

| School | Club Name | Date |
|--------|-----------|------|
|        |           |      |

[illegible]

# Mission

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- of action for your club throughout the year.
- of ideas, strategies, activities and events.
- of wellbeing month-by-month.

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- This is **STUDENT-DRIVEN!**
- Club meeting agenda is already planned.
- Club sponsor/advisor is there the support you.
- ASU student mentor.
- Refer to the plan for guidance.

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## Key message examples:

- You are not alone, depression is real.
- Help is at our school, just ask.
- Know the signs and symptoms of...
- If you hear something, don't keep it a secret.  
Tell a trusted adult immediately.

- **Raises awareness**
- **Reduces stigma**
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# Creating a roadmap for Peer-to-Peer Impact

- 1 Describe activities
- 2 Identify who is responsible
- 3 Identify needed resources
- 4 Set completion dates

## Activity examples:

- Posters
- Classroom presentations
- Assembly
- Announcements
- Information flyers/notecards/stickers
- Art projects
- Club meetings

## Who is responsible?

- Club members
- Teachers
- Administration
- Other key school/district staff
- Club sponsor
- Other student groups

## What resources are needed?

- Art supplies
- Access to shareable platform
- Printed copies
- Training
- Snacks
- Reminders for students
- Swag items- wristbands, buttons, stickers

## When will it be complete?

- Identify number of activities per month
- Set a due date to stay accountable
- Make sure it is achievable
- Multiple due dates for one activity/event

| Design the roadmap |                         |                    |                  |                          |
|--------------------|-------------------------|--------------------|------------------|--------------------------|
|                    | Description of activity | Who is responsible | Resources needed | When will it be complete |
| August             |                         |                    |                  |                          |
| September          |                         |                    |                  |                          |
| October            |                         |                    |                  |                          |
| November           |                         |                    |                  |                          |
| December           |                         |                    |                  |                          |
| January            |                         |                    |                  |                          |
| February           |                         |                    |                  |                          |
| March              |                         |                    |                  |                          |
| April              |                         |                    |                  |                          |
| May                |                         |                    |                  |                          |