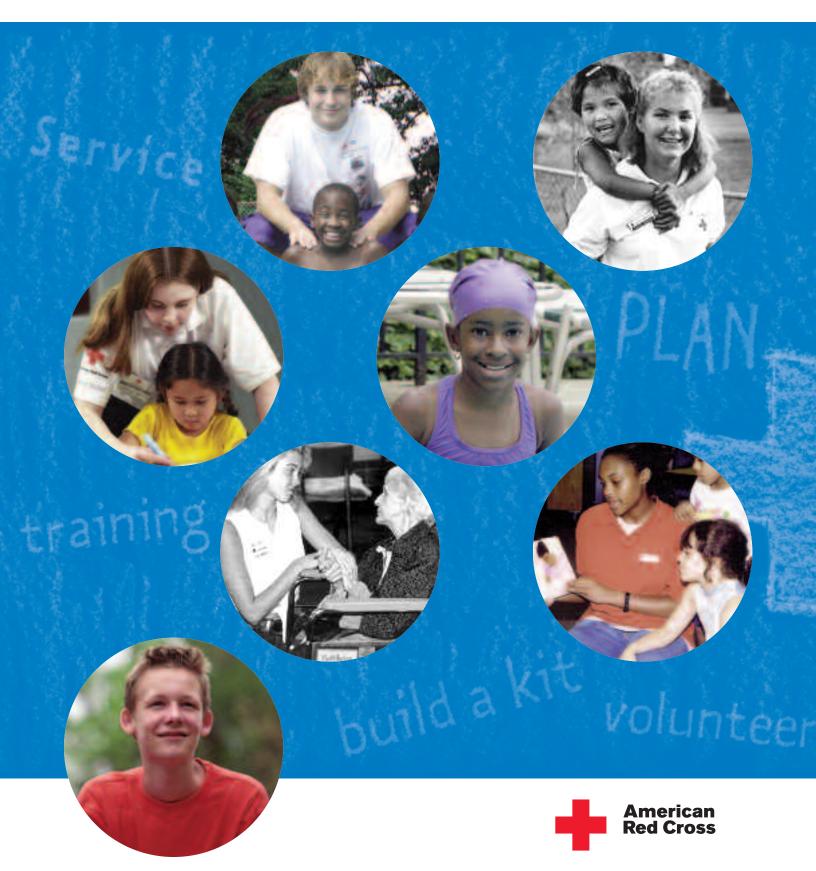
Save a Life

An American Red Cross Club Guide for Middle School Students



Seven Fundamental Principles of the International Red Cross and Red Crescent Movement

These seven principles are the foundation of the work done by humanitarian organizations like the Red Cross, the Red Crescent and the Red Shield of David (Magen David Adom).

HUMANITY

The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavors in its international and national capacity to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace among all peoples.

IMPARTIALITY

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavors to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

NEUTRALITY

In order to continue to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

INDEPENDENCE

The Movement is independent. The national societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

VOLUNTARY SERVICE

It is a voluntary relief movement not prompted in any manner by desire for gain.

UNITY

There can be only one Red Cross or one Red Crescent society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

UNIVERSALITY

The International Red Cross and Red Crescent Movement, in which all societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.

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Introduction



ome of us dream of making a difference in the lives of those around us, our communities and even in the world. It doesn't really matter what age we are. We all have something unique to offer.

This guide is for all middle school students who are committed to making their school, their community and the world a better place. If you are willing to help a friend or stranger in trouble, this guide is for you. It is for you if you believe you can help improve and save lives.

It is for you because the American Red Cross believes that you can make a difference. That is why your local Red Cross wants to help you join or set up a Red Cross club at your school. We want to offer you the opportunity to work with others to organize activities inside and outside of your school that will save lives.

We want you to propose and plan the club's activities according to your ideas about how to improve your school and community. We will provide the guidance and resources you need to put those ideas to work.

American Red Cross Youth Vision Statement

The American Red Cross will provide the premier environment for youth and young adults to learn, practice and exemplify humanitarian values.

You can be decision makers and leaders. In our courses, taught by certified instructors, you will be able to learn first aid and water safety skills. You can prepare to become a lifeguard. You can help your family, community and school prevent, prepare for and respond to emergencies. Through us, you can learn the importance of becoming a regular and frequent blood donor after you turn 17. You can join with club members to collect and send school supplies and other needed items to children in your city or in countries affected by disaster and war. You can learn how to talk to a friend about the dangers of HIV/AIDS.

Being part of a Red Cross club will help you accomplish all of these things. So join a Red Cross club or talk to a teacher, guidance counselor or principal about starting a Red Cross club in your school and call your local American Red Cross for additional direction.

How Much Do You Know About the American Red Cross?

Mark the statements that you believe are true with a check mark

IVIC	tik the statements that you believe are true with a check mark.
In	the past year alone, the American Red Cross—
	Provided almost half the nation's blood supply.
	Trained more than 11 million people in vital lifesaving skills.
	Provided direct health services to more than 2 million people.
	Assisted victims of natural and human-made disasters and victims of armed conflict around the world.
	Helped an estimated 615,000 military families worldwide.
	Involved over 1 million volunteers, approximately 25 percent of whom are youth (ages 5-17) and young adults (ages 18-24).
	Supported Red Cross clubs with thousands of members in elementary, middle and high schools and on college campuses throughout the nation.
	movides these valuable services and more, each year.

ers: If you marked each statement true, you are correct! The Red Cross

The Red Cross Mission

The American Red Cross is a humanitarian organization led by volunteers that provides relief to victims of disasters and helps people prevent, prepare for and respond to emergencies. It does this through services guided by its congressional charter and the Fundamental Principles of the International Red Cross and Red Crescent Movement, of which it is a part. These principles are—

- **Humanity:** Our employees and volunteers promote mutual understanding, friendship, cooperation and lasting peace among all people.
- Impartiality: Our employees and volunteers provide relief in an emergency to all who need it.
- Neutrality: Our employees and volunteers provide service without taking sides in any conflict.
- Independence: Our employees and volunteers help persons regardless of whether our countries are on good terms with their countries diplomatically.
- Voluntary Service: Our employees and volunteers are not motivated by a desire for personal gain.
- Unity: There is only one Red Cross, Red Crescent or Red Shield of David in any one country.
- Universality: The work done locally is multiplied many times by individuals in national societies worldwide.

