

SAVE
THE
DATE

37TH ANNUAL SLS HIGH SCHOOL
LEADERSHIP CONFERENCE

MARCH 8-10, 2024

SHANTY CREEK RESORT

Student Leadership Services Inc.

Innovative. Inclusive. Validated.

Attention!!

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

Fall 2023, Volume 36, Number 3

Alert!!

Please sign up with our Google Classroom.
Contact dmf@SLStoday.org to sign up.

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

INTRODUCING YOUR SLS CHAPTER

By: Allison McCauley, Newsletter Editor

When you introduce yourself to someone, what do you say? Normally, an introduction begins with your name. For example, I would say, “Hi, my name is Allison.” Usually, the next part of an introduction includes your brand, your identifier, who you are, or additional information about yourself that is relevant given the particular situation. So, the second part of my introduction could be, “I am a Michigan State University graduate with a degree in Animal Science.” The third part of your introduction includes your why. Why you are introducing yourself. So, the third part of my example could be, “I am passionate about animals, science, and helping people, and therefore, applied to this role as I know my skillset and passion will be beneficial for this company.”

The example I gave is part of an interview, but how we introduce ourselves is important. It is the start of a new relationship and whether we like it or not, an opinion is formed about us during this first interaction. The same goes for your SLS Chapter and how you introduce yourselves and your chapter to your school. How will you introduce yourself? Discuss and brainstorm with your chapter during your first meeting, after you have introduced yourselves to one another, how you want to introduce yourselves and your chapter to your school. What resonates with your particular community? What is SLS’s “Why?” What attracted you to SLS and how can you convey that to other people? What is SLS’s brand and what is your particular chapter’s brand?

If you think of Coca-Cola, for example, what images do you conjure? Do you think of the red and white logo and of a Coke can? Do you think of people smiling while they drink their Coke or are holding the Coke can? Maybe you picture a friendly polar bear with a can of Coke. Coca-Cola has spent years and millions marketing their brand and image. They send a message that when you drink Coke, you are having a good time.

When your school thinks of SLS, what do they think of? What is SLS’s brand and your individual chapter’s brand? Or, does your school have no idea who and what SLS is and why the school even has an SLS chapter? New students may not know about SLS. Take the opportunity of a fresh school year to promote your brand and introduce yourself to your school. If you need help, you can ask your advisor and there is also a blurb about who and what SLS is at the bottom of this page to get you started. And remember, do not forget SLS’s why. The why is why we are even here at all! I wish you all good luck as you introduce yourselves to your school and community. I hope you have a great school year!



Above: Allison
McCauley,
Newsletter Editor

“Be Your Own Best Friend”
By Morgan Kauffman, SLS BSW Intern

Have you ever struggled with self-doubt or low self-esteem? I know I have. There are times when I must remind myself of what my mom has told me since I was a child, “Treat yourself the way you would treat a friend.”

This past summer at SLS, I led self-esteem workshops at the Boys and Girls Club of Troy. I reminded the students of the same thing my mom has always told me. Sometimes it is easy to be hard on ourselves, but when we empower ourselves, we lift ourselves up. Every time you catch yourself doubting yourself, replace it with something positive, and the easier it will be to talk kindly to yourself!

Self-esteem affects the way we see the world and the way we behave. It is essential to be a friend to you. One student told me during the self-esteem lesson, “I know I’m good with tech-savvy stuff, so if someone told me I wasn’t, I would just brush it right off.” He inspired the whole room at that moment and got the nickname, “Tech-savvy.” When you are comfortable with who you are, it inspires those around you! Remember to go into this new school year being your own best friend!

Here at SLS, we offer a range of workshops regarding self-esteem. If your school is interested, reach out to Dawn at dmf@SLStoday.org to schedule today.



Above: Morgan
Kauffman,
SLS BSW Intern

A note from the editor:

A fun and easy option for your chapter to implement this fall is to hand out crafts at your school, perhaps at the beginning or the end of the day. You could have mini pumpkins with googly eyes or create fun, beaded, friendship bracelets like the pictures on the right. Use encouraging words or phrases on them to create a friendly atmosphere. Think of ideas like this to introduce your chapter and promote SLS’s brand while making someone’s day special.



