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**Please note:**  
**The March Newsletter will be late due to the SLTP Staff Conference.**

# *student leadership*

## The Student Leadership Training Program

Leaders walk their talk.

# Linkage

VOLUME 6 ISSUE 6 THE SLTP ALUMNI NEWSLETTER FEBRUARY, 2006

## The InterLead—April 2nd

Last Spring we decided to re-vamp the Spring Conference, which was introduced as and ran for five years as the DifferenceMaker Showcase. Last year the Showcase had it's best turnout. So why change something if it is working?

For quite some time we had been kicking around the idea of an "issue based" conference. The success of our touring play, "stop, look and listen" and last summer's powerful "silence is not an option" have spurred this re-formatting of our Spring Conference. We decided to combine the two formats -- service and issues and turn the Spring Conference into a full day event like the ReE.

InterLead - short for Inter-State Student Leadership Forum - will attempt to be just that - a forum for the expression of student ideas and opinions on the issues which most affect them. The InterLead conference will each year be designed to raise, discuss and explore issues that face their student constituencies and to explore community action. The Forum will bring together student leaders with community leaders to deter-

mine and create action plans.

This will be a conference that makes a statement. It's statement on the issues will be supplemented by the combination of exploration of service opportunities, since the current generation is the most committed to community service ever. We hope to draw workshop presenters to showcase their service projects and offer explanations of the opportunities that are available across our region. This component of the conference is being coordinated and developed by our Alumni Association Executive Board, who did so well with this element last year.

This year the Forum will address violence against women in schools, its causes, effects and will explore action plans. The key element in the program will be the internationally acclaimed play, "The Yellow Dress." Following a thorough processing of the play which will include a determination of its reality and connection to high school and collegiate school life, there will be discussion groups designed to involve student leaders and community leaders in solution planning. We are invit-

*Continued on page 6*

## Newsletter Submissions

SLTP welcomes contributions to our newsletters from our alumni and friends.

Articles should be no longer than 200 words. Each article submitted for publication must address a topic of interest to student leadership. The article must include a bio of the author - name; address; email address, phone; school; year in school; & SLTP graduation year.

Opinions must be clearly identifies as those of the author.

We reserve the right to edit for length, clarity and style. We also reserve the right not to publish articles which do not meet the criteria established in our guidelines.

For additional information, please refer to the guidelines posted on sltp.info

## From where I sit! By Jim Fitzgerald



Saturday when I went to the mailbox to retrieve the usual onslaught of junk mail, solicitations from real estate agents, and bills -- there was a little white envelope addressed in florescent marker bearing no return address.

I get a lot of mail. I get a lot of mail from campers and from students who have been in my audiences. I rarely get any mail that is addressed in florescent colors.

Naturally my curiosity was fairly high and after being met and greeted by my dog (you gotta

love dogs whether you are gone 10 minutes or 10 days they greet you the same way) as well as ignored by the cat. I proceeded to my comfy chair to open the brightly colored envelope.

Inside the envelope was a letter. The letter was from me to me. I have no idea why I was so surprised -- I made a big fuss about being surprised last year too! I just don't remember addressing it in marker -- but it was pretty late on Friday night when I decided to write it. So it was probably the only writing utensil within reach of my chair in the staff room.

I am impressed at how coher-

ent it was. I had not started to write it until after I sent the staff to bed which was after the slide show was done which made it considerably past 3. It took me a while to get into the swing of writing it -- I spent a little too much time dwelling on the fact that part of me was really dreading the close of camp, as this was my last outing as camp director. Anyway the interesting points of the letter were very, well . . . interesting ...

- I had hoped that by Feb 1, I would have written a new book -- I just finished "Step it Up" which

*Continued on page 4*

## This Summer—What's available?

Registrations for all our summer conferences are underway in earnest! There are just over 20 weeks to go before our summer conferences kick off. All of the applications are available on line as pdf files at [www.sltip.info](http://www.sltip.info)

### OTS

There is one session which is open to all forms of officer teams -- from full cabinets to co-captains -- from clubs to classes to student government. (The team requirement is that there must be at least a pair of officers)

July 6-7

### LTC

There are four sessions. Although there are just over 115 slots available at this point.