Our Services

Today, the American Red Cross is the largest humanitarian organization in the United States, with more than 900 local offices—chapters, Blood Services regions and Armed Forces Emergency Services centers—across the nation. Its more than 1 million volunteers and more than 32,000 employees provide an array of domestic and international emergency related services.

Red Cross School Clubs

How Can You Save a Life?

There are many ways to save someone's life.

- · Administer first aid.
- Provide HIV/AIDS peer education.
- Apply CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) training in an emergency situation.
- Learn important babysitting skills.
- Donate blood.
- Make a disaster plan and build a disaster supplies kit.
- Teach disaster safety to others.
- Save someone from drowning.
- Provide needed supplies to victims of a disaster.
- Collect funds to assist the most vulnerable at home or overseas.
- Prevent fires by teaching fire safety to others.

By joining a Red Cross club you become a Red Cross volunteer. Volunteers like you reach out and improve the lives of friends and neighbors every day. The better trained volunteers are, the more they can do and the more lives will be saved.

You may be able to do most, if not all, of the activities above. But it would be hard to try to do them by yourself. Red Cross school clubs are a team effort, where young people develop leadership skills and where the Red Cross, schools and students of all ages work together to make their communities and the world a better place.

What Is a Red Cross School Club?

"Today, we took a Babysitter Training course."
"We became certified in CPR and AED."

American Red Cross school clubs are school-based service groups that help the Red Cross fulfill its humanitarian mission. Red Cross clubs are located in thousands of elementary, middle and high schools and on college campuses nationwide. Working closely with the local Red Cross, club members participate in Red Cross service projects that impact their local and school communities and the world. Student members discover many new opportunities for self-development and are encouraged to choose activities that will most effectively fulfill their community's greatest needs.

To find out where Red Cross clubs exist in your state, visit www.redcross.org.

Why Volunteer?

Students told us that what they like most about volunteering is—

- 1. Having fun.
- 2. Learning lifesaving skills.
- 3. Choosing the projects.
- 4. Feeling they are needed.
- 5. Gaining experience.
- 6. Meeting people with similar interests.
- 7. Contributing to their local community.
- 8. Learning to be a leader.

Getting a Red Cross School Club Started

If you already have a Red Cross club in your school, this guide will help you plan new, fun activities and attract new members. If you do not have a club in your school you can help to get one started. First, find out all you can from your local Red Cross. Explain that you are interested in establishing a Red Cross club in your school. Ask them to send you information about the roles a club can fill and the kinds of activities that young people do. You can also log on to <code>www.redcross.org</code> to gather information about clubs.

To get your club going, you will need to obtain permission from your school. They will want to know that you have the support of the local Red Cross, a small group of interested students and a teacher or guidance counselor with whom you have shared your plans and who is willing to serve as the club sponsor. Your Red Cross contact person or potential club sponsor can set up an appointment to see the principal and present the benefits of establishing a Red Cross school club. Try to attend this presentation and lend your support. Once you get permission, you're ready to go.

Roles and Responsibilities of Club Members

Roles of Club Members

The Red Cross *Code of Conduct*, available from your local Red Cross, is an important document to study and to use as a model for members' behavior. As you organize the club, discuss roles of club members with your club sponsor and with your Red Cross. The role of each club member includes—

- 1. Giving all members the feeling that they have a stake in the club.
- 2. Listening and giving serious consideration to everyone's ideas and opinions.
- 3. Creating a structure for the club that provides for multiple leadership positions.
- 4. Creating a healthy, fun-loving environment for the club that allows socializing together.

Responsibilities of Club Members

Beyond standards for membership, consider what leadership positions will be available to members. Will you elect officers? If so, what will their responsibilities be? A sample list of officers and job descriptions is included in this guide on page 12.

As Red Cross club members, students will—

- 1. Run club meetings. Your club sponsor will help if you ask.
- 2. Choose training and service projects that engage club members in the mission of the Red Cross.
- 3. Constantly recruit members and encourage them to regularly attend meetings and help with service projects.
- 4. Fill in activity forms following projects, ensuring that the number of people reached by Red Cross services is accurately recorded.
- 5. Complete the semester and end-of-year reports and fill out club evaluations.
- 6. Ensure that all reports are approved by the club advisor and sent to the Red Cross.

Effective Meetings

How to Run an Effective Meeting¹



eetings are a time to pull everyone's thoughts and ideas together for decision making. They give members a chance to discuss goals and keep updated on current projects. Carefully plan your meetings to make the most of your time.

Before the Meeting

- Choose a date and time to meet. Select when the most members can attend. Once you have decided on a date and time, stick to it.
- **Choose a location.** Choose a room that is large enough for members to feel comfortable. Create a "Red Cross atmosphere" with visual aids, such as posters.
- **Define the purpose of the meeting.** Write the purpose of the meeting on a chalkboard or on chart paper where it is visible to all members.
- Develop an agenda. It could include the following:
 - → Call to order
 - → Minutes of last meeting
 - → Announcements
 - → Officers' reports
 - → Project reports
 - → Unfinished business
 - → New business
 - → Open forum
 - → Advisor's report
 - → Adjournment
 - → Activity of choice

During the Meeting

- Greet members. Make them feel welcome, even the late ones.
- If possible, serve light refreshments. They are good ice-breakers.
- Start the meeting on time.
- Review the agenda. Set priorities for the meeting. Stick to the agenda.
- **Encourage group discussion.** Try to get all viewpoints and ideas. You will have better quality decisions as well as highly motivated members.
- **Encourage feedback.** Ideas, activities and commitment to the club improve when members see that they have a part in the decision-making process.
- Keep conversation on topic, moving toward a decision. Feel free to ask for only constructive comments.
- Keep minutes. Minutes of the meeting are helpful for future reference in case a question or problem arises.