Students Leading Students, a program of Student Leadership Services, Inc. (SLS), created a social engagement system designed for students to connect, learn, grow, and save young lives (since 1982). SLS is based in schools and communities throughout Michigan. Students increase skills to thrive and protect from challenges. These skills decrease alcohol, tobacco, and other drug use (ATOD) and related behaviors among middle and high-school students. SLS strategies empower and equip youth leaders with knowledge, life skills, and resources that motivate and engage. The SLS state office supports chapters/groups by designing training developed with science and not overly directive. We host student-led conferences, fun student activities correlated with research, provide grants, and disseminate evidence-based strategies to prevent self-destructive, risk-taking behaviors. The Magic of SLS: Students actually lead their peers.

38TH SLS STATE
STUDENT ADVISORY BOARD (SAB)



Marvin
Freshman
Marion HS



Cameron
Senior
Taylor HS



Alizae
Senior
Clarenceville HS



Emma
Senior
Walled Lake
Northern HS

Meet Emma Minnich

By: Alizae Millbauer, Senior at Clarenceville High School

Emma’s favorite hobby is shopping, although she says it’s not great for her bank account. A fun fact about Emma is that she has a pink toothbrush. Emma is most annoyed by the sound of people chewing. I am annoyed by the sound of people chewing too. She describes herself in three words as confident, responsible, and fun.

Meet Cameron Ingersoll

By: Marvin Mills, Freshman at Marion High School

Cameron admires his dad. His dream job is to work as a mechanic or an electrical engineer at Ford. The strangest thing he has ever eaten is fish. When asked what his favorite movie quote is he revealed that he doesn’t like to watch movies. Cameron’s favorite color is blue; he even has a blue toothbrush.

Meet Alizae Millbauer

By: Cameron Ingersoll, Senior at Taylor High School

Alizae is a true lifesaver who is fascinated with the idea of being a fire fighter while also learning how to play the guitar. She would like to become a guitarist. She describes herself as musical, active, and funny. While she may not have a favorite superhero, she strives to be her own superhero.

Meet Marvin Mills

By: Alizae Millbauer, Senior at Clarenceville High School

Marvin describes himself as a book worm, inclined, and nerdy. When asked about who he admires most, he said his parents. He has a five-year-old sister that tends to annoy him, like all siblings do, but he loves her very much. If Marvin could have special powers, he would like to be invisible. If he was invisible, he would go to the store and buy everything he needs and then get on a boat that is headed to the United Kingdom. His plans in the United Kingdom are to “run around.”

By: Emma Minnich, Senior at Walled Lake Northern High School

Students Leading Students has become a vital part of my school's culture. Each year, I watch as our student body is challenged with thoughtful and provoking events, making them stop and assess their choices. What I value most about SLS is that our involvement has the potential to impact and shift student’s minds in ways that aid them in viewing the importance of their futures. Students gain the opportunity of learning how things such as their treatment of others to their use of drugs and alcohol can completely change the track of their and their peer’s lives. SLS arouses conversations around uncomfortable topics that need to be talked about in schools, all the while creating a safe and exciting environment that includes anyone. These uncomfortable topics are hand-picked from the student body, making SLS’s work custom to what their community needs. Furthermore, SLS is a flexible way to involve yourself in school. Students have the choice to be a general member, join their school's SLS executive board, or even join SLS’s Statewide Student Advisory Board. The fun, inclusive, and critical message of SLS is why other students and I return year after year.

By: Alizae Millbauer, Senior at Clarenceville High School

The main thing that attracted me to SLS was seeing how it played a role in helping make Clarenceville a better school. It was amazing to see how an organization like this can change things for the better and provide a safe place for my peers and I to succeed. SLS is a judgement-free zone that has helped me make better decisions and has taught me to be my true, authentic self. I enjoy being involved in SLS because it’s truly an amazing outlet for me to share my opinions and to be listened to. Everyone should join SLS!

“SLS Gave Me New Life”

By: Cameron Ingersoll, Senior, Taylor High School

Ever since 2020, I was shy and scared to talk to people. When we arrived back to school in 2021, my mom told me about a group called SLS. I decided to join it later that year. I was still really shy in the beginning and didn’t know anyone or interacted with anyone. I wasn’t comfortable bringing my ideas to the group, and quite literally was twiddling my thumbs and always on my phone during the meetings. Throughout my first year in SLS, I became more open to people inside SLS, as it became a second family to me. They taught me to trust people and welcomed me even though I was shy. A lot of people I knew at the time were also shy, and SLS changed them just like me. By the end of 2021, I was a lot more open. I was talking to people, meeting new people, and actually bringing ideas to meetings. 2022 was the best year for me. I became who I am today. A lot more of my friends joined SLS and knowing more people from my past, I was able to be more vocal, involved, and open. Sometimes we didn’t do much in the group, but I knew I had a safe space for myself, something I often never had in my life. Not only was this the year I truly did open up, but it was also the first conference I attended. I was very social at this conference, having fun and really being me for once in my life. I talked to a lot of people, tried singing even though that didn’t work out, and enjoyed life. At the end of 2022-2023, I became me: very open, very participative, and now I have a clear goal of where I want to be. I can firmly say I would never have been where I am now without SLS, and of course I wouldn’t be in the SAB either if I never joined SLS. I would probably still be awkward, scared, and never want to take a chance with anything or anyone. I think being “thankful” for this chance is an understatement, and I will use this chance to the best of my abilities. I thank everyone from SLS for giving me a new life, and a new hope. Thank you.