July 11-15;  
July 18-22;  
August 1-5  
and Aug 8-12

### ALC

There are four sessions and approximately 33 slots available.

July 12-15;  
July 19-22;  
August 2-5;  
and Aug 9-12

### TLC

There is only one session and there are 5 slots left.

July 12-15

### Adviser Certification

There is only one session which is open to all teachers, coaches and collegians and there are 10 slots left.

July 27-28

### Leadership in Athletics

There is only one session which is open to secondary and collegiate athletes and their coaches and there are 24 slots left.

July 27-28

**LEADERSHIP CAN  
BE BROKEN  
DOWN INTO 141  
IDENTIFIABLE  
SKILLS. WHICH  
HAVE YOU  
MASTERED?**

**In Massachusetts alone there are approximately 280,000 students in high school.**

**Of those students, less than 2,000 participated in ANY form of leadership training (.007 %).**

**In those schools there are approximately 50,000 student leadership positions available, which were filled by approximately 18,000 students. (.06 %)**

## Alumni voices anonymous per request

For eight years gymnastics was my life. I breathed it, drank it, dreamed about it. I practiced all the time and barely had a life outside the center. When I was 13 I dislocated my knee, but I still had a good chance to qualify for regionals if I could just keep going. Two years later, I had to give up competitive gymnastics to have two surgeries. Without the sport that I loved, I began to lose weight and grow depressed and upset at myself and everything up to and including God. What had I done that was so bad that God would allow my dream slip away? As you can tell, I was a mess. Worst of all my mother decided that I needed to go to this leadership camp. Gawd, what was she thinking? I lost the battle, but I knew I was going to hate it and I was determined to just hide in my room as much as I could. When we pulled into the drive-

way and I saw the kids dressed at pirates yelling and screaming and running around the parking lot, my heart sank. This was going to be worse than I thought!

I won't bother to tell you what my first day was like—you can imagine. I was so full of myself and so determined to have a horrible time. I asked Jim if I could share this with everyone without publishing my name. Not because I am trying to hide anything or whatever. Because of what I learned the rest of that week.

I will always miss competitive gymnastics. But in the year since I gave it up, I have grown to appreciate all of the more important things in my life. While I was on the team, my family and friends were pushed aside. I had no time for anything except gymnastics. My family and my friends were supportive but I took that for granted.

The SLTP camp made me realize that and a whole bunch of other stuff. I came to see myself as me first and the roles I play second.

At camp I watched that happen to all of us as we learned what "24 hour mutual respect" really means.

So this is not exactly an "SLTP saved my life" speech, but I am really glad that I came.

When Jim asked us to turn and look for our parents in that last assembly, I just cried when I saw my Mom.

I still get sad sometimes when I think about gymnastics, but only sometimes. I am looking forward to ALC this summer and I want to go to TLC AND I want to be on staff.

Oh and pirates make me smile now!

## An Opportunity to recognize your Champions

Each year at the ReEnergizer and InterLead Conferences, SLTP strives to empower student leadership through our Champion for Youth Awards. SLTP wants to help student leaders recognize those members of their schools and communities who make a positive significant difference for young people.

SLTP has feted: advisers, teachers, principals, assistant principals, coaches—all kinds from skating to soccer, crossing guards, custodians, bus drivers, Youth Directors, Youth Ministers, little

league coaches, SRO's, DARE officers, social workers, guidance counselors, Booster Club Presidents, Band Directors, dance teachers, MassSTAR chairs, college activity directors and parents.

ALL SLTP alumni and staff are invited to nominate those deserving of this award. Nominations must include a typewritten rationale of 100-2200 words

One of the best parts of this award is that it provides the opportunity for student leaders to catch others doing things right.

The awards are presented at the REE & the InterLead and include a letter from our Communication Director, a press release, the Award certificate, plus differentencemaking student camperships.

Alumni and Staff should send their nominations for the CYA to [champions@sltp.info](mailto:champions@sltp.info) by March 3. Nominations should include biographical data for the nominee as well as the 250 word rationale.

Deadline for nomination: March 3.

## From where I sit continued from page 2

is a collection of the best leadership activities and lessons I know.

