



# WELCOME TO STOMP OUT STIGMA

## WHAT IS STOMP OUT STIGMA (SOS)?

SOS (Stomp Out Stigma) is a youth program initiated by Please Pass the Love, a school mental health nonprofit. The mission behind SOS is to adequately bring light to issues at school so that students can effectively bring change to their school climate. Mental health is more than just anxiety and depression. It encompasses the everyday stressors that youth face in today's world. Our goal is to help youth navigate those stressors at home and especially at school. This is a program designed by youth and for youth.

## OUR PHILOSOPHY

Every person has a right to have a voice and to tell their story in a safe space. Our philosophy is that by giving youth an opportunity to have a voice, we improve school culture and youth mental wellness.

## SO YOU WANT TO START A GROUP?

It's time to take some first steps:

- 1. Secure an advisor.**
- 2. Register with Please Pass the Love.**
- 3. Build a base club of anywhere between five to ten people.**
- 4. Choose a unique name for your group.**

We'll go over these steps and more in this packet. We'll even help you plan your first four meetings. Let's get started!

# ADVISORS

There needs to be an adult advisor (educator, counselor, administrator) present at all meetings. This advisor will help students in their work, offer encouragement and intentionally build relationships. The advisor must be willing to take risks, especially in modeling vulnerability and creating a safe space. This would be a good role for a staff member that naturally seeks to build relationships with all students. They should be flexible, creative, culturally competent, and inclusive. Advisors should encourage students to be authentic, loud, excited, and think outside the box from a traditional classroom standpoint. This would not be a good fit for adults that seek quiet, order, control, are more introverted, and prefer a more punitive approach.

The adult advisor should be willing to engage in training and consultations with PPTL staff.

The adult advisor needs to help recruit 5-10 students to start. The goal is to let this group grow to build a strong movement.

Advisors will want to collaborate with administration to make sure all paperwork and policy is addressed for starting a school group. Since students will be encouraged to work collaboratively with administration, advisors will want to make sure that administration is aware and supportive.

*In short, an advisor is just there to help you along. Students lead, advisors assist and facilitate. So, pick an advisor you know will help your group be its very best!*

---

## REGISTERING WITH PLEASE PASS THE LOVE

Once you have an advisor in mind, reach out!

To register, visit [pleasepassthelove.org/teens-for-love-1](https://pleasepassthelove.org/teens-for-love-1) and fill out the survey.

Please Pass the Love staff will reach out to you once the survey has been filled out. They will provide ongoing support and a contact point for helping your own group move forward. They are available to go to your first meetings, help with resources, and walk through action planning and next steps.

To reach Please Pass the Love staff, email [info@pleasepassthelove.org](mailto:info@pleasepassthelove.org).

---

# GETTING THE GROUP TOGETHER

You've gotten an advisor, you've reached out to us at Please Pass the Love, now what?

You get to start making a group!

Along with your advisor, start by recruiting 5-10 other students. Set a time and date for your very first meeting. This first meeting should be introductory and an opportunity for everyone to get together and schedule more meetings. Please Pass the Love staff would love to attend your first meeting to get you started, so please let us know when it is! We'll be there!

## FIRST MEETING OUTLINE

Are you ready to get started? Great! The first meeting will be with Please Pass the Love staff, who will help get your group off to an awesome start.

- 1. Introductions** - Let everyone say "hi", share a little something about their day, and get comfortable.
- 2. What is Teens for LOVE?** - PPTL staff will go into details about what the program is all about, what your goals may be, and why this is going to be a great addition to your school.
- 3. Relationship Building** - That's right, a quick icebreaker! The activity is called "This or That."
- 4. Booms and Barriers** - PPTL staff will go through the "booms," (or what good things contribute to students feeling safe, supported, and loved at school), and the "barriers," (things that make it challenging for students to feel safe, supported, and loved at school).

# SECOND MEETING OUTLINE

After your first meeting with the PPTL staff, you get to start leading meetings of your own! We've given you outlines for your next two meetings, and those should give you plenty of ideas for meetings to come. If you have any questions, feel free to reach out to staff for help!