By: Marvin Mills, Freshman at Marion Junior/Senior High School

I was attracted to SLS because we needed a change for the better in our school, and that is exactly what SLS can do. My school really struggles with minors vaping and driving safely. With the help of SLS, our school has started to stop some of the vaping and started to drive safer. The reason why I decided to stay with SLS is because I want to be the change that can change people for better. I’m also glad that Dawn does trainings to teach students how to change their fellow peers and their schools for the better. Without Dawn and SLS, our school wouldn’t have changed. It would still be a bad school with bullies and vapes. I am so thankful for the change SLS brought to our school; I cannot even begin to express my gratitude.



SLS Congratulates
Pastor Benjamin Goss!

Benjamin (pictured to the left), AKA “Benji,” served on the SLS Student Advisory Board from 2016-2018; SLS Intern from 2018-2023; SLS Pastor 2023.

Benji Received his Childrens and Family Ministry Degree from Mt. Vernon Nazarene University in May 2023. Benji is currently serving as a Family Pastor at Fort Mill Church of the Nazarene in Fort Mill, South Carolina.

Written by Pastor Benjamin Goss, SLS Alumnus

Addiction

It started out as a fun way to hang out with friends. Blurring our vision to make it harder to see the harsh realities of this world. We were different people at the bottom of the bottle than we were at the twist of the cap. We became a drunken husk of our former selves, having to depend on that friend we all designated to protect us.

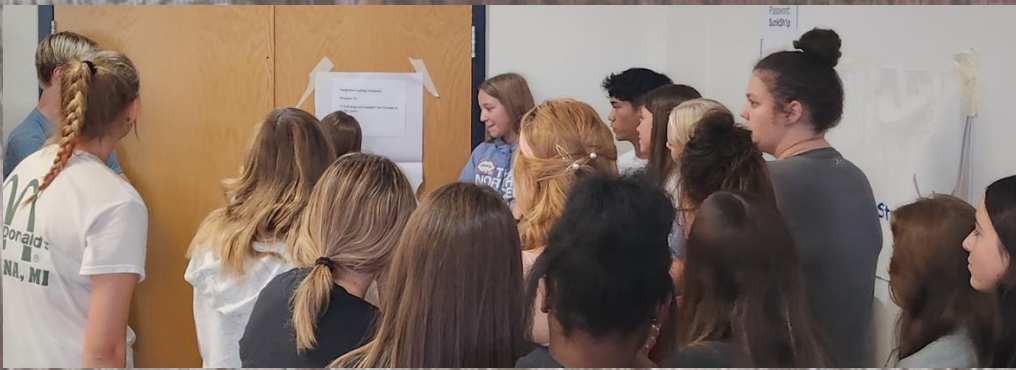
We tried to ask for aid but our access to our temptations were easier than our access to those who are willing to help. Believing the lie that I have to suffer in silence resulted in countless texts that I will never send. Learning that addiction isn’t a type of seasonal depression, but can cause someone to stumble for a lifetime.