- I had hoped that we would have had a very successful ReE, and that we re planning a new format for the Spring Conference
- I had hoped that the new CCs would be taking full ownership of their role and of SLTP.
- I had hoped that we would be recruiting better than ever and that our camps were filling up.
- I had hoped that I would be

comfortable knowing that I would not be directing any weeks this coming summer (let's just say I am adjusting).

- I had hoped that we would be able to launch Leadership in Athletics this summer.
  - I had hoped that we would find the right play for the coming summer
- And as usual I went on and on with goals, hopes and dreams -- very specific to very generic . . .
- I'm glad I sent it. I can't believe

it caught me by surprise again. It made me smile. It made me think.

I hope you enjoyed yours as much as I enjoyed mine.

## Parent Newsletters

Among the features of our newly re-structured website is the full service section for the parents of student leaders. We sought contributions from Parents at all of the Parent Orientation Programs last summer, and the results are plain to see.

In the Parent section there is a great deal of information to help explain the feelings and the dynamics of SLTP. Something we all struggle to explain to anyone who has never attended our program.

There are resources. There are suggestions on how to support an active student leader, and beginning this month—there is a sign up for a monthly newsletter.

The newsletter is called “True Points” and like this newsletter it will be available each month electronically.

We hope to provide parents with information on what is going on in student activities and we hope to provide as much support as we can—check it out yourself, and then get them to check it out and to register

## Ask the doctor

(send your questions to: [askthedoctor@sltp.info](mailto:askthedoctor@sltp.info))

**In the past week, we have received numerous phone calls and emails that were similar to the one below.**

**The doctor will answer this letter, but we would like to hear for you — what can we as student leaders do, in the face of this outrageous tragedy. Yes, it happened at a bar, and yes it happened to “adults.” But we feel that this is a STUDENT leadership issue.**

**So the doctor is asking you to share what your school does, from Gay Straight Alliances to specific awareness activities or events.**

**Tell us, we'll share the results in our newsletter.**

*Dear Doctor SLTP,  
The recent incidents in New Bedford really call attention to the hatred and bigotry that a large number of people feel about gays. Our student council wants to do something, but we are unsure of what we can do, any ideas?  
Looking to be proactive*

Dear Looking,  
First things first get an Acceptance club of some sort set up, this can be a Gay/Straight Alliance or a Diversity Club and should be tailored to your particular situation.

Determine your mission—something like “to accept everyone equally.”

You can sign petitions, write newspaper articles, arrange hearings with your faculty council or principal — just get the ball rolling.

One of the most effective activities we know about is the Day of Silence. It is a wonderful opportunity to make some noise and raise awareness by being silent.

This is a national event and you can learn more about it at:

<http://dayofsilence.org>

Good luck!

## Conference Profile –TLC

The Leadership Center is four years old. It is a remarkable conference. The concept is simple — an exploration of leadership learnings, understandings and practices with serious, committed students of leadership.

The enrollment has been limited to 8-12 students. The primary instructor will be our own Dr. Jim Fitzgerald.

The successful applicants will be graduates of both LTC and ALC and will have demonstrated the ability and desire to make a difference. Each applicant will be asked to either bring a project they have

been working on or will develop a project during the session.

Central to the core of the curriculum will be a study of organizational behavior and group process. Increasing participation, increasing ownership, motivating membership, dealing with finances, increasing resources, cutting through “red tape” and creating working teams are among the other curricular topics.

Among the topics to be explored will be SLTP itself. Dissecting the SLTP operational model will provide insight into a learning organization. The conference will

also explore leadership ethics, obligations and responsibilities.

It is a full plate. And every approach will be advantaged. Once again, last summer during the very first meal all of the delegates were blindfolded. It was a serious problem solving experience.

To be sure, it will be wrapped in a package that includes plenty of fun, enthusiasm and friendship—afterall this is SLTP.

## The InterLead continued from page 1

ing state legislators from all over our region. And we need everyone’s help to reach out.

Another primary need for students is meaningful service projects. The InterLead will provide the opportunity for many groups who need student involvement to showcase themselves for student leaders.

