

## Things to Remember

The process of healthy youth development involves experiences for youth of all ages that teach, offer opportunities to interact with others and the environment, allow youth to practice and experiment with what they have learned and provide feedback and reinforcement as they grow and develop. Balance in the process is also important.

SLS provides opportunities for youth to contribute at the state level and in local chapters. There is a solid infrastructure of youth leadership with adult advisors developed and managed by Student Leadership Services.

SLS utilizes universal prevention strategies. One of the strengths of universal prevention is that it attempts to reach all students incorporating a variety of methods. The key to effectiveness is consistent, long term and ongoing messages and activities so we do not lose the attention of our youth.

Prevention applications and asset building strategies of SLS groups will create awareness and teach or allow practice depending on the individual youth and where they are in the process of growing. The chapter activities within this handbook may create awareness, teach, allow practice or provide feedback and reinforcement. They are a small sample of the creative, caring and socially responsible activities that high school prevention, STAND and GO BIG groups contribute. The process of planning any of the activities is as valuable as the outcome, sometimes even more valuable. These activities were selected because of their focus on building relationships with the community. Hundreds of activities (see the SLS Chapter Handbook) focus on chemical free social activities, mentoring, fundraising, violence prevention, AIDS awareness, crisis management and other issues of youth as they feel the need to address these issues for themselves or their peers.

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