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¹Adapted from "Running Effective Meetings, Student Activities and Leadership, University of Michigan." Posted at www.umich.edu/~sswd/Bobby/services/student_activities_and_leadership/60b.html.

- If you are leading the meeting, act the way you want the others to behave. The leader must be a model by listening, showing interest, appreciating and having confidence in members. Be willing to admit your mistakes. Make sure everyone knows their responsibilities, has written them down and knows when they will meet next.
- End the meeting on time.

After the Meeting

- Follow up. Be sure to complete tasks you volunteered to do. If you are in charge of a project, make sure that your project team members are moving forward and acting on decisions that were made during the meeting.
- If you are an officer, meet with other officers. Officers should meet in between club meetings so that club meetings go smoothly. Discuss challenges that arose during the meeting so improvements can be made.

Membership Standards and Club Mission

Club Membership Standards

During the first meetings, you may want to work with your club advisor to set standards for membership and write a club mission statement. A Red Cross *Volunteer Application* and *Code of Conduct* form must be filled out before you can officially become a member of the organization. Your club advisor can help you get those.

Some questions you may want to consider—

- Academic Requirements—Must students pass all their academic subjects in order to be considered for club membership?
- Attendance Requirements—What is the minimum number of meetings and projects club members must participate in to remain in good standing?
- Behavior—Should club members be told that they are responsible for being positive role models and will lose their membership if they are suspended from school?
- Club Size—What is the preferred minimum/maximum size of the club?
- Meetings—Where and when should regular meetings be held? Should meetings take place during lunch or after regular school hours?
- Eligibility Forms—Does your school have a club/sports eligibility form? If so, should club members be required to have the form signed by their teachers?

Discuss your answers to these questions with your club advisor and Red Cross contact so that you can share your club standards with those who wish to join. Use the sheet on the next page to fill in your membership standards.

Club Mission

It is important to work with your club advisor early in the year to set realistic goals for the club. Once you understand what needs the Red Cross meets in your community, you will probably want to write a mission statement that shows how the club will help meet those needs based on its capabilities. Use the sheet on the next page to write a club mission statement. For example, it may look something like...

The Red Cross club in School is	committed	to—
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- Improving the lives of fellow students and others in the school and surrounding community.
- Providing educational programs for our classmates that will help them develop lifesaving skills.
- Assisting the Red Cross in meeting community needs before and after a disaster, with preparedness education, supplies and assistance.
- Respecting senior citizens and helping them remain self-sufficient and independent within the community.
- Encouraging all interested students to become members, regardless of sex, race, sexual orientation or national origin.
- Upholding the principles that educate, encourage and empower us to be role models and set us on a path to be current and future leaders.
- Recognizing and demonstrating the seven Fundamental Principles of the International Red Cross and Red Crescent Movement: humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

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Our Membership Standards

As members of the	Red Cross Club, we will—
1	
2	
3	
4	
5	
Our Club Mission	
The Red Cross club in	School will—
1	
2	
3	
4	
5	

Club Officers

Will your Red Cross club have officers? It is up to you to decide. The following list of officers and sample duties might help you to make the decision.

President

- Works closely with the club advisor and Red Cross contact person to guide club activities and projects
- · Runs the meetings
- · Oversees other officers

Vice President

- · Assists the president
- · Runs meetings if the president is absent
- Recruits members

Recording Secretary

- Keeps minutes of each meeting and attendance
- · Manages a volunteer log

Treasurer

 Works with the club advisor and Red Cross contact person to collect and record money collected through fundraisers and trainings

Project Manager

(You may wish to have one for each activity the club does.)

- Leads projects
- Keeps information on all project team members and the project timeline
- Ensures that projects are completed on time

Webmaster

- Works with the school Webmaster and Red Cross to design a Web site for the club
- Updates information on the site regularly

Historian

• Collects articles, photos and other records of activities and organizes them into a scrapbook

Choosing the Right Activities for Your Club

Considering Options

he best way to select your club's activities is to get together and brainstorm, discuss, listen and select the best programs to carry out for the benefit of your classmates and your community. Remember that club projects should help carry out the lifesaving mission of your local Red Cross. Through activities, you should learn important safety skills and help make your school and community safer. Your Red Cross club will be what you make it as a team.

To help you decide on what kind of service projects you want to focus on, you might want to answer the following questions individually. Then, share your answers with other club members. The chart of Red Cross service, training and courses in the next section may also help you decide.

Service		
Do you want to help your local Red Cross prepare for and respond to local disasters?	\square Yes	□ No
Do you to want to lead fundraising projects?	☐ Yes	□ No
Do you want to educate your peers about HIV/AIDS?	\square Yes	□ No
Do you want to help senior citizens in your community?	\square Yes	□ No
Do you want to mentor young children?	\square Yes	□ No
Do you want to teach first aid skills to young children?	☐ Yes	□ No
Do you want to collect and distribute school materials for children living in your community or in areas affected by war or disaster?	☐ Yes	□ No
Do you want to teach community disaster education classes?	☐ Yes	□ No
Do you want to reach out to persons with disabilities?	☐ Yes	□ No
Do you want to help organize a blood drive?	☐ Yes	□ No
Do you want to create a Web site for your club?	\square Yes	□ No
Do you want to write stories about club activities for your Web site or newsletter?	☐ Yes	□ No
Lifesaving Skills		
Do you want to become certified in first aid?	☐ Yes	□ No
Do you want to become certified in CPR/AED?	\square Yes	□ No
Do you want to learn how to prepare for disasters?	☐ Yes	□ No
Do you want to learn about Red Cross International Services, such as International Humanitarian Law education?	☐ Yes	□ No

Do you want to learn about blood donation and how just one unit of blood can save three lives?	☐ Yes	□ No
Do you want to become certified in Babysitter's Training?	☐ Yes	□ No
Do you want to take GuardStart, a lifeguard preparation course?	☐ Yes	□ No
Do you want to take HIV/AIDS prevention education courses?	\square Yes	□ No
Other?	☐ Yes	□ No

Once you and your peers assess your answers, you can begin to determine the kind of activities you'd like to include in a calendar of club events for the semester. The chart of Red Cross service, training and courses in the next section may also help you decide.