For now -- we are examining a town meeting format for the General Assembly after the processing of the play. This would enable us to raise several ideas for discussion in the short-

est amount of time. We don’t see this as a confrontation between student leaders and community leaders – we see it as an opportunity to collaborate while extrapolating solutions. Legislators need to see student leaders as what they are – leaders. And students need to see legislators as what they are – difference makers. It should be wild. It will raise awareness as to the seriousness of today’s student leaders. It will raise awareness of the quality of today’s political leaders.

Make your plans today,

we must limit the size of the audience to approximately 300 to accommodate the presentation of “the Yellow Dress,” so it will be first come first served.

See the last two pages of this newsletter for a brochure and registration form. Now, get busy — lets fill the auditorium.

## SLTP Brochures to check out

Currently we have the following brochures posted on line:

- <http://staff.sltp.info/brochures/athleticsflyer.pdf>
- <http://staff.sltp.info/brochures/otsflyer.pdf>
- <http://staff.sltp.info/brochures/LTCflyer.pdf>
- <http://staff.sltp.info/brochures/ALCflyer.pdf>
- <http://staff.sltp.info/brochures/Adviserflyer.pdf>
- <http://staff.sltp.info/brochures/interleadflyer.pdf>
- <http://staff.sltp.info/brochures/Generalflyer.pdf>
- <http://staff.sltp.info/brochures/whysltp.pdf>

## The 2006 SLTP Conference Schedule

Where leaders learn HOW  
to make a difference!

- **InterLead—the Inter-State Student Leadership Forum**

April 2

- **Officer Training Seminar**

July 6 - 7

- **Leadership Training Conferences (4)**

July 11 - 15; July 18 - 22;

Aug 1 - 5; Aug 8 - 12

- **Advanced Leadership Conferences (4)**

July 12 - 15; July 19 - 22;

Aug 2 - 5; Aug 9 - 12

- **Leadership in Athletics**

July 27 - 28

- **Adviser Certification**

July 27 - 28

- **The Leadership Center**

July 12 - 15

- ♦ **The ReEnergizer**

November 25, 2006

We're on the Web!

[www.sltp.info](http://www.sltp.info)

Information for  
Parents, Teachers,  
Students,

Administrators

Applications \*

Photos

## Service Portfolio Awards

Service portfolios are a collections of artifacts and personal reflections that document your commitment to community service and personal development. Portfolios are an excellent conversation piece for college or graduate school interviews. They can also bring your resume to life for scholarship selection committees and other award programs. So with all of those benefits in mind, here are some tips for making an award winning service portfolio:

- Organize your portfolio in a binder with a table of contents, page protectors and dividers
- Include letters of recommendation, certificates and notes of appreciation from organizations with whom you have worked
- Write a brief summary of skills and lessons that you gained from each service experience
- Fill your portfolio with pictures (this means remembering to take

photos during service projects)

- Copy and insert news clippings that highlight your achievements or a project that you were involved in
- Describe the leadership roles you held during particular projects
- Document the time commitment involved in each service event, including the number of hours and duration (ie three hours a week from November to January)
- For a personal touch incorporate creativity and self-expression
- Remember to be sincere and brief-- you want the portfolio to honestly speak for itself and spur additional questions
- Cap off the documentation

with a list of your short and long term goals for service and leadership

SLTP will award its next service and personal development portfolio awards at the InterLead Conference at Nichols College during a special ceremony on April 2, 2006:

There are three levels of Awards based on time and level of commitment:

Bronze

Silver

Gold

To be eligible submit a copy of your service or personal development portfolio by **February 15, 2006**

to Jim Fitzgerald 108 Observatory Way Marshfield, MA 02050.

## What to do with old electronics

Rapid advances in technology come with a price: the equally rapid pace of obsolescence. The average lifespan of a computer, for example, will have dropped from 4.5 years in 1992 to approximately two years by 2005.

As a result, "e-waste"--discarded computers, TVs, cell phones, and other electronics--comprises one to four percent of the municipal solid waste stream, according to the Environmental Protection Agency. What's worse, this equipment is often made from non-renewable resources and contains hazardous chemicals including lead, chromium, cadmium, and mercury.

