

- ❖ LOVE 4 LIFE PLEDGE ****required at every chapter****
 - Description:

Have your campus pledge to be bully free by signing the Love 4 Life pledge, then post these posters around school to show that the campus does not support bullying.
 - Materials:
 - Poster board, L4L pledge, markers, pens, paint and paintbrushes, participants
 - How to do it:
 1. During a meeting, have members make posters with the pledge written and space for students to sign the pledge
 - ** POSTERS MUST BE APPEALING TO THE PUBLIC EYE!!
 - GET CREATIVE!!
 2. During lunch or passing periods, go around campus having students sign the pledge
 3. Optional: take pictures of students signing the pledge for instagrams
 - ***WITH PERMISSION

- ❖ Breast Cancer Awareness Campaign
 - Description:

Raise awareness of breast cancer in the month of October by instructing your school/ chapter to wear a pink shirt on a day or series of days. There will be a prize for the winner.
 - Materials:
 - Social media access, email access, pink attire to participate, a raffle prize
 - How to do it:
 1. Begin by planning what day(s) the campaign will take place.
 2. Create a post with some information on breast cancer, a hashtag, and instructions on what to do to qualify for the raffle.
 3. Email admin, advisor(s), and other staff with all the information!
 4. Re-post and get the media's attention for participation
 5. ONLINE/ SOCIAL DISTANCING: Participants must post a picture of them in pink, tag the L4L chapter, and use the hashtag created for campaign
 6. Log participants info (name) to enter into a raffle
 7. Raffle the prize(s)
 8. Create a thank you post for everyone who participated

- ❖ Diego/ Bullying awareness campaign
 - Description:
 - Raise awareness of bullying while also paying respects to Diego Stolz (a young middle school student who was killed by bullies), by instructing students to wear yellow. Love 4 Life members can also prepare yellow balloons with positive messages to hand out to students on campus during passing periods or lunches.

The goal is to remember the consequences of bullying on the bully and the bullied, and create a bully free campus.

- Materials:
 - Social Media, yellow attire to participate
- How to do it:
 1. Begin by planning what day(s) the campaign will take place.
 2. Create a post with a hashtag, some information on bullying and how to stop it or bring awareness, also information about the incident that happened with Diego, there would also be information on how to participate.
 3. Email admin, advisor(s), and other staff with all the information!
 4. Re-post and get the media's attention for participation
 5. ONLINE/ SOCIAL DISTANCING: Participants must post a picture of them in Yellow, tag the L4L chapter, and use the hashtag created for campaign
 6. ON CAMPUS: Gather all participants or as many as possible for a group picture!

❖ Midterms/ Finals campaign

- Description:

The week before and the week(s) of midterms or finals create positive posters with a pouch or some type of removable tab that students can go up to for motivational notes. The goal is to help alleviate stress by providing motivation and a sense of comfort for students under pressure from exams. For high school chapters, can be done for AP exams weeks as well.
- Materials:
 - Poster boards, markers, paint and paintbrushes, construction paper, scissors, pens, glue, tape, sticky notes
- How to do it: OPTION 1
 1. During a meeting have members design a poster board with a positive picture and/or message, and a pouch/ tear off section - GET CREATIVE
 2. Write motivational messages on sticky notes, smaller pieces of paper, or on the "tear off" sheet
 3. Place notes inside of the pouch or stick tear off sheet(s) to the poster
 4. Tape posters all around campus where students can see them and walk up to them for motivation
 5. IF all pouched/ tear off sheets are empty, create more notes for students!
 ***GET CREATIVE!! TEAR OFF NOTES COULD BE IN MANY SHAPES AND CAN JUST BE STUCK TO THE POSTER READY FOR THEIR NEW HOME! Ex: "high five" hands with positive messages, "take what you need" notes, etc.
- How to do it: OPTION 2
 - The only thing different would be instead of placing posters on the wall, have members walk around with them handing out the notes.

