

Adult Volunteer Facilitator Information



Thank you for volunteering to be a part of Ann Arbor Huron's Challenge Day! Since 1987, the Challenge Day Programs have touched the lives of over half-a-million teens and adults nationwide. The Challenge Day Program has received numerous awards from the juvenile justice system, government officials and many schools districts and cities throughout the nation, and was also featured in the book *Chicken Soup for the Teenage Soul* and the Emmy Award-winning documentary *Teen Files: Surviving High School*.

Challenge Days are powerful, high-energy programs in which youth and adult participants are guided through a series of experiential learning processes. The overall goals of the program are to increase personal power and self-esteem, to shift dangerous peer pressure to positive peer support and to eliminate the acceptability of teasing, violence and all forms of oppression. Challenge Day programs are designed to unite the members of the school and/or community and to empower them to carry the themes of the program back to the greater school population. Challenge Days also successfully address issues of violence, teasing, social oppression, racism, harassment, conflict management, suicide, peer pressure, alcohol and drugs.

Your role as Facilitator is crucial for the success of the day. We will meet with all Adult Volunteer Facilitators prior to the start of the program to let you know what is needed from you and to answer your questions. **Please arrive at least 30 minutes prior to the start of the day (Adult orientation begins promptly 7:30 a.m. in the Huron Lower Gym)** and plan on staying 30 minutes at the conclusion of the day for Facilitator check-in meetings. **Please dress in comfortable, casual clothing and shoes.** We recommend that suits, skirts and dresses NOT be worn for comfort and ease of movement. You are expected to bring your own bag lunch.

The Challenge Day Program is an experiential program and designed for people of all ages. Please plan on participating fully to the degree that you feel safe, emotionally and physically. **No prior training is necessary other than the morning check-in meeting.** Our Challenge Day staff closely monitors the program and our Leaders will give all instruction throughout the day. Please read 'Facilitator Points to Remember'.

We encourage adults to volunteer as positive role models for the benefit of the youth. The program welcomes police officers, elected officials and community members. This allows youth to see another side of these adults in addition to their assigned community roles. Adult participants may also be invited to be involved in school activities to sustain the impact of Challenge Day on campus. Please notify your School Coordinator if you know of other parents, teachers and community members who would like to be a part of the Challenge Day Program.

Thank you again for your support. Challenge Day has proven to be as powerful for adults as it is for students, so please enjoy yourself and have a great day.

Sincerely,
The Challenge Day Staff
www.challengeday.org