Here are some ways you can cut down on this e-waste:

### Buying

\* Before you buy replacement technology, assess your current equipment. Can you improve your computer's performance with a memory or video card upgrade? Do you need a cell phone with all the newest features when your old one works just fine? Is it worth buying a new portable CD player if you eventually want an MP3 player?

\* Choose a product that has all the features you will need for the foreseeable future, has space to add components such as memory if

## Special Environmental Service Ideas

needed, or takes the place of two separate gadgets (for example, you could consolidate equipment by buying a cell phone with integrated personal organizer, or a printer with integrated scanner or fax).

\* Purchase used or refurbished electronics (but be aware that these products might not come with a warranty).

### Reusing

\* Before discarding obsolete electronics, find out whether a local repair shop, electronics training program, or even a technologically inclined friend or family member could use it for parts or practice.

\* Consider donating used electronics to a nonprofit organization or shelter. Some organizations, for example, reprogram used cell phones for emergency use by senior citizens or victims of domestic violence. Computers that are less than five years old should be donated through an electronics refurbisher (see the link below), who will clean out old files and software and ensure all of the components are running properly. Computers that are more than five years old should be recycled, since

software and technical support for older systems is difficult to find.

### Recycling

\* General electronics: Many cities and towns now offer electronics recycling as part of their household hazardous waste collection program.

Contact your local public works department to find out what equipment it will accept and on what days; some charge a small fee per item.

\* Computers: If your town does not accept computers, look for a commercial recycler that can break down and distribute usable components and dispose of the rest properly (see the links below).

\* Cell phones: Many cell phone manufacturers and service providers will take back used phones for reuse or recycling.

## Information on the web

For more information:

- EPA--ECycling  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67496>
- High Tech Goes Green  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67497>
- Silicon Valley Toxics Coalition  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67498>
- Computer Take Back Campaign  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67499>
- Ten Tips for Donating a Computer  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67500>
- MAR Refurbishers  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67501>
- Electronic Industries Alliance--Cell Phone Recycling and Donation Programs  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67502>
- EPA--Computer Take Back Options  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67503>
- Recycling Resources  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67504>
- Electronic Industries Alliance--National Database of Reuse and Recycling Programs  
<http://www.ucsaction.org/ctt.asp?u=111402&l=67505>
- [www.ecologyproject.org](http://www.ecologyproject.org)

## Go MAD—search online by Liz Agosto

Last year, search engines generated six billion dollars in revenue. A brother and sister team, spurred by the death of their mother, saw an opportunity to make a difference and channel some of that revenue toward charities, schools and non-profit organizations. Their solution was a search engine called Goodsearch.com. This website is connected to yahoo and works just like any other search engine. You are able to choose the organization to which you would like to contribute and for

each search that you make, \$0.01 will be donated to that organization. While one cent doesn't seem like a lot of money, consider this: if an organization has 100 supporters and each supporter searches twice a day then \$730.00 a year will be generated for that organization. That is a huge difference! This search engine provides an easy way to make a difference for SLTP.

In order to use this search engine, type in:  
<http://goodsearch.com>

in your browser window. When the main page opens, you will see a space to enter the charity that you are supporting. In order to support SLTP, you will have to enter "Coalition for the Advancement of Student Activities" and then click on verify. From that point on, any time you use Goodsearch.com to do your searches money will be generated for CASA. I have been using the website for about four days and have had great results finding what I need and have managed to generate \$0.18. Imagine what we all can do.

## The little red hen by Jim Fitzgerald

Remember the childhood story of the little red hen who wanted help baking bread. Here is an SLTP version of the tale.

