



## Starting to STAND

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The great thing about STAND is that it allows so much room for so many great things. The hard, yet very important, part about this is that we might accidentally forget one thing while spending so much time on another. Remember the five components of STAND. All of them are important to the program. STAND is an alcohol and drug prevention program at the core, but it succeeds because of its unique approach. It tries to help improve all behaviors, not just one.

### **Here are some helpful steps in organizing a STAND Chapter:**

1. Identify and focus on the problems in your school. There may be a certain area that your school needs to address. Start your focus here. It will help you have an easy beginning when you concentrate on one thing.
2. Find a good motivated faculty advisor, someone the students look up to. Request a STAND starter packet and handbook from the SLS office. Review the information together with the student and advisor. Don't force the advisor; keep looking until you find someone with sincere interest. This will be a key component to STAND's success. A parent may help as a co-advisor, also.
3. Find an interested group of students. You might want to start having a couple of awareness days to see who is interested (posters, announcements, etc). The students that sign up the first few days will most likely be the core group.
4. Plan with the advisor and the core group of students what you want to accomplish throughout the year (your action plan), plan some advanced activities and the first meeting.
5. Go to the principal, PTA and Superintendent, with an action plan for the year, and for the first meeting. Be sure to invite them to the meetings.
6. Put up plenty of posters and make announcements about the meeting. Send a letter home to parents to invite them to the meeting.
7. Hold the meeting:
  - Have an agenda. This should be planned at the first meeting with the advisor and core group of students. The advisor should help the students stay on task
  - BE ENTHUSIASTIC!! Remember that these students cannot stay still very long. Have energizers and activities planned. Have the students lead these activities.
  - Have food! Kids love to eat!
  - Be sure to have lots of reminders about the meetings.