

Joined for Hope Club - Proposed Monthly Activities

Month	Theme	Activity
August	School Orientation	Set up a club table at orientation to introduce the Joined for Hope Club
		Get approvals for planned activities in September including Purple-Out sports games
September	First Club Meeting Ice Breaker	Show "Seize the Awkward" video, vote on club officers and submit Officer/ Sponsor form
	National Suicide Prevention Month	Highlight this entire month to spread suicide awareness throughout your school and community by planning/ participating in awareness activities and events.
	More than Sad Training	Decide on date for "More than Sad" presentation (40 minute training from AFSP that teaches the signs and symptoms of depression and suicidal ideations)
	Sept. 10 - World Suicide Prevention Day	Promote "#ruOK?" PSA
	National Suicide Prevention Week	Monday - Sunday surrounding World Suicide Prevention Day. Organize activities to promote suicide prevention during this week. Include local behavioral health resources
October	National Bullying Prevention Month	Support David's Legacy Pledge campaign throughout the school to stop cyber bullying
November	Nov. 13 - World Kindness Day	Random Acts of Kindness - Promote random acts of kindness throughout the week.
		Promote "#Talk2Me" PSA
December	Hope for the Holidays	Organize a holiday gift drive with a local behavioral health hospital for teens.
		For Montgomery County area clubs: volunteer and promote "Hope for the Holidays" program benefitting Cassidy Joined for Hope Foundation
January	New Year- New You	Promote positive and motivating goals of how to be a healthy and happy person for the new year throughout the school
February	You Matter	Support the Peyton Heart Project by filling the school with Peyton's hearts and positive messages
		Select Club member to visit Junior High, Intermediate, and/ or Elementary Schools and share "You Matter" messages to younger students
March	Be a Life Saver	Promote how to be a "Life Saver" in your schools by attending and promoting a "More than Sad" presentation
	March 18 National Awkward Moments Day	Present the "Seize the Awkward" campaign
	College Scholarship Applications are available	Visit www.cassidyjoinedforhope.com/school-clubs to download application
April	National Stress Awareness Month	Promote reducing stress & anxiety
	College Scholarships Applications Due	Must be emailed to info@CassidyJoinedforHope.com by deadline date
May	National Mental Health Awareness Month	Organize a "Mental Health Awareness Day" at your school
	Prepare Club for upcoming year	Elect Pres. & V.P. Officers before school ends so they can plan for events in September (National Suicide Prevention Month) and orientation

NOTE: These are PROPOSED monthly activities, and not an all-inclusive list. Individual clubs are encouraged to incorporate new ideas for monthly activities that support teen suicide prevention. See Club Google Drive for examples of past activities.