*Once upon a time there was a little red hen who scratched about in the barnyard. One day she uncovered some grains of wheat. She called the barnyard animals over and exclaimed, "If we plant this wheat, we can have bread to eat. Who will help me to plant it?"*

*"Not I," said the cow with a bar-rumph, "I am a cow!"*

*"Not I," said the duck.*

*"Not I," said the pig.*

*"Not I," said the goose.*

*"Then I will," said the lil red hen. She did and soon the wheat ripened into tall golden grain.*

*"Who will help me to reap the wheat?" asked the lil red hen.*

*"Hey, get this straight, I'm a duck," said the duck. "I waddle, I quack, I don't reap!"*

*"I have cuds to chew," said the cow.*

*"That would be silly," said the goose.*

*"Then I will," said the lil red hen and she did.*

*At last it came time to bake the bread, "who will help me to bake the bread?" asked the lil red hen.*

*No one answered. Silence reigned. Everyone looked very*

*busy.*

*"Then I will," the lil red hen resolved. She baked five loaves and put them on the windowsill to cool. All of the barnyard animals gathered around. They all wanted some. But the lil red hen said, "I will eat all these loaves myself."*

*"Selfish" screamed the cow.*

*"She doesn't get it" yelled the pig.*

*"Not a real team player," squawked the goose.*

*Soon the entire barnyard was organized by whispers, stares, smug looks and a definite air of superiority.*

*The farmer came by and said to the lil red hen, "you must not be greedy, you must share."*

*"But I made these all by myself," said the lil red hen, "no one helped!"*

*Everyone in the barnyard lived happily ever after. But the barnyard animals wondered why the lil red hen never baked bread again.*

As leaders we must be certain that our people don't feel like this lil red hen. We must not become the farmer.

We must give positive acknowledgment and encouragement to those who DARE to be more. We must allow our people to grow and to collaborate. We must provide positive feedback constantly. We must be careful that our feedback does not reward the idle. Rewarding the idle perpetuates a system where collaboration is not possible.

At camp this translates in our working to include everyone in the Crew

activities. At camp for the staff, it translates in all of staff working to include all of the other staffers. In other words it means setting the expectation of everyone's involvement.

It may seem natural to get jealous when some one does more. It may also seem natural to take such pride in what we make that we do not share with those who did not help. It may seem natural to break down into us vs. them.

Such is the power of praise. Those who can do must do, and those who cannot do must applaud, acknowledge, coach and in every way be supportive of those who are doing. This is not just support for their accomplishments but also support for their mistakes. We know those who DO will make mistakes.

No one of us is as smart as all of us. There will be and are times, when one of us does more – that plain and simple fact obligates the rest of us to be anything BUT idle.

When we walk this talk throughout the year, it makes it quite simple to teach this concept of leadership to our campers. If we fail to walk this talk throughout the year, we are in danger of preaching not teaching.

## Presenting "The Yellow Dress"

According to the American Journal of Preventive medicine, approximately one out of every three high school and college students experienced violence in a dating relationship. The Student Leadership Training Program alumni and staff are working to find solutions to the escalating problem of dating violence in New England.

On April 2, at Nichols College, SLTP will host a unique event. It is called the InterLead, and it will be a forum joining student leaders with community leaders to discuss, investigate and collaborate on this problem. The attendees at the InterLead Conference will see *The Yellow Dress*, a powerful and dramatic one-woman play based on the real life stories of young women who were victims of relationship abuse.

*The Yellow Dress* is the story of a young woman who warmly tells us of her relationship – that begins as young love and ends in tragedy. Following the processing of the play, the audience - student leaders from all across New England and invited state legislators from Massachusetts, Rhode Island and Connecticut will engage in a discussion

aimed at a collaborative solution.

SLTP is once again raising the issue of violence against women, as it has raised the issue of bullying because student leadership must be involved with community leadership if solutions are to be found. Dr. Jim Fitzgerald, founder and director of SLTP said, "Our hope is to heighten awareness and to engage the best minds from our schools and communities to develop solutions that will result in a cultural shift that does not accept violence in relationships."

The Yellow Dress program is produced and directed by Deana's Fund, a non-profit organization that is dedicated to promoting healthy relationships. The organization provides theater and arts based educational programs to schools and communities around the United States.

According to Sher Quaday, Director of Deana's Fund, "The Yellow Dress Program is a good first step to developing an effective dating violence prevention program. It is a great tool, especially when used together with school and community efforts."

Dr. Fitzgerald adds, "That

is the point of the InterLead, bringing student leaders from so many schools to engage with community leaders on this issue is sure to get both groups actively engaged seeking solutions. Our alumni believe that leaders must stand up for what is right, even if they are standing alone. On April 2, at the InterLead, student leaders will get a chance to stand side by side with their community leaders. We are pleased to give them a place to stand. Archimedes said that with a place to stand he could move the world. At SLTP we believe that leaders have the power to change the world."