❖ Candy Grams Campaign

➤ Description:

The goal is to provide support for the campus by handing candy grams for motivation or to spread positivity. This can be used for any situation or holiday (ex: test week, Valentine's day)

➤ Materials:

- candy, construction paper, markers or pens,

➤ How to do it:

1. Begin by planning what day(s) the campaign will take place.
2. At a meeting, have members create cards with positive notes using construction paper
3. Tape candy to the cards
4. During passing period or lunch or breaks hand them out to people
5. OPTIONAL: Record or post about the campaign with permission

❖ Bubble Wrap Campaign

➤ Description:

Bubble wrap is a proven stress relieving tool, so by placing (and replacing) bubble wrap sheets around the campus with a positive message, it would be a good outlet for finals/midterm stress. The goal is to reduce stress and create a L4L presence showing that students under exam stress that they are not alone.

➤ Materials:

- Bubble wrap (enough to keep replacing it), poster board, markers, paint, pens

➤ How to do it:

1. Create a poster with a positive message, leave space to stick/ attach bubble wrap sheets
2. Attach desired number of bubble wrap sheets
3. Post these posters around campus for students to see and begin popping
4. Replace the sheets of bubble wrap when you notice the bubbles running out in the bubble wrap - do as often as needed until campaign is over or until materials are out

❖ LGBTQ+ campaign

- Other ideas: handing out rainbow hearts? Wearing tie dye? Rainbow posters?

➤ Description:

The goal for this campaign is to raise awareness for the LGBTQ+ community. Hand out rainbow hearts around campus with positive/ supportive messages or messages that encourage others to love on their LGBTQ+ peers.

➤ Materials:

- Paper, construction paper, pens, markers, scissors

➤ How to do it:

1. During a meeting, ask members to help prepare

2. Begin by cutting out hearts in whatever size you prefer (small-medium would be best- sticky note size)
3. Color a rainbow (or other LGBTQ+ flag designs) or make a rainbow colored stack of hearts
4. Write the encouraging or supportive message on the heart
5. During a passing period, lunch, or other breaks, hand out hearts to people around campus!
6. Take pictures with permission, post with a hashtag you created for your L4L chapter

❖ Club rush campaign

➤ Description:

During campus club rush week/ day, hand out heart necklaces made by existing members to new members who sign up. The goal is to make new members feel included from the minute they join, by welcoming them with homemade heart lanyards/ necklaces.

➤ Materials:

- Construction paper, paper, yarn, hole puncher, scissors, markers, pens

➤ How to do it:

1. During a meeting, before club rush week, have members cut out medium to large sized hearts using paper
2. Write welcoming messages on the hearts (ex: "Welcome to Love 4 Life", "Love your life, live your life, Love 4 Life", "Join the L4L family")
3. Hole punch the top pieces of a heart (top corners) so that the yarn can be put through
4. Cut yarn so it is long enough to be tied like a necklace
5. Put the yarn through the holes, and tie it like a necklace
6. During club rush, after a new member signs up, hand them a necklace and take pictures of them WITH PERMISSION

❖ Homeless Donation Drive Campaign

➤ Description:

Set up a donation spot where people can drop off clothes or hygienic materials so that we can donate to the homeless in need

➤ Materials:

- Table, bin for all the items, poster

➤ How to do it:

1. During a meeting, have members volunteer to change shifts at the table where people can drop off donations
2. Make sure you find a spot that will allow you to take donations
3. In advance research homeless donation spots where you can drop off

❖ Suicide Prevention Month Campaign

- Name ideas: Save a life, We are Suicide Aware/[School name] is Suicide Aware,

- Description:
For this campaign, the goal is to raise awareness of suicide. In a meeting, discuss facts/ statistics and educate your members on what to say or what not to say.
- You plan this campaign!

Feel free to plan your own campaign! Check in with your Love 4 Life advisor or coordinators for guidance, planning, or if materials are needed. Let us know if you come up with a campaign that should be added to this document! We are excited to see which campaigns you do!