

# WE ARE ACTIVE MINDS

active minds

So You Want Your School to Join the We Are Active Minds Middle School Program? **Here's How!**

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## GET STARTED

- Connect with the Active Minds Middle School team to get more information!
- Feel affirmed that the program is a great fit!
- Sign a simple partnership agreement.

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## CHOOSE YOUR FACILITATOR!

- Think about which 1 to 2 adult facilitators are best suited to facilitate your We Are Active Minds Middle School Club and Curriculum.
- Adult facilitators need to be safe and trusted adults and have a reputation for being trustworthy, affirming, and thoughtful.
- Adult facilitators should also have the time necessary to prepare for and facilitate 20 lessons and club activities.

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## SELECT THE FORMAT

**STANDALONE STAR:** We Are Active Minds Middle School Club and Curriculum.

**CLUB COMBO:** We Are Active Minds Middle School Curriculum added to an existing club or sports team.

**CLASSROOM KICKSTART:** We Are Active Minds Middle School Curriculum as part of a class (i.e., health education, advisory period).

**AFTER-SCHOOL ACTIVATOR:** We Are Active Minds Middle School Curriculum or Club as part of an after-school program.

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## PROMOTE! PROMOTE! PROMOTE!

Using Active Minds provided talking point document, promote it to staff and caregivers.

- Brief your school/org team about We Are Active Minds Middle School program.
- Share the goals, objectives, and details with youth, caregivers, and community.
- Coordinate caregiver permission protocol with your leadership team.
- Ensure to understand if your school/organization requires youth to opt in or opt out of the program.

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## PROGRAM PROMOTIONS

After selecting your format + adult facilitator, and sharing the program with caregivers, host youth sign-ups by:

- Hosting an assembly or facilitating classroom/small group info sessions.
- Tabling to inspire youth interest — make your tabling fun and festive!
- Registering interested youth to track sign ups, attendance, day and time of club meeting.

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## ATTEND FACILITATOR TRAINING

- Adult facilitator receives training to implement We Are Active Minds Middle School materials.
- Adult facilitator signs up for and completes the We Are Active Minds Middle School program virtual training session.

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## MOVING FORWARD

- Adult facilitator ensures all youth are registered and ready for the first session with confirmed meeting day(s) and times.
- Adult facilitator will review first lesson, prepare materials, and pick youth leader(s).
- Know your school's/org's mental health protocols and identify a mental health professional to assist.
- Confirm a space to safely learn, share, and play.

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## CHECK IN AND STAY CONNECTED!

- Take attendance and report data after each lesson.
- Administer the pre-survey to all youth prior to lesson 1 and lesson 9.
- Attend a virtual quarterly check-in quick for support and updates.
- Drop into Active Minds office hours to ask questions and share thoughts.
- Administer post survey after lesson 8 and lesson 16.

Want to learn more?  
Connect with us!  
k12@activeminds.org