Ideally, calendars should remain flexible and open to changes should emergency situations occur. It is also important to choose your projects based on community needs, and choose a good time for them when the club will have the ability to complete a project.

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Red Cross Training and Services

Red Cross training and service opportunities vary from location to location. This chart shows some opportunities for your club. Check with your local Red Cross to see what they recommend as activities and training that will benefit your club and serve the Red Cross mission.

PREPARE YOUR FAMILY, SCHOOL AND COMMUNITY FOR DISASTER.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
Together We Prepare™ First Aid and Preparedness Level 2	Learn five main steps to plan, prepare for and respond to different situations. Make a plan. Build a kit. Get trained. Volunteer. Give blood. Use what you learn to help your family make a disaster supplies kit and create a disaster plan. Volunteer at your school to collect supplies to build disaster supplies kits for every classroom. Teach others what you know about preparing for disasters and the importance of donating blood.	Grades 6-9

FIND OUT WHY DISASTERS HAPPEN. KNOW WHAT TO DO.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
Masters of Disaster®, covers General preparedness. Hurricanes. Tornadoes. Floods. Lightning. Earthquakes. Fire prevention and safety. Wildland fires. Home safety.	Find out why disasters and injuries happen. Learn how to prevent injuries and fires, how to prepare for natural disasters, what to do when an emergency happens and what to do afterwards. Then, use what you know to help your school, family and community prevent injuries and fires and prepare for disasters that can occur in your area. Teach young children using Masters of Disaster lessons for grades K-2 and 3-5.	Grades 6-8
Facing Fear: Helping Young People Deal With Terrorism and Tragic Events	Lessons teach about what feelings to expect following a tragic event and how to deal with stress and uncertainty.	Grades 6-8 and grades 9-12

LEARN IMPORTANT SKILLS.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
Leadership in Action	 Leadership in Action is designed to help increase community mindedness, confidence and competence. Participants complete lessons on— Listening and problem-solving skills. Public speaking. Conflict resolution and working as a team. Community service. Project management. 	Grades 7-12 (recommended for high school students)
Community First Aid and Safety	Community First Aid and Safety trains individuals to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in infants, children and adults.	Grades 7-12
First Aid/CPR/AED Program	This course gives individuals the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over.	Grades 7-12

TEACH FIRST AID TO YOUNG CHILDREN.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
First Aid for Children Today (F.A.C.T.)	Activities—which include puzzles, coloring pages and stickers—teach how to stay safe and what to do if you do get hurt.	Lessons for grades K-3
Basic Aid Training (B.A.T.)	Lessons teach safety information and first aid procedures for breathing difficulties, bleeding, poisoning, burns, shock and other emergencies. A workbook includes puzzles, mazes and word games.	Lessons for grades 3-5

TEACH WATER SAFETY LESSONS TO YOUNG CHILDREN.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
Longfellow's WHALE Tales	Lessons with posters, activities and a video that features Longfellow, the animated whale, teach safe behavior in, on and around the water.	Lessons for grades K-6

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LEARN IMPORTANT WATER SAFETY SKILLS.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
Learn to Swim	Are members of the club interested in taking swimming lessons? The Red Cross offers swim programs for all ages.	All grades
GuardStart: Lifeguarding Tomorrow	Are you planning to become a lifeguard when you are older? GuardStart will prepare you for future work as a lifeguard.	Grades 5-8
BECOME A CERTIFIED BABYSITTER.		
Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
Babysitter's Training	Do you like caring for younger children? This training teaches you the skills necessary to provide safe and responsible care for children when parents and guardians are away.	Grades 5-9

WORK ON INTERNATIONAL PROJECTS EDUCATING CLUB MEMBERS AND PROVIDING VALUABLE SERVICE.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels	
School Chests	School chests provide basic school supplies for children in need in the United States and abroad. Ask your local Red Cross if they are currently collecting school supplies for school chests.	All grades	
Exploring International Humanitarian Law	Education modules cover issues of internatioonal humanitarian law and its principles.	Grades 7-12 (recommended for high school students)	
Correspond with service men and women	Write letters and cards to show support and appreciation to military men and women.	All grades	

UNDERSTAND AND TEACH OTHERS ABOUT HIV/AIDS PREVENTION.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
ActSMART	Lessons, activities and posters teach HIV/AIDS education.	Grades K-12
"The Party"	This video is designed for use with young people who already know the basic facts about HIV and AIDS	Grades 7-9
"Don't Forget Sherrie"	Two video segments model decision-making skills.	Grades 7-12
The Talking Drums	Designed to build HIV prevention skills in African American communities.	Grades 7-12
Bridging the Gap Between Knowing and Doing	Builds HIV prevention skills in Hispanic/Latino communities	Grades 7-12

COLLABORATE WITH OTHERS DURING LOCAL AND NATIONAL DAYS OF SERVICE.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
National days of service	National and local days of service are great ways to work with others in the community to make improvements. See the monthly activity pages in this guide for a list of national days of service.	All grades
Local community service	Join in to help with local food drives and other community service activities, such as beach clean ups and walks for the homeless.	All grades

SERVE THE COMMUNITY.

Red Cross Programs, Training and Service	Description and Activity Ideas	Grade Levels
Disaster fundraising	The local Red Cross responds to many emergencies every year, from single-family fires to large disasters. Fundraising for the Disaster Relief Fund is a way your club can help victims of disaster.	All grades
Comfort kits	Your local Red Cross may request your help in putting together comfort kits—small packages of things like toothpaste, soap and combs that people miss right away if they lose them because of disaster.	All grades
Community disaster education materials	You can help your Red Cross put together packets of safety information for fairs and other places where the Red Cross provides community disaster education. Or, you can staff a booth at a safety fair.	All grades

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Your Red Cross club helps the local Red Cross fulfill its humanitarian mission by helping people. So ask your Red Cross to help you decide which activities will make your community a better and safer place. Your Red Cross may have additional suggestions of activities your club can take part in.