Come join us on April 2!

## Dating Violence

What do we mean when we talk about dating violence?

Dating violence isn't an argument every once in a while, or a bad mood after a bad day. Dating violence (or relationship abuse) is a pattern of violent behavior that someone uses against a girlfriend or boyfriend. Abuse can cause injury and even death, but it doesn't have to be physical. It can include verbal and emo-

tional abuse constant insults, isolation from friends and family, name calling, controlling what someone wears and it can also include sexual abuse. It can happen to anyone, at any age, no matter what race or religion they are, no matter what their level of education or economic background.

Understanding what domestic violence is means being aware of the many different

things abusers do in order to control their partners. The checklist of behaviors on the next page may help you decide if you or someone you know is being abused.

Silence is NOT an option. Awareness is the beginning. Get help.

## Relationship Q & A

### Does your boyfriend or girlfriend. . .

#### Use emotional and psychological control?

\* call you names, yell, put you down, make racial or homophobic slurs, or constantly criticize or undermine you and your abilities as a partner?

\* behave in an overprotective way or become extremely jealous?

\* make it difficult for you to see family or friends, or "badmouth" your family and friends?

\* prevent you from going where you want to, when you want to, and with whomever you want to?

\* humiliate or embarrass you in front of other people?

### Does your boyfriend or girlfriend. . .

#### Use economic control?

\* force you to account for what you spend or take your money?

\* prevent you from getting or keeping a job or from going to school?

### Does your boyfriend or girlfriend. . .

#### Make threats?

\* make you afraid by using looks, actions or gestures?

\* display weapons as a way of making you afraid or directly threaten you with weapons?

\* use their anger or "loss of temper" as a threat to get you to do what they want?

### Does your boyfriend or girlfriend. . .

#### Commit acts of physical violence?

\* carry out threats to hurt you, your pets, family members, friends, or themselves?

\* destroy personal property or throw things around?

\* grab, push, hit, punch, slap, kick, choke, or bite you?

\* force you to have sex when you don't want to or to engage in sexual acts that you don't want to do?

\* deny you access to food, fluids or sleep?

These are some of the most common tactics used by abusive those who try to control their partner, but certainly not the only ones. If your partner does things that restrict your personal freedom or that make you afraid, you may be a victim of domestic violence.

You are not alone. Millions of women and some men are abused by their partners every year. The good news is that more resources are available now than ever before to help you be safe. If you answered yes to any of the questions -- it is time to get some help. Talk to your guidance counselor. Talk to your SRO. Talk to an adult at school that you trust. Talk to your parents.

#### **What do you think?**

**What other behaviors or actions do you think could be considered domestic violence?**

## Invite Your Community Leaders

Invite your community leaders to join you at the Inter-Lead. The SLTP Staff, our Alumni Board and the folks at Deana's Fund are sending personal invitations to legislators and community leaders.

But don't leave it all up to us. In fact, please help us by inviting your legislators

and the leaders of your community.

We believe that this issue is too important to try to solve by accident.

Last summer's play, "silence is NOT an option" got a lot of student leaders actively involved in trying to work on

this problem, we believe that the Forum will allow for substantial discussions.

So help us to reach out.

**student leadership**  
The **S**tudent **L**eadership **T**raining **P**rogram



**InterLead**  
The Inter-State  
Student Leadership Forum

This is a very special conference with a very unique format. At the InterLead we will take advantage of the diversity of the attendees—who come from all over New England from big schools and little schools. The focus will be on service and on the issues facing student leadership. We believe that service should not be a “have to.” Service should be a “get to.” Service is leadership in action.

We also believe that there are very important issues facing schools and our nation. The forum will enable student leaders to express their beliefs as well as learn from experts in the field.

We will bring together all manner of experts to present workshops and to showcase the opportunities to make differences.



April 2, 2006

Nichols College, Davis Hall

\$15 per person

Deadline: March 15

***For more information or to download applications visit:  
<http://sltp.info>***

