



Sample Empowerment Club Meeting Agenda



For Kick-Off Meeting and Beyond

KICK-OFF MEETING:

1. **Sign-in & Snacks** (5-10 min) - Have a sign-in form so you can follow up with prospective club members. Also, think about grabbing some snacks and beverages for students attending.
2. **Introduction** (15 min) - Consider sharing a little bit about Erika's Lighthouse. You can show the About Us video or one of our classroom videos. You can share what the club's mission is, and have current members talk about what the club does at your school.
3. **Ice Breaker** (10-15 min) - An opportunity for returning/potential club members to get to know one another. Check out Ice Breaker ideas.
4. **Mission Moment** (5-10 min) - Your first meeting may be difficult to have a "mission moment", but you could provide statistics about teen mental health, share your passion for starting/leading the club, and/or see if another student is willing to share.

2nd MEETING & BEYOND

1. **Repeat #1-4 as you see fit**
2. **Identify Leadership and Committees** (10-15 min) - see Mobilize Your Club guidebook for more information.
3. **Awareness into Action Activity** (20-30 min) - Engage the club in planning an AAA. Keep it simple at first, but have roles for everyone to contribute. Two easy ones to consider at first are the "Sharpen your Knowledge of Teen Depression" or "Take a Compliment Poster."