Projects: Before, During and After

Before

Before you begin a project, work as a team to answer these questions:

- How will the project help the Red Cross help people?
- Who will coordinate the project, be in charge?
- What is needed to complete the project?
- How will we get the things we need to complete the project?
- When will we start working on the project?
- When will we finish?

Listen carefully to each other's ideas. Then, once all questions have been answered, ask members to make lists. Sample charts for creating these lists are included in the Sample Forms section in this guide. You will need—

- A list of club members who will work on the project, including their names, phone numbers and responsibilities.
- A checklist of items needed to complete the project and the names of members who have promised to bring the items or check into finding them.
- A timeline showing the dates when members will be working on the project and the date the project will be completed.

During

As you begin working on the project, take time to reflect. Ask—

- What is working well?
- What could be better?
- Do we have everything we need to make this project a success?

Work to solve any problems and then move ahead. Don't be afraid to make adjustments during your project.

After

Once a project is complete, it is good to test your satisfaction with it. There are several ways to reflect further on it, such as writing a poem, a story or a journal entry. You might draw a picture or paint a mural depicting the service activities.

You may want to reflect individually on questions, such as those listed here, and then share your thoughts as a group. A sample project evaluation, which includes these questions, is in this guide in the forms section.

- What expectations did you have coming into this project? Were those expectations met?
- What challenges did the group encounter while completing the project?
- How were those challenges solved?
- What did you like about the project?
- What would you change next time?
- What did you learn from this project? What did you get out of it?

Activity Calendar and Project Ideas

You have worked as a team to decide your first activities. This section provides ideas and space to organize your plans. Good luck and have fun!

SEPTEMBER

Suggested Activities

- Get your club off to a good start with a volleyball game followed by ice cream sundaes.
- Learn the importance of having a disaster plan and building a disaster supplies kit, take Together We Prepare training.
- Check the disaster supplies kits in your school to make sure they are complete. Make kits for classrooms that don't have them.
- Create a poster for each classroom with information about fire drill procedures in the school.
- Have a "Back to School Coin Drive"—donate funds to the American Red Cross Disaster Relief Fund.

National Days of Service

National Grandparents' Day

www.grandparents-day.com/visitation1.htm
First Sunday after Labor Day
Deliver an emergency preparedness presentation
at a nursing home or seniors' organization. Distribute flyers to seniors on fire safety. (Statistics
show that 60 percent of nursing home residents

In Memory of September 11

never have a visitor.)

www.onedayspay.org

September 11

In response to the terrorist attacks of September 11, One Day's Pay is attempting to establish September 11 as a national day of kindness, service and reflection. The mission is simple: to encourage people everywhere to set aside time on September 11 to help others in need. In this way, people can keep alive in memory and action the spirit of giving and service that unified our nation following the terrorist attacks.

International Day of Peace

www.un.org/events/peaceday

September 21

This is a day of global ceasefire and nonviolence. Spend the day in education and public awareness.

Learn "Facts About Terrorism and War" from the American Red Cross Facing Fear: Helping Young People Cope With Terrorism and Tragic Events curriculum for grades K-12. This curriculum is downloadable from ww.redcross.org/disaster/

Our Activities

SATURDAY FRIDAY THURSDAY SEPTEMBER WEDNESDAY TUESDAY MONDAY SUNDAY

OCTOBER

Suggested Activities

- Encourage family and community members to change the batteries in smoke alarms in their homes when changing their clocks.
- Teach fire prevention and safety lessons from Masters of Disaster to elementary students.
- Hand out fire safety information at a health and safety fair.
- Correspond with a Red Cross club from another state. Club members can share ideas back and forth. For a list of registered Red Cross clubs, visit www.redcross.org.
- community, thanking them for their service and Write thank you notes to fire fighters in the
- Help school staff organize a fire drill.

National Days of Service

America's Safe Schools Week

www.nssc1.org/

Third full week in October

Prepare—Schools, will make your school a safer Ask your American Red Cross how Together We place to be.

Fire Prevention Week

www.nfpa.org

The week of October 9

1871. Today, we observe fire prevention week dur-The Great Chicago Fire happened on October 9, ing the week of October 9.

Make a Difference Day

www.usaweekend.com/diffday/

Fourth Saturday in October

Spend one Saturday "making a difference" in your community by participating in service projects.

National Peer Helpers Day

Check www.peerhelping.org/NPHADay/NPHA-DAY.htm for date. Peer helping is simply people helping other people. Check the Web site for ways in which your club can celebrate Peer Helpers Day.

Our Activities

SATURDAY FRIDAY THURSDAY 0 C T 0 B E R WEDNESDAY TUESDAY MONDAY SUNDAY

NOVEMBER

Suggested Activities

Observe the holidays that fall in November—Veteran's Day and Thanksgiving Day.

- Make thank you cards for veterans and deliver them to a local veteran's hospital or National Guard office.
- Make Thanksgiving holiday cards for those in senior centers and hospitals. Include winter safety tips on the back of each card.
- Help to spread the word about the important Red Cross work of feeding and sheltering those who experience a disaster; help your local Red Cross make comfort kits to use for disaster
- Take candy/cookies to veteran's hospitals or National Guard offices. Place the goodies in a paper lunch bag that is decorated with a Red Cross theme.

National Days of Service

World Kindness Week

Check www.actsofkindness.org for dates. Join random acts of kindness for others.

Hunger and Homelessness Awareness Week

www.pirg.org/nscahl/lweek.htmwww.pirg.org/

The week before Thanksgiving

Participate in this nationwide effort to bring greater awareness to the problems of hunger and homelessness.

