



## Student Leadership Services, Inc.

### Description of Programs and Services

There are several components to the youth-led programs of Student Leadership Services (SLS). The primary focus is youth development implemented with peer leadership, service learning and proven effective prevention strategies in grassroots organizations.

SLS, established in 1982, provides training, organizational skill development, support, materials, and guidance to local student-led groups. Michigan chapters are peer-led and school-based with the support of an adult advisor. Chapter members and advisors are united around a passion for caring about others and a dedication to create social change. SLS chapters strive to be comprehensive and address many issues related to youth today, including safety, school connectedness, health, alcohol and other drug abuse, safe driving skills, community service, parent education, peer education, life skills and leadership opportunities.

SLS coordinates and trains prevention groups that reach out to all students, regardless of their choices about substance use. SLS includes the students who need help the most: those who have not yet learned to resist unhealthy behaviors. Inclusiveness and a non-judgmental attitude are critical to the success of any SLS chapter that is interested in having a positive influence with their peers. SLS provides an opportunity to learn and practice healthy behavior.

The following describe the major components of the SLS programs, and their impact on each member school.

### Students Leading Students

Students Leading Students is a student-led organization in Michigan high schools initially committed to reducing underage drinking and impaired driving. Activities center on alcohol and other drug awareness, resistance skills, peer education, safe driving, and healthy choices. Chapter peer education teams are trained by SLS. The SLS Model Program invests in five chapters annually since 2009 and includes training, chapter support, evaluation, and funding. Citizens Insurance provides grants to SLS chapters to support trainings, safety campaigns, speakers, and SLS conferences (since 1999).

- *Prevention Organization Award* from the Michigan Prevention Association in 1996
- *Award of Commendation-Community Division* from the National Safety Council in 1998
- *Best of 90 Youth Development Programs* from High/Scope Educational Research Foundation in 2005; funded by the W.T. Grant Foundation.
- *Service To Science Award* by the federal Substance Abuse and Mental Health Services Administration (SAMHSA) for 2011-2012 for innovative and effective programs.
- *Governor's Traffic Safety Award 2012 for Long Term Achievement* presented by the Michigan Office of Highway Safety Planning (OHSP)

## **STAND**

Students Taking A New Direction (STAND) are middle school based groups supported by faculty or parent advisors. The adults facilitate the groups and train older student members to assume a leadership role in meetings and events. SLS high school students assist STAND groups with action planning, co-facilitating, dances, leadership workshops and mentoring individual students. There are five components in the STAND program:

***Skill development*** to enhance social competencies that will decrease acceptance and involvement in drug use.

***Community Service*** that provides opportunities for students to experience the rewards of meaningful participation in commitment to others.

***Parent Participation*** that encourages parents to create a prevention climate in their own households.

***Social Activities*** that provide a healthy opportunity for high risk youth to interact in a positive way with their pro-social peers.

***Safety Awareness***, which teaches students positive choices through active participation with real situations that show their efforts, can create social change.

- *Exemplary Drug Prevention Program* from the Michigan Office of Drug Control Policy in 1993
- *Award of Merit-Youth Division* from the National Safety Council 1999
- *Youth Venture- "STAND To Be Active"* in 2007
- *Best of 90 Youth Development Programs* from High/Scope Educational Research Foundation in 2005; funded by the W.T. Grant Foundation.

## **PRS Program**

The Peer Resistance Skills Program (PRS) is a curriculum of peer pressure and refusal skill lessons taught by trained, certified, drug-free SLS high school students to elementary students. The older peers teach concepts using posters and handouts. They teach skills through interactive skits, role-plays, and one-on-one practice with 5<sup>th</sup> and 6<sup>th</sup> graders. The PRS lesson is delivered to individual classrooms to ensure adequate interaction, processing, practice and feedback with the 5<sup>th</sup> graders.

The goals of the program as viewed by the high school students include:

- To reduce the likelihood of our younger peers using alcohol
- To educate our younger peers about types of peer pressure they will or have already encountered
- To teach our younger peers skills and techniques to be able to say "No" when appropriate
- To present ourselves as positive role models to our younger peers as high school students who care about them and their futures
- To have fun while teaching them

\* *Award of Merit-Youth Division* from the National Safety Council in 1998

## **SAB**

The Student Advisory Board (SAB) is a working (service learning) board of 5-20 students representing Michigan SLS high school chapters. Students apply, are interviewed and selected by their peers and alumni of SLS. The SAB are the spokespersons of SLS chapters in national and local media, safety committees, and collaborative prevention efforts.

The SAB was originally formed in 1986 to provide student input and direction for SLS. Each year, these student leaders take a stand against alcohol and other drug use among young people. Peer education and training are a major focus of the Board. They teach prevention, leadership, service learning, skill development, drug education, health and safety to their peers and younger students.

Major accomplishments of the SAB include:

- Developed agenda, M.C., presented keynote speeches and workshops for each annual SLS statewide conference for 200-1000 participants representing 25-100 high schools. (26<sup>th</sup> conference in 2011, held in SE MI)
  - Hosted and planned 2005 International Collaborative Conference in Detroit, Michigan; partnered with National Student Safety Program (NSSP). Three hundred fifty participants represented 16 states and Ireland.
  - Developed “STAND To Be Active” curriculum: Health and Nutrition, Bullying, Substance Abuse. Presented the three lesson series to middle schools in five SE Michigan school districts. Trained four other H.S. chapters to present program.
  - Testified for Michigan Legislature, statewide Drug Free Schools and Community conferences and Michigan School District Board meetings.
  - Served with Michigan Office of Highway Safety Planning (OHSP) developing .02 legislation and awareness plan.
  - Represented SLS in radio, newspaper, and television media opportunities.
  - Presented interactive workshops on communication, decision-making, and assertiveness for parents of high school, middle school and elementary students.
  - Developed and presented workshops at the State of Michigan Traffic Safety Summit for law enforcement, judicial, and traffic safety professionals.
  - Developed and presented keynotes, workshops for national adult and student conferences, including National Office of Juvenile Justice and Delinquency Prevention (OJJDP), Search Institute (MN), National Student Safety Program (Hawaii), and National Safety Council – Youth Division (Illinois and California).
  - Collaborated with local student leadership organizations: Gamma Phi Delta Teens, Arab-American Chaldean Council; and national: National Safety Council, National Student Safety Program, and United Native Indian Tribal Youth.
  - Trained adult volunteer from India in youth-led chapter development with SLS programs.
  - Presented speeches, workshops and interactive activities with first SLS chapter in Andhra Pradesh, India via SKYPE at the 26<sup>th</sup> annual SLS State Conference, Oct. 2011.
- \* *Award of Honor–Youth Division* from the National Safety Council in 1996  
\* *Award of Merit–Youth Division* from the National Safety Council in 2000