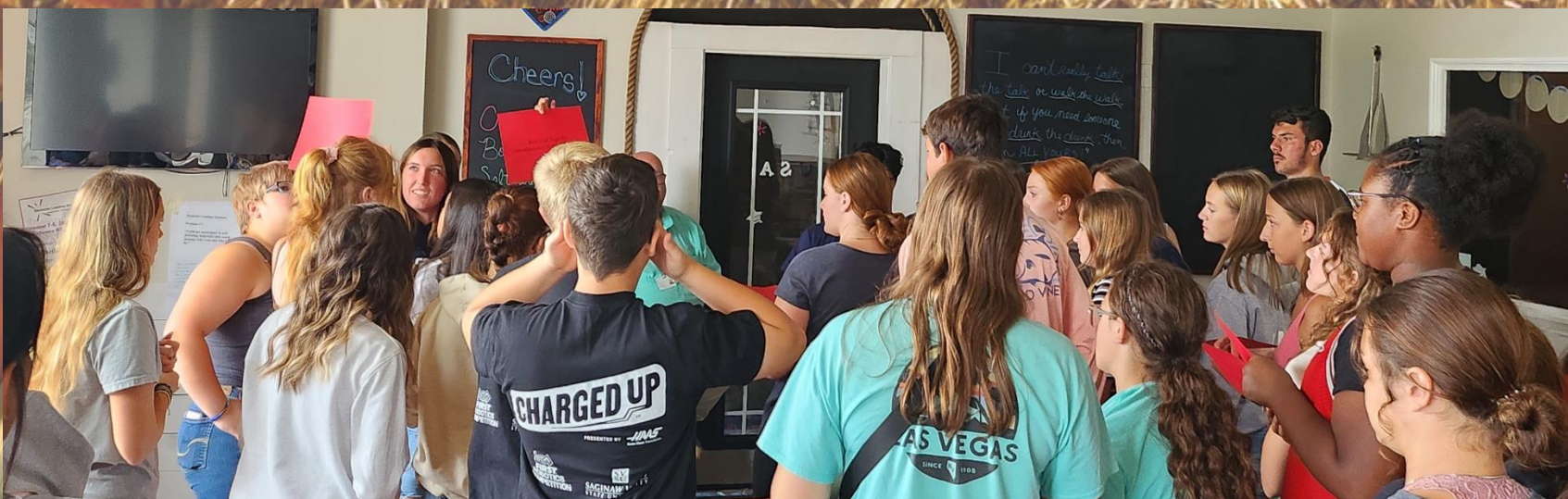
**SLS Leadership Institute Day 1
(of three days) in Alpena.**

**Schools that attended: Alpena,
Atlanta, Hillman, Alcona,
Posen, Oscoda, and Tawas.**

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



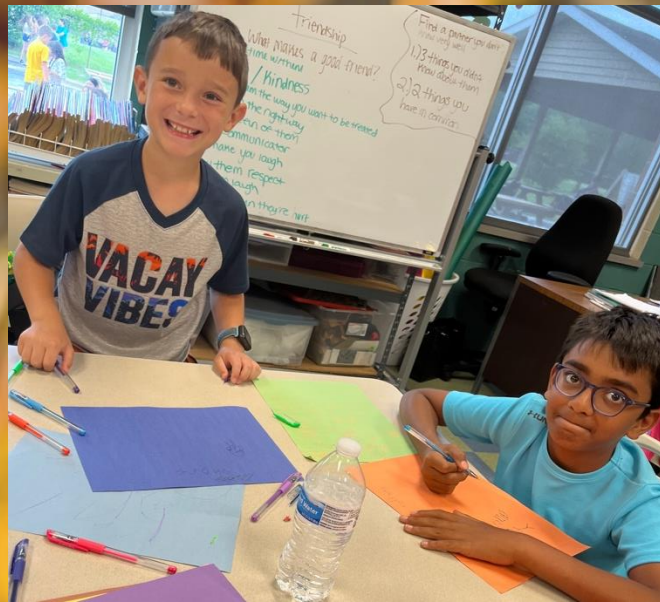

988 is the new Suicide and Crisis Lifeline. It is now active! You can text and/or call to 988 and chat to 988lifeline.org.



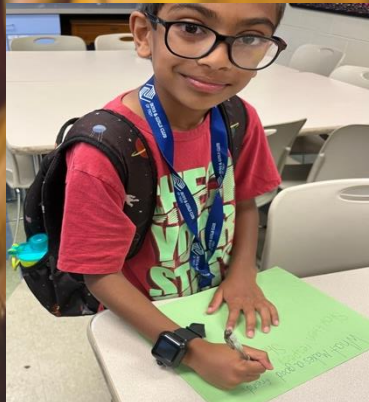
**Above and to the
left: SLS Leadership
Institute Day 2-
Developing Your SLS
Team in Tawas.**

**Schools that
attended: Alcona,
Oscoda, Tawas,
Alpena, Rogers City,
Presque Isle County,
Atlanta, and Posen.**

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.



A photograph showing a group of students in a classroom. Two students in the foreground are standing with their arms raised, one wearing a pink shirt and the other a grey shirt. Other students are visible in the background, some bending over. A banner at the top of the wall reads "Academic Success + Good Character and Citizenship".



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Volunteer Alumni throughout the world!
Student Advisory Board Members 1986-2023