National Family Volunteer Day

www.pointsoflight.org/familymatters
Saturday before Thanksgiving
National Family Volunteer Day kicks off National
Family Week. It is a day to spend working together

National Family Week

www.nationalfamilyweek.org/ The week of Thanksgiving

Make your community strong by volunteering as a family.

Our Activities

ul her

"Thank you for volunteering to help others!"

-Your friends at the American Red Cross

SATURDAY FRIDAY THURSDAY NOVEMBER WEDNESDAY TUESDAY MONDAY SUNDAY

DECEMBER

Suggested Activities

- Sponsor a drive in your school to collect mittens and scarves for those who need them.
- Hold a teddy bear drive and donate the bears to the Red Cross to give to children who are affected by disaster.
- Provide HIV/AIDS peer education.
- Collaborate with other student clubs to sponsor families for the holidays. Collect donated gifts and clothing for them.
- Locate a local department store/bookstore (maybe in a mall) where you can gift wrap for donations and donate proceeds to the Red Cross. Solicit donations of gift wrap, too.

National Day of Service

World AIDS Day

www.worldaidsday.org

December 1

Education is the main tool to raise awareness and prevent the spread of HIV among young people. Raise awareness of HIV in your community.

Nur Activities

Avareness and ung people.

munity.

"Happy holiday wishes from your friends at the Red Cross!"

SATURDAY FRIDAY THURSDAY DECEMBER WEDNESDAY TUESDAY MONDAY SUNDAY

JANUARY

Suggested Activities

- Download the Poster Coloring Book, inspired by blood donor posters in the American Red Cross Ask your Red Cross to visit and tell about the museum collection, from www.redcross.org/ importance of giving the gift of life: blood. museum/actkids.html.
- tion center to give to those who donate blood in blood. Take the cards to your local blood dona-Make thank you cards for those who donate
- Martin Luther King, Jr., poetry/art contest with projects that focus on diversity and service. Collaborate with other clubs to sponsor a

National Days of Service

National Blood Donor Appreciation Month

www.redcross.org/services/biomed/ 0,1082,0 320,00.html

The month of January

Learn about the importance of giving blood.

Martin Luther King, Jr., Day

www.MLKDayofService.org

3rd Monday in January

Luther King, Jr., by serving their communities with Americans across the country celebrate Dr. Martin 'A Day ON, not a Day OFF."

"Life's most persistent and urgent question is—

—Dr. Martin Luther King, Jr.

Our Activities

SATURDAY FRIDAY THURSDAY JANUARY WEDNESDAY TUESDAY MONDAY SUNDAY

FEBRUARY

Suggested Activities

- Create heart-healthy valentines: design valentines that include tips for a healthy heart. Give the valentines to senior citizens and people who are homebound or hand them out at a safety fair.
- Learn how to care for someone who has a lifethreatening respiratory or cardiac emergency: take a CPR class.
- Create a Red Cross volunteer booth for a career day at your school.

Help your club advisor teach classes about basic first aid or preparedness.

National Day of Service

Groundhog Job Shadow Day www.jobshadow.org

National kickoff is February 2 and continues throughout the school year Get a close-up look at the world of work. "Shadow" a workplace mentor.

Our Activities

"Your service to others is one of the sweetest ralentines you can give."

SATURDAY FRIDAY THURSDAY FEBRUARY WEDNESDAY TUESDAY MONDAY SUNDAY

MARCH

Suggested Activities

- Organize a Red Cross service project.
- Make a presentation at a school assembly about the American Red Cross club in your school.
- Make Red Cross bookmarks to give to elementary or preschool students on Read Across
 America Day, or give the bookmarks to your local library.
- Help with a Red Cross Awareness Campaign, such as "Get Trained!" Sponsor first aid and CPR/AED trainings in the community. Ask your Red Cross how club members can help with a "CPR Saturday" training.

National Days of Service

March Is Red Cross Month!

www.redcross.org

Ask your local Red Cross what you can do to promote the Red Cross and activities you do within

your club in your local and school community.

Read Across America Day

www.nea.org/readacross/

March 2

The nation's largest reading event falls on what was Dr. Suess' birthday.

Our Activities

SATURDAY FRIDAY THURSDAY MARCH WEDNESDAY TUESDAY MONDAY SUNDAY

APRIL

Suggested Activities

- Collaborate with youth groups in your school and community to take part in a community service project. Follow the collaboration with a Youth Service Day celebration.
- Collect and distribute smoke detector batteries for the time change to Daylight Savings Time. Ask your local grocery store for paper grocery bags. Decorate the bags with a "Change Your Clocks, Change Your Batteries" message and give them back to the grocery store to use the week before Daylight Savings Time goes into effect.
- Plan an end of the year recognition event.

If your club has officers, elect officers for next year.

National Days of Service

Earth Day

www.earthday.net

April 22

Check the events and groups section of the Earth Day Network Web site to learn about Earth Day events in your community.

National Youth Service Day

Check www.servenet.org for the date.

Mid-April

This is your day! National Youth Service Day highlights the volunteer service that youth provide.

National Volunteer Week

www.pointsoflight.org/nvw/nvw.cfm

Follows National Youth Service Day

National Volunteer Week is a time to recognize and celebrate the tremendous work of volunteers.

Our Activities

SATURDAY FRIDAY THURSDAY WEDNESDAY TUESDAY MONDAY SUNDAY

Suggested Activities

- projects to beautify the community and make it Plan a Red Cross club family day on Join Hands Day to repair playground equipment, help seniors, remove trash from streets and other a safer place.
- Have a car wash to benefit the Red Cross.
- Research the number of water-related accidents and injuries that have occurred in your state. Then, help your advisor teach American Red Cross WHALE Tales water safety lessons to elementary school students.

National Days of Service

Our Activities

Movement now includes many Red Crescent soci-World Red Cross Day falls each year on what was International Red Cross Movement in 1863. The the birthday of Henry Dunant. He founded the On Join Hands Day, young people and adults join together to improve conditions in their eties and the Magen David Adom of Israel. World Red Cross Day www.joinhandsday.org First Saturday in May Join Hands Day www.redcross.org community. May 8

"You make your community a safer place to live, nork and play. Thank you for being a Red Cross volunteer"

SATURDAY FRIDAY THURSDAY WEDNESDAY MAY TUESDAY MONDAY SUNDAY

Service Learning Projects: From Start to Finish!

