



What Students Can Do

To create positive and safe environments

We, the Student Executive Council (SEC) of OASC, stand with all students who want to use their voice and actions to make their schools safer and more inclusive. It is our responsibility to work with our peers, teachers, administrators and community to create a positive and safe environment where we can learn, grow and thrive together. There is no single answer, action or policy - it requires all of us coming together, listening, caring and taking a variety of steps to create change. These are just a few of our ideas to get us started. This is just the beginning . . . JOIN US as we Act. Serve. Lead. [#oasc2018sec](#)

Within Your School and Community:

- Plan a solid color day to promote solidarity
- Create a "We dine together" club to focus on building relationships at lunch. www.wedinetgether.org
- Speak up about issues going on at your school. **See something. Say something.** Encourage your school to join the free SafeOregon school safety tip line. (844-472-3367) [#SafeOregon](#) www.safeoregon.com
- Create a competition to see who can meet and learn the names of the most students in your school or grade.
- Start a peer counseling program at your school.
- Start a mentoring program for incoming students. Example Programs: Link Crew or WEB www.boomerangproject.com
- Start an after school support program.
- Attend and contribute at school board meetings.
- Organize unity, kindness, and bullying prevention assemblies for your school and your feeder schools.
- Plan stress relief events during high stress times. *Try therapy dog teams, stress relief rooms, bubble wrap, etc.*
- Organize and Host Mental Health First Aid Training Days Contact OASC for details. Sara@oasc.org
- Walk your school, look for safety loopholes, take note and report to create change.

In Your Home:

- Plan a night once a week with family or friends to eat, play games, and connect. Stack your phones to keep distractions out of the conversation.
- Have proactive discussions about mental health
- Do you know your neighbors? Organize a neighborhood Potluck, BBQ or mix and mingle to get to know everyone.

On Your Phone/Social Media:

- Check facts before you repost or spread information.
- Keep all posts positive and productive. Always report negative or harmful posts. [#ICANHELP](#) [#WILLHELP](#) [#DIDHELP](#) www.ican deletenegativity.org
- Save the SafeOregon tip line number to your phone. (844-472-3367)
- Start a positive hashtag movement to show support for unity, safety, kindness, and student voice. [#ActServeLead](#)
- Post pictures of positive things you're doing at your school to change negative stereotypes.
- Create a family, neighborhood, and friends, phone tree or group text in case of emergency.
- Set personal boundaries to make sure you have balance between "real life" and "digital" connections.

At the State Level:

- Volunteer for movements that you personally support.
- Pre-register to vote when you are 16 at www.dmv.org/or-oregon/voter-registration.php *Not in Oregon? Check your state's age limit to see when you can pre-register to vote.*
- Attend conferences and camps to network and share with other student leaders.
- **Contact your legislators.** (*see back side for details*)

**One person can make a difference
and everyone should try.**

~John F. Kennedy



How to Contact Your Legislators

It is more important than ever for students to let their politicians know how they feel. It doesn't matter where you are on the political spectrum, it is important to let your elected leaders know your opinion. Please contact your legislators and explain any concerns, questions, or solutions you have.

1. Visit www.oregonlegislature.gov/findyourlegislator/leg-districts.html to find out who your state senator and state representative are and how you can contact them.
2. On the website type in your full address. Be sure to include your street name, city, state, and zip code.
3. A box will pop up with three tabs (Senate, House, and Congress), select either Senate or House to get the emails and mailing addresses of your state legislators. The "Congress" tab will give you information about your federal (national) senators and congressperson.
4. Start writing! Here are some tips:
 - Address them by their titles, Senator or Representative respectively.
 - State your name, tell them you are a student, and then express your concern or idea.
 - Speak your mind appropriately and respectfully.
 - Make sure to mention that you live in their district. They hear from thousands of people throughout the year from all over the state, but they were elected to represent **you**.

Here is an optional template:

Dear _____,

My name is _____ and I am a high school student from _____. I have lived in your district for _____ years.

I am writing to urge you to _____ and/or _____.

Thank you for doing what is right for the students of Oregon and the United States.

Thank you,
Your Name