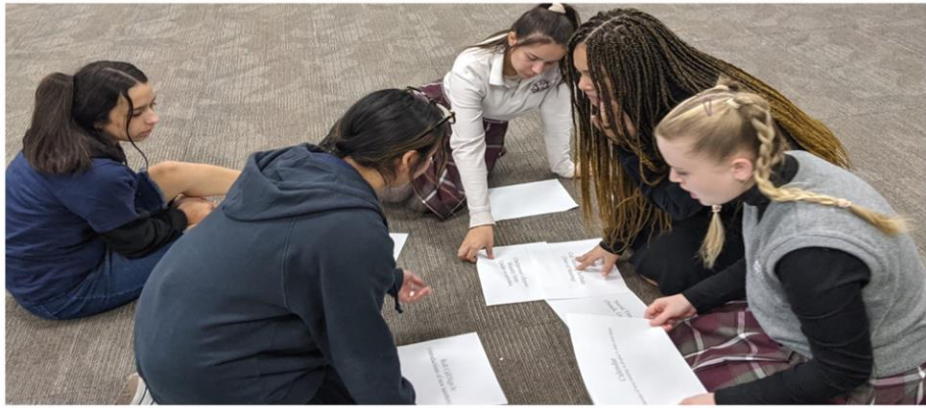
A Sample of Upcoming Events and Trainings: Book yours now!

- 1/12: Botvin Life Skills- Durant HS, Pierce MS; 18 Lessons in each series
- 1/13: Peer Resistance Skills- Boys and Girls Club Troy, 5 Training Sessions
- 1/17: SLS “Three Important Ones” Assembly, Leadership & Action Planning Training- Luxemburg- Casco MS, Wisconsin,
- 1/18: Empowering Youth to Lead-Teachers, Luxemburg- Casco MS, WI
Guiding Good Choices- Royal Oak MS, 8 Sessions
- 1/23: Botvin Life Skills- Royal Oak MS; 18 Lessons in series
Safe Social Media Workshop- Mason MS
- 1/25: Redefining Love (Preventing Teen Dating Violence) Workshop- Mason MS; 3 Sessions in series
- 1/26: SLS Leadership & Goal Setting- Flextech High School- Oakland
Safe Driving Workshop- MDHHS (Owosso)
- 2/1: Leadership Styles Training- Taylor HS
Resolving Conflicts- Boys and Girls Club Troy, 3 Sessions in series
- 2/7: Botvin Life Skills- Mason MS, 18 Lessons in each series
- 2/8: Peer Mediation- Boys and Girls Club Troy (BGCT)
- 2/15: Taking Care of Yourself in Difficult Situations Workshop Mason MS
- 2/26: Peer Refusal Skills Training- Freeland HS-Saginaw, 2 Training Sessions
- 3/1: How to Help a Hurting Friend Workshop, Mason MS

Students Leading Students, a program of Student Leadership Services, Inc. (SLS), is an assets-based school and community-based program implemented throughout Michigan. SLS aims to increase skills that protect students from anxiety, stress and self-defeating behaviors. SLS trains students in skills that decrease alcohol, tobacco and other drug use (ATOD) among middle and high-school students. SLS strategies empower and equip youth leaders with knowledge, life skills, and resources to design and implement youth development, mental health, and drug prevention programming. SLS supports local chapters by training adult advisors, training student chapter members/leaders, hosting student-led conferences, providing materials that correlate activities with research, providing grants, and disseminating evidence-based research and strategies about preventing teen ATOD use and other self-destructive pressures through participatory experiences for youth.