Together We Prepare™

Description: Learn the importance of making a plan, building a kit, getting trained, volunteering and giving blood.

Approximate Cost: Varies, depending on donated supplies

Time: Approximately 2 hours for Together We Prepare training for club members; 2 hours to design posters for the campaign; 2-4 hours to put together disaster supplies kits; 1 hour to distribute the kits to classrooms

Supplies: *Together We Prepare* brochures, supplies for kits (listed in the brochure), enough large containers to hold supplies for several kits

What you do

- 1. Ask an instructor from your local Red Cross to attend a meeting and train club members in Together We Prepare, level 2.
- 2. Appoint a team of club members to look into your school's disaster preparedness by visiting the school security office or principal's office to learn what kind of disaster preparedness the school engages in. Ask where disaster supplies kits are stored and how often the contents are checked.
- 3. Report findings to the club and determine what is needed to make a complete disaster supplies kit for every classroom or pod area. Refer to the list of supplies in the *Together We Prepare* brochure and consider needs for local disasters as well.
- 4. Hold a collection drive for materials for disaster supplies kits. Be sure to advertise your project on the school's Web site, daily news or announcements and with prominently displayed posters. Ask teachers to discuss the project during homeroom or morning meeting. Ask your local Red Cross to help you get the word out in the community.
- 5. Get credit! Invite a local news reporter to write about your project or prepare a press release your-selves and send it to your local Red Cross for distribution.

- 6. Assemble the kits. Attach a checklist inside the lid so that the kits can be easily checked and supplies replenished in years to come. Determine how the kits will be maintained; you may want to assign kit captains to check the kits every six months.
- 7. Ask to deliver the kits to classrooms during homeroom period or present them to the school faculty during a faculty meeting. Ask for 10 minutes to describe the purpose of a disaster supplies kit, the contents, where the kits will be stored and how they will be maintained.
- 8. Deliver all other kits to their assigned places. Don't forget to fill out an *Activity Report* form and send it to your local Red Cross.
- 9. Reflect on the experience individually and as a group.

Ideas to make this project a success

- 1. Publicize your efforts in the local community and with your school population's parents and guardians. Include a list of items and quantities needed to fill the kits you have planned for the school. Attach a *Together We Prepare* brochure to the list of items.
- 2. Hold a competition between classrooms. Award first, second and third place prizes to classes who fill their own kits first, second and third.
- 3. Hang a Together We Prepare banner or fly a Red Cross flag outside the school to publicize the effort and to serve as a reminder to students to bring supplies.
- 4. Remember to thank your donors. Consider including a list of donors in a school publication, such as a newsletter or flyer, or write a press release and give it to your local Red Cross for distribution to area newspapers, TV stations and radio stations.
- 5. Extend the activity to include family preparedness: Send *Together We Prepare* brochures home with students; ask students to talk with their families about preparedness and to create disaster supplies kits at home. Provide a form for family members to sign stating that they have created the kits and award those students who return the forms with a Together We Prepare window cling or a bumper sticker.

WEE Care

Description: Wee Care is a service learning project that culminates in training 11- to 15-year-olds to be confident babysitters. The American Red Cross Babysitter's Training course provides youth with the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. This program helps students develop skills in leadership, safety and safe play, basic care, first aid and professionalism. Working with your local Red Cross, a club can sponsor a Babysitter's Training day in a community where young people are often left in charge of siblings or are home alone. This activity is fun and meets a need at the same time.

Ages: The training is for 11- to 15-year-olds

Approximate Cost: This can be determined with the help of your local Red Cross. You may need to find a local business to donate training materials or charge participants a fee for taking the training.

Time: 1-4 hours to gather community statistics and research childhood injuries; 3-5 hours to develop marketing materials: make posters, draft letters to send to possible attendees, etc.; 3-5 hours to collect and organize registration forms; 3-5 hours to plan and prepare for the training day; full day for set up, training and clean up. The course can be from 6.5 to 10 hours long, depending on the choice of activities.

Supplies: *Babysitter's Training* brochures; blank note cards; handbooks: 1 per attendee; poster board; copy machine and paper

What you do

- 1. Gather statistics on accidents and injuries involving children by researching local newspaper articles and interviewing local preparedness officials, such as police, fire and emergency management agency officials. Did any of the disasters occur when children were at home alone? Ask a representative from your American Red Cross to attend a club meeting and describe the services the Red Cross provides to those who experience disaster in the community.
- 2. Determine which community will benefit most by receiving Babysitter's Training. Find out what schools are located in that community and if they have a Red Cross club. If so, contact the club members to see if you can collaborate on this service learning project.
- 3. Receive permission to offer the training in the community, possibly on a Saturday, in a local school or community center.
- 4. If appropriate, make a card stating, "This free training is made possible by (your club's name) in conjunction with (your sponsor's name) for your safety." Give your card a personal touch by decorating it.

- 5. Attach the card to a *Babysitter's Training* brochure and a registration form that also lists the time and date of the training.
- 6. Create posters advertising the one-day training, letters to send home with students in the community's schools and other marketing materials.
- 7. Collect registrations and secure enough rooms for the number of youth who have elected to enroll in the course.
- 8. Get credit! Invite a local news reporter to write about the training or prepare a press release your-selves and send it to your local Red Cross for distribution. Don't forget to fill out an *Activity Report* form that documents the number of youth reached by the training and send it to your local Red Cross.
- 9. Reflect on the experience individually and as a group.

Ideas to make this project a success

- 1. Ask a local business to donate snacks and ask your local Red Cross to serve the snacks from a Red Cross Emergency Response Vehicle.
- 2. Hold the event on a national day of service, such as Martin Luther King, Jr., Day, "A Day ON, not a Day OFF" the third week of January or on National Youth Service Day in mid-April.
- 3. On a weekend following the course, put the newly certified babysitters to work by providing a "Night Out," giving teachers or others in the community a night out for shopping, entertainment, etc., while their children are cared for by the newly trained babysitters.

