Overall Goal: to assist student and adult leaders to take individual or collective action to prevent chemical use problems, to promote healthy lifestyles and to improve citizenship and sportsmanship through positive role modeling.

7:45 a.m. to 8:00 a.m.  Registration

8:00 a.m. to 8:30 a.m.  Introduction to workshop – welcome participants and provide an overview of the workshop

8:30 a.m. to 9:30 a.m.  Leadership discussion – participants will examine and identify leadership characteristics and styles so they can take positive leadership initiatives within their peer groups. (Students will be assigned to small groups)

9:30 a.m. to 9:50 a.m.  Mentoring – participants will be encouraged to consider a mentoring role with middle school and elementary school students and will understand how to initiate mentoring programs at their schools.

9:50 a.m. to 10:00 a.m.  Break

10:00 a.m. to 10:55 a.m.  Team Captain Training – participants will learn go through a formal training session on the expectations and training of a team captain or team leader

10:55 a.m. to 11:25 a.m.  Hazing / Bullying – participants will learn the facts about hazing and bullying in high schools. An interactive exercise will help everyone learn about the dangers of hazing in schools.

11:25 a.m. to 11:55 a.m.  Substance Abuse Prevention – Participants will learn about the dangers of Vaping.

11:55 a.m. to 12:30 p.m.  Lunch break (new groups may be assigned for the afternoon)

12:30 p.m. to 2:00 p.m.  Sportsmanship and perspective – participants will identify sportsmanship issues and list ways to prevent these problems, and will be able to recognize the need for a balanced perspective in activities as well as life in general.

2:00 p.m. to 2:15 p.m.  Evaluation and closure – participants will evaluate the effectiveness of the workshop and will be encouraged and motivated to continue the work of the day back at their schools.