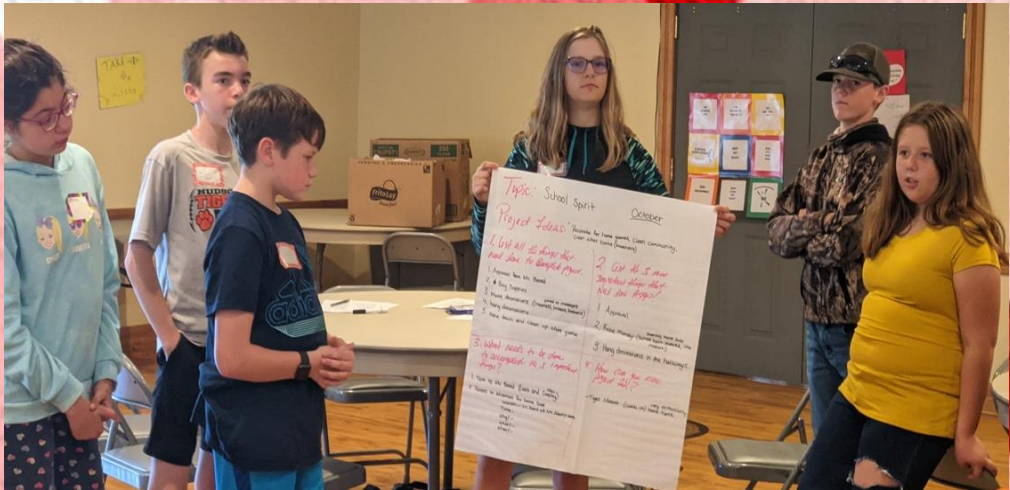


For education, information,
and inspiration, stay
connected with SLS!
www.SLStoday.org
1150 Scott Lake Rd
Waterford, MI 48328
248-706-0757



Below: Hudson Junior/ Senior High School SLS Leadership Training.

Above: Auburn Hills Christian School SLS How to Run a Meeting Workshop.



'If I were in charge...'
Student Leadership
Services Newsletter
wants to know
what you would do
if you were in
charge of this
publication. To tell
us, just send an
email to
dmf@slstoday.org.
Tell us what you
like and what you'd
like to see changed.



Ferndale HS SLS Peer Pressure Workshop

PIC • COLLEGE

Below: Madison Academy welcomed SLS to their school!



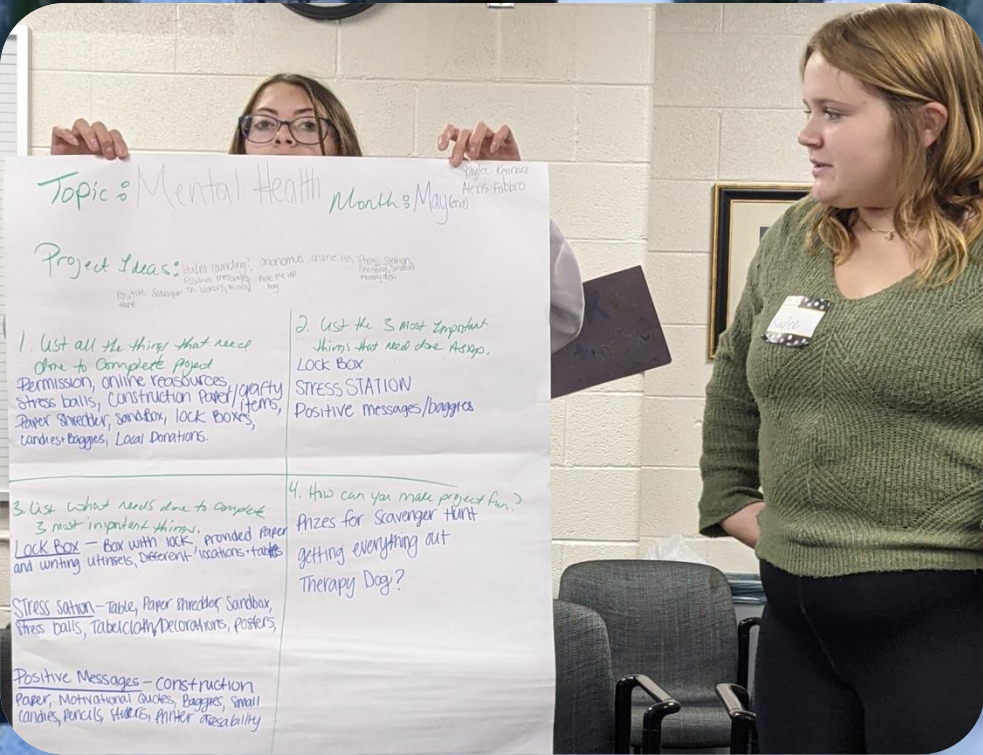
Below: Walled Lake Northern High School SLS Leadership Training.



