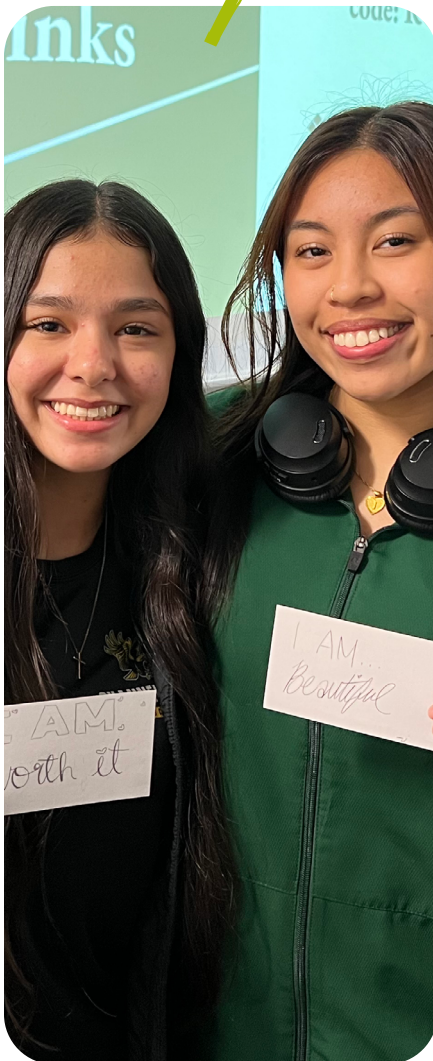


Chapter Guide

for High Schools

Active Minds Chapters got their start in higher education; however, high schools are a growing and passionate segment of the Chapter Network.

This guide is a tool for both prospective and current high school chapters as you build mental health advocacy efforts in your unique school community.



BENEFITS OF HAVING AN ACTIVE MINDS CHAPTER AT YOUR HIGH SCHOOL

1 SAFETY

Creating a safe community

Implementing an Active Minds chapter in your high school can help student leaders and youth champions (the adult supporters who provide guidance and mentorship to youth) foster a safe space to start conversations about mental health.

2 ACCESS

Access to mental health educational content

At Active Minds, we understand the importance of equipping our youth with the right resources to succeed in their advocacy journey. We offer programs and resources for students to utilize and implement in their communities.

3 INSPIRATION

Inspire and implement change

Through the establishment of an Active Minds Chapter, student leaders will be able to effectively demand systemic change in their schools while actively engaging their peers to promote mental health.

TOP TIPS FOR HIGH SCHOOL CHAPTERS

MEMBERSHIP RETENTION

Promote your chapter

Utilize your school's social media accounts to promote your meetings.

Word of mouth: ask teachers and students to pass the word around about the chapter and what it offers.

Get featured on your school newsletter and other announcement platforms.

Post vibrant and attention-catching flyers in high-traffic areas of your school facilities.

Offer incentives

Talk to school administration about the possibility of offering volunteer hours for members.

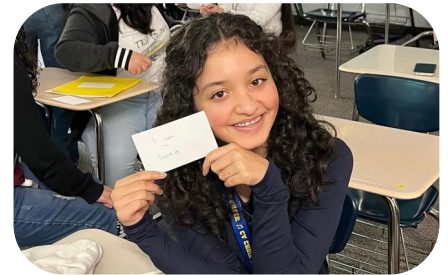
Work with teachers who are willing to offer extra credit points for attending meetings or events. Think of classes that are directly connected to mental health, such as psychology and health/wellness teachers.

If your school has a student club budget: offer goodies, permitted snack items, and prizes to increase regular participation.

Do outreach and collaborate

Get in contact with other school clubs to co-host an event or meeting.

Get guidance from well-established student organizations on how to gain and maintain student engagement.



POLICY ADVOCACY & ACTION-BASED MOBILIZATION

Implement school-wide changes

Advocate for changes that will benefit every student in your school community. The scope is limitless! We have a few examples for you.

- Requesting mental health resource information on student ID cards.
- Requesting pronouns on ID cards.
- Advocating for mental health days or periods.
- Offering testing spaces for students with testing anxiety.

Reach out to school/community leaders and state politicians

Contacting people in high-power positions is not an easy task. However, youth voices, their needs, and experiences hold much importance. Contact your community, school, and state leaders to get them involved in the mental health advocacy movement. Just an email, phone call, letter, or office visit can go a long way.

Engage in conversations with adults in your community

Speaking with teachers, school administration, and Active Minds national staff are great ways to get informed and start your action-driven advocacy. Fostering these connections can also strengthen your leadership skills!

BRAINSTORM!

WHAT OTHER IDEAS DO YOU HAVE IN MIND FOR YOUR CHAPTER?



ADDITIONAL RESOURCES

MENTAL HEALTH ADVOCACY ACADEMY & TRAILBLAZERS

Get involved with our high **school-based programs** at Active Minds!

PEER-POWERED CURRICULUM FOR HIGH SCHOOLS

Lead your chapter by implementing the curriculum. To get access, **have an adult facilitator fill out the request form [here](#)**. Get in touch with us by joining our [Active Connections](#) to learn more about the curriculum.

YOUR VOICE IS YOUR POWER

Your Voice is Your Power is a **resource hub created to help youth and young adults start conversations, ignite awareness, and foster understand to grow as mental health advocates.**

CONNECT WITH NATIONAL STAFF

FOR ADDITIONAL INFORMATION SPECIFIC TO K-12 INITIATIVES OR THE RESOURCES ABOVE, PLEASE CONTACT THE K-12 INITIATIVES TEAM AT K12@activeminds.org



For chapter-related questions or support, email the Chapters Team at chapters@activeminds.org!