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Students from Alcona, Alpena, Atlanta, Hillman, Oscoda, Posen, and Tawas High Schools enjoyed the Peer **Resistance Skills Camp this** summer. Fun!

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, vaping, 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, and training student chapter leaders. SLS hosts student-led conferences, provides materials that correlate activities with research, provides grants, and disseminates evidence-based research and strategies about preventing teen ATOD use and other self-destructive pressures. SLS creates participatory experiences for youth.



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

Student Leadership Services Inc.

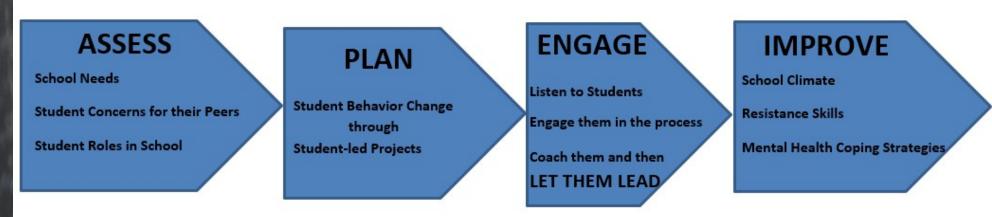
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Schools that participated in the Student Engagement Leadership Institute pictured above: Stoney Creek High School, Ukrainian Catholic Schools, Royal Oak Middle School, St. John, Baker Middle School, Larson Middle School, Warren Mott High School, Hart Middle School, Rochester High School, Henry Ford High School, Huron Academy, Reuther Middle School, Van Hoosen Middle School, and Smith Middle School.

## This Is What We Do!

## **SLS Program Quality Intervention**



## **5 Core SLS Experiences**

www.slstoday.org

- 1. Advisor Trainings: Research, Social Emotional, Whole Child, Resilience, Shame correlated to ATOD
- 2. Student Training: Intentional Skill Specific, Peer Leadership Capacity, Commitment, Equitable Resources
- 3. Chapter Training: Organizational Development, Engagement, Interaction, Supportive & Safe Environment
- 4. Networking: Skills Training, Chapter Collaboration, Mentoring, State Conferences, Shared Responsibility
- 5. Student Advisory Board: Strategic Planning, Peer Support, Chapter Mentoring, Spokespersons

SLS is Student-led! By: A'niyah Daniels, Junior Clarenceville High School

During my freshman year, I joined Students Leading Students. I did not know much about it but still found myself wanting to try something new. Now that I am a junior, I still find myself loving the club just as much as I did before. My years of involvement have taught me many things and given me many chances to experience something new. One thing that SLS has taught me is that it is full of advisors and students who really care about the well-being of students. Most, if not all, SLS groups have a similar end goal in mind: to help and better the well-being of students within their school. This can be done by focusing on their physical well-being and giving out necessities like hygienic products, food, clothes, and other supplies. There's also a more mental aspect you could focus on, such as providing mental breaks throughout the school day (such as wellness Wednesday), pass out notes with positive affirmations, and bringing in speakers to discuss student topics. At the end of the day, we all want to help the students and with this being a student-led program, SLS students can make more authentic and relatable experiences for students since we have a better understanding of what they are going through and what they need.

How is SLS Different from Other Groups at My School? Written by: Marvin S. Mills, Sophomore Marion Junior/Senior High School

In my prior experiences with SLS including, but not limited to, workshops, school team practices, etc., I have realized that SLS is unlike any other group at my school. At our school, we have many other groups, such as M.P.A.C.T., N.H.S., O.Y.A.C., and lots of others whose names are so far-fetched I do not even know what they're called, much less know how to spell them. However, SLS does not fit into the same category as these groups. SLS is an organization that can do great things in your school. While most of the other groups at my school are just meant to include students, SLS is not just about inclusion, but also includes the ideals of leadership, friendship, teamwork, healthy choices, and many other important factors that can help you grow up to be a respectable figure in society. SLS is very important to students across Michigan, has changed many people's lives in the past, and will continue to do so for many more years, and in many more schools.

# 39TH SLS STATE STUDENT ADVISORY BOARD (SAB)



Marvin Sophomore Marion HS



Myah Sophomore Brighton HS



A'niyah Junior Clarenceville HS



Taylor Senior Tawas HS

SLS Isn't Just Another Group! By: Taylor Jones, Senior Tawas Area High School

My name is Taylor Jones. I joined the Students Leading Students chapter at Tawas Area High School during my junior year. Throughout the past year, I have learned a multitude of things. Among many things, SLS has taught me the value of leadership skills, importance of mental health, and how substance abuse can tie into mental health problems.

SLS stands out from other groups and organizations at Tawas because it does not discriminate. When it comes to school sports, the less athletic kids may not make the team. When it comes to things like National Honor Society, the less academically advanced kids will not be accepted. SLS accepts everyone; they don't care what your grades are or how you do in sports. I have never been very interested or involved in any extracurricular activities, but I enjoy and find pride in being a part of SLS because it is such a welcoming and accepting group of people. As an SLS member, I get to advocate for things I believe in, help motivate my peers in positive ways, and become a leader. What Has SLS Taught Me? By: Myah Randolph, Sophomore Brighton High School

SLS has taught me many things, but a couple of major things are how to work well with other kids I just met and why it is so important to teach people about mental health, not to do drugs, etc. No words can describe how much fun and what an amazing opportunity SLS is. It is so different than the groups at my high school. It is the most welcoming group ever. SLS was the first Conference I had ever gone to. My friend, the only one I knew, ended up getting sick so she could not go. She also had all our decorations for the hotel, notes, and workshops we would be doing. I had told my group, and everyone helped me figure out where I was going and what to do. I put what little decorations I had up, I became friends with everyone, and it ended up being so much fun. I had made friends from other schools that I still talk to. My advisor, Megan Crainer, works at my school. We ended up getting close at the March 2024 Conference. She gave me my letter of recommendation for the SAB. Every Friday we talk about our week, and she tutors me. So, the Conference is not just about making friends from school; you can also meet an adult you trust and can talk to, which is very important. SLS is also different because everything is planned by students and that's super cool because students always have different perspectives and a different point of view. To see every angle of a problem is 100 times better than one person's viewpoint and opinion. If you get the opportunity to be in SLS please take it, you will not regret it!

SLS is an inclusive organization that supports all student-led groups that support the SLS mission.

### Save the Date:

SLS 38<sup>th</sup> Annual State High School Conference March 14-16, 2025 at Shanty Creek Resort Visit <u>www.SLStoday.org</u> for info!

SLS is the only Michigan-developed, student-led program with proven outcomes and national validation. To bring SLS programs and trainings to your school contact <u>dmf@SLStoday.org</u>

TikTok



SLS Leadership Team Pictured to the left from left to right:

For education, information, and



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Pam Voss-Page, Research Director Griselda Mucollari, Board Member Dawn Flood, Executive Director Ward Bartlett, Board President Toni Lauretano, Board Vice-President Dianne Bostic Robinson, Board Member Zane Hatahet, Board Member

(Missing from the photo: Michael Talamonti, Board Member.) inspiration, stay connected with SLS. <u>www.SLStoday.org</u> 1150 Scott Lake Rd Waterford, MI 48328 248-706-0757

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

#### Thank you SLS Supporters!

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