

"STAND To Be Active" Training

STAND To Be Active is a curriculum model lesson that will address the whole student in the following areas: emotional, social, intellectual, psychological and physical health that is taught by high school students to younger peers in 6th through 8th grade.

The goals of the program are to:

- ◆ Reduce the likelihood of younger peers using alcohol, tobacco and other drugs.
 - ◆ Teach younger peers the importance of standing up for oneself and others.
- ◆ Educate younger peers the importance of being physically active and eating healthy to maintain a healthy lifestyle.
- ◆ Present high school students as positive role models who care about their younger peers.
 - ◆ Have fun while teaching.

Lessons:

**Substance Abuse
Bullying
Health & Nutrition**

DAY 1

Students will learn the three lessons, concepts and become familiar with the lesson that they will teach the 6th, 7th and 8th graders.

Day 2

Students will present their creative lesson, receive feedback from the trainer and their peers, and will learn guidelines to planning a healthy fun activity day for their younger peers.

Attendance at both days is mandatory for certification. All groups will receive a full set of lesson materials.

Schedule Your Training

Today!

Time

9:00 am-2:00 pm

Cost

**\$1,800 per group *10-35 students
Participating SLS Chapters**

**To Schedule Your training Call: Student Leadership Services
248-706-0757 or email dmf@slsToday.org**