

10 Tips For A Successful SOS Group

1. **Designate group roles** - Within your first couple of meetings take a vote for who will fulfil the following roles. You will need the following:
 - a. **Group leader**- This person will need to be consistent in attending meetings and will lead the meetings and be the main contact with Please Pass the Love. This is typically the person that started the group but it doesn't always have to be.
 - b. **Secretary**- This person needs to be consistent in attending meetings and will take all notes and attendance and upload them to the Google Drive where all members can see them.
2. **Take Notes** - Taking notes online where your group has access to see it will keep everyone on the same page and keep a log of ideas and action plans. Google Drive is a great option for this!
3. **Keep Attendance** - Keeping attendance of members at each meeting will ensure that all members stay consistent with attendance.
4. **Build Community Partners** - Partner with local businesses and organizations to let them know what you're doing. Building those relationships will help you expand as your group. Go to them for donations for snacks, shirts, stickers, etc. People typically want to support students, just don't always know how.
5. **Be An Inclusive Group**- All students need support. Make sure your group is open and affirming to everyone. For many, joining this group might be the first time they feel included. Don't cut it off to any student. If there are issues within the group, work together to solve them. Bring in the school counselor if you need to. Find ways to work together for the bigger picture.
6. **Booms and Barriers** - This is a great way to analyze what is going well in your school and what needs your help. PPTL staff will go through the booms (what's going well in your school) and barriers (what needs to be improved in your

school) with you then send you a report to use. This is what you will use to develop your action plan and goals for your group.

7. **Talk With Your Administrators** - Good and consistent communication with your school officials will help build a positive relationship and benefit your groups' projects. Having a supportive advisor will be helpful when trying to build relationships with your school administration. If you are struggling to do this, don't hesitate to reach out to PPTL staff!
8. **Practice What You Preach** - No one is positive and happy all the time and it's ok to be human, however, it is important to communicate with your peers throughout your day in a positive way. Spread love! :)
9. **Utilize Slack**- This is a free resource for you to connect with other groups across the state in order to share ideas. It's also a safe place where you can vent and chat with other teens. PPTL staff uses this as a way to quickly communicate with groups as well so you can ask them questions to get quick responses.
10. **Take Care Of Yourself!** This is very important. The work you do in this group will be hard at times and you need to make sure you're taking care of YOU! Make a list of your self-care ideas (going for a walk, cooking, playing sports, snuggling your dog, taking a bath, journaling, etc.) and put it in a place where you can see it every day. Remember, you are an amazing human and the world is better because you are here.