Dance for Disaster Relief

Description: Learn the importance of community disaster relief: what is involved and what it costs to help members of your community following a disaster. Hold a school-wide dance to raise money for local disaster relief.

Approximate Cost: Varies, depending on donated supplies

Time: 1-3 hours to research local disasters; 2 hours for presentations from Red Cross and local emergency workers; 5-10 hours planning marketing, soliciting donations, making decorations; 2 hours setup and 1 hour cleanup

Supplies: Music and sound system (consider having a DJ donated), place to hold the dance, local disaster relief information to provide to students before the dance, decorations, snacks

What you do

- 1. Contact your American Red Cross for statistics on local community disaster relief. Ask what it costs to provide a family with blankets, comfort kits and other disaster relief. Ask for any posters and disaster relief information you can share with club members and with your school community. Ask a Red Cross volunteer to discuss the logistics of disaster relief at a club meeting. Find out the cost to your local Red Cross to provide disaster relief in your community last year. Invite local emergency workers, such as police, fire and emergency management agencies, to visit during a club meeting to discuss local disasters, their relationship with the Red Cross and the important role that the Red Cross plays in disaster relief.
- 2. Promote your fundraiser with posters and announcements. Include interesting statistics gathered through your research, such as the amount of money it costs to provide a family with blankets, clothing and a comfort kit following a fire or other disaster. Begin by asking, "Did you know that just \$xx will buy enough blankets for a family of five?" Use the dollar amounts your chapter provides.
- 3. Get credit! Invite a local news reporter to write about your project or prepare a press release yourselves and send it to your local Red Cross for distribution.
- 4. Determine what to charge: consider making the dance a "donation" dance where those who attend pay what they wish to take part, or set a fee for attending the dance.
- 5. Locate a DJ and plan what snacks to serve.

- 6. Decorate collection containers and make other decorations for the room where the dance will be held— use crêpe paper or consider renting a disco ball to make the room festive!
- 7. Collect money. (Have checks made payable to your local American Red Cross).
- 8. Following the dance: take coins to a bank. Have the bank make out a check to your local American Red Cross.
- 9. Deliver the checks, cash and an activity form to your local American Red Cross.

Ideas to make this project a success

- 1. Seek donations from local businesses for the DJ, snacks and a disco ball or other decorations.
- 2. Create a competition between classes to see which class has the most students in attendance and which class donates the most money.
- 3. Consider holding a penny war during the dance for which students donate their loose change. The object is to get pennies into your grade's jar and to put silver into your competition's jars. Count the pennies and subtract the amount of silver from the total penny amount. The grade with the resulting highest amount of pennies wins.
- 4. Charge students a set amount to request songs.

Maintaining the Club

Telling the World How Much You Care

"We helped our school put together disaster supplies kits."

"I volunteer as an interpreter at a shelter for disaster victims."



t is OK to brag a little. Every time you learn important lifesaving skills or help your school and community, tell others about it. In doing so, you'll be encouraging others to help.

Use the power of public relations. Tell your club advisor and local Red Cross contact person that you want to write a press release and send it to your school newspaper, local newspapers and local radio station(s). Your local Red Cross will usually have a broad base of contacts. A press release doesn't have to be long or perfect. All it really needs are the "Five Ws"—who, what, when, where and why. If you have photographs, have the featured club members sign a photo release form and include one or two of the best photos with a caption. Who knows, perhaps you'll see club member names and faces in print or on television.

Create a Web site for your club, or ask to share in the school's Web site. Create links to the national Red Cross club site, other American Red Cross club sites and other volunteer groups. To view other clubs' Web sites, see the list of registered clubs at *www.redcross.org*.

Evaluating Your Red Cross School Club

You have spent a few months in the club and keep coming back for more. Are you glad you joined? Have you saved a life, improved a life, made someone smile? Are you proud of your achievements? Have you made some new friends, had a good time and learned how to be a leader and part of a team? Do you want to stay in the club next year, or be part of a Red Cross club in high school or in college?

Take time to reflect as a club about what you have accomplished. Answer questions like those above and these:
What do you think about Red Cross club activities?
Do you enjoy doing the Red Cross club activities?
What other kinds of activities would you like to do?
Do you believe you are making a difference as a Red Cross volunteer?

Sample Forms

The following sample forms may be useful when reporting activities and completing projects. Your Red Cross may ask you to use similar forms that they have designed.

SAMPLE

Activity Report

Purpose: To provide your local American Red Cross with the proper documentation of activities completed. Please report all project(s) or event(s) that you, or your school club, organized or completed.

School:
School's Address:
Name of Red Cross Club:
Name of Project/Event:
Number of Students in Club:
Was the Project Planned by Students: \square YES \square NO
Project Description and Comments:
(Attach additional information, such as photos, news reports, etc.)
Number of Person(s) Served by Project: Youth (Ages 5-24) Adults (ages 25+)

Send to: (Insert Red Cross name and address here)



Project Team Information

1	Name of project:		
i	Project leader:		
How will this proj	ect fulfill the mission of the Red	Cross?	
TEAM MEMBERS			
Name	Address	Phone/Email	Responsibilities
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



Project Supplies List

Name of pro	oject:	
Project lead	ler:	
Item needed	Club member committed to finding, creating or bringing in the item	When and where to bring the item
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		



Project Timeline

What will occur	Who is involved
Collect disaster supplies kits materials.	Jessica, Tamara, Syd, Owen



Project Evaluation

Project title
What expectations did you have coming into this project?
Were those expectations met?
What challenges did the group encounter while completing the project?
How were those challenges met?
What did you like about the project?
What would you change next time?
What surprised you the most about the project?
What did you learn by taking part in this project? What did you get out of it?

For Your Thoughts

For Your Thoughts

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