**1. Introductions** - Let everyone say "hi", and get comfortable.

**2. Advisor Shares Story** - and talks more about what SOS is.

**2. Self Expression** - Do the "In My Head" activity:

*Each student gets a piece of paper and something to write with. They have 10 minutes to write, draw, or doodle whatever represents what's going on in their head. After they are done, give students the opportunity to share what's "in their heads" if they'd like.*

**3. School Climate Work** - At the last meeting, the group developed their list of Booms and Barriers and picked out their top barrier. This meeting, the group will go over the recommendations from PPTL staff and start working towards making changes! Refer to the School Climate Work section on the last page of this packet!

# THIRD MEETING OUTLINE

You're on your third meeting already?! We know that climate change can get heavy, so this meeting is focused on creating positivity. As always, reach out to PPTL with any questions!

**1. Introductions** - Let everyone say "hi", and get comfortable.

**2. Positive Vibes** - Spreading kindness has a huge impact on school climate transformation. For this activity, you'll need a lot of sticky notes, something for everyone to write with, and a positive attitude. Give some time for each student to write encouraging messages and affirmations on as many sticky notes as they'd like, reminding them to keep it kind. (Have the group's advisor make sure the messages are appropriate.) Once everyone is finished, divvy up the sticky notes and split up to plaster them around the school for others to see.

**3. School Climate Work** - Recap on last meeting's progress and talk about next steps.

## School Climate Work:

Using Hart's Ladder and SAMHSA's Strategic Prevention Framework, we seek to empower young people to assess, plan and execute effective change to transform school climate and culture. Through Hart's Ladder (see figure below), the goal is to operate on the top rungs that give space and support for young people to have ownership of decision-making in collaboration with adults. Often times, schools use models that operate on rung four or lower which prevent young people from engaging in authentic leadership opportunities to influence change.

Students will be using SAMHSA Strategic Prevention Framework (2012) as a guide for their school climate transformation work (figure below). The five steps include:

**Step 1: Assess Needs: What is the problem, and how can I learn more?**

**Step 2: Build Capacity: What do I have to work with?**

**Step 3: Plan: What should I do and how should I do it?**

**Step 4: Implement: How can I put my plan into action?**

**Step 5: Evaluate: Is my plan succeeding?**

We recommend that as students work through step one and two that they invite administration to one of their meetings. Administration can be very helpful in providing data, answering questions, helping to decide which problem they want to address next as well as helping students understand what is in place and what resources are available for their work.



Rung 8	Shared decision-making
Rung 7	Children & young people lead
Rung 6	Adults initiate
Rung 5	Consult and inform
Rung 4	Assign
Rung 3	Tokenism
Rung 2	Decoration
Rung 1	Manipulation

## What does all of this really mean?

SOS (Stomp Out Stigma) is not the typical after-school club. Your role as a student is to take initiative and be comfortable using your voice. You will be running the meetings, facilitating conversations, and making a difference in your school. We to empower you to become an effective leader in your school and community.

# CHECKLIST

- Find an advisor. Remember that this should be an adult you trust and someone that can commit to helping your group achieve its goals.
- Email PPTL staff at [info@pleasepassthe love.org](mailto:info@pleasepassthe love.org). We'll need the name of your advisor and their email address so that we can give them the advisor packet with more information on what it takes to be an SOS advisor. Once we have that information we can set up your official SOS gmail account for your group.
- Work with your advisor to schedule your first meeting and be sure to invite PPTL staff so we can get you started.
- Recruit 5-10 peers. Invite people who are involved in different things throughout school so you can create a diverse group of people.
- At your first meeting, decide as a group how often you'll meet. We recommend an hour each week, but it should be what's best for your school!
- Register your group at [www.pleasepassthe love.org](http://www.pleasepassthe love.org). This will help PPTL check up on you regularly! Be sure to join our Facebook group to connect with other students involved in SOS across Iowa. [Link here.](#)