Below: Ferndale High School SLS Peer Pressure Workshop.



Below: Vassar High School SLS Action Planning Training.

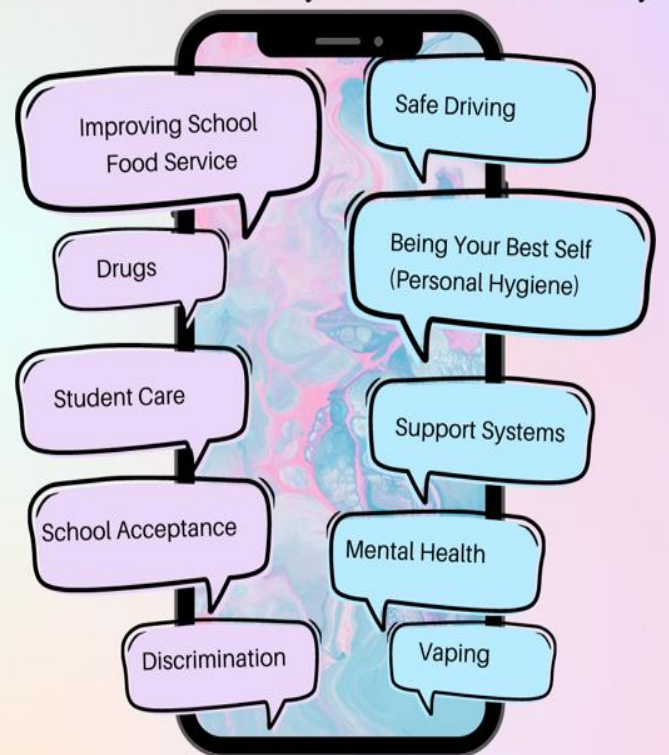




To the left and below:
Empowering Youth to Lead Training in Marquette.
Even Jasper the dog wanted to join the fun!

SLS is the only Michigan-developed, student-led program with proven outcomes and national validation.

SLS students are focusing on these concerns in their schools and community in the 2022-2023 school year!



The National Institute of Mental Health (NIMH) has additional helpful resources. Follow NIMH on social media for more information.



"Share the Love" idea for Valentines Day:
Have Valentines available at the entry of your school. Encourage positive messages on the Valentines and have a pay-it-forward style where if you receive a positive note, give someone else a positive note. This could be made into a fundraiser with flowers or baked goods, for example, or just used to spread positivity and boost mental health with paper notes.



Mental Health Tips from the Editor:

- Spend some time outside. I know it is wintertime, but even just a few minutes in the sun can help. If it is too cold, investing in a light therapy lamp can help fight off winter blues.
- Meditation is great for repeating positive affirmations and clearing out stressful thoughts in your head. You can do this in the morning to start your day off with a fresh outlook or at night reflecting on your day and how the next day can be an even better one.
- Journaling can be very helpful for your mental health. I personally have a gratitude journal I write in daily where I list three different things I am grateful for.
- Exercising is excellent for mental health. Find a form of movement that you enjoy and incorporate it in your day.

I hope these suggestions help. If you are having a bad day, find a friend, a mentor, or family member to talk to. You are important.

If you notice someone looks lonely or blue, reach out to them. You have no idea what a difference you may make in their life. Be kind and caring to one another.

Therapists, school counselors, and crisis centers are great resources too if you are struggling and need support. There is no shame in asking for help from people who want to help.

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A company of The Hanover Insurance Group

988 is the new Suicide and Crisis Lifeline. It is now active! You can text and/or call to 988 and chat to 988lifeline.org.

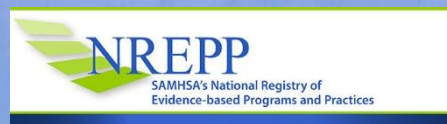
Thank you!

Stacey Anklam	Dan Peace	Jet Heat	Park Services
Voss Steel	Performance Assembly	WSP Seniors	
Sign Fabricators	Sue White	Dean Petitpren	
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