

**L.I.F.T**

**Leadership Intensive**

**For Teens**

LIFT is a program that is a 2-week summer intensive to prepare teens in 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades to become a bridge between their peers and community resources. They will learn strong and positive leadership skills, conflict management techniques, philanthropy opportunities, decision making procedures and healthy living skills. After the course has ended, LIFT participants are encouraged to come to the LIFT meetings each month from August to May – date is to be determined.

### **LIFT Vision Statement**

Prepare 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> graders to become valuable, strong leaders and knowledgeable resources for their peers.

### **LIFT Mission Statement**

Peer Helper is a program that is a 2-week summer intensive training program to prepare teens in 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades to learn strong and positive leadership skills, conflict management techniques, philanthropy opportunities and mind sets, decision making procedures and healthy living skills.

### **LIFT Goals**

At Peer Helpers we have three main goals we aim to teach our youth leaders of today.

- 1.) Increase knowledge of diversity and differences among their peers.
- 2.) Increase knowledge of community resources.
- 3.) Develop a plan for a community service project.
- 4.) Be able to work as a team and build positive team interaction.

### **Schedule**

LIFT will be hosted one time per year during the first two weeks of August. The participants will be there from 9am to 5pm. There will be a lunch and snack breaks. Participants are encouraged to wear appropriate footwear as there will be team building exercises to participate in each day. Each day will have its own theme or skill which will be paired with coordinating lessons to teach LIFT participants the skills they need to be successful. LIFT requires that each parent sign a permission slip regarding outdoor activities, media releases, and allowing the teen to be informed about various crisis situations and how to help their peers get connected to appropriate and helpful resources.

