



SIGMA GAMMA RHO SORORITY, INC.

National Programs Coordinator

“A Non-governmental Organization Associated with the United Nations Department of Public Information”

To: All Graduate Chapters

Through: Deborah Catchings-Smith, International Grand Basileus

From: Jacqueline Greely, National Programs and Initiatives Committee Coordinator

Date: January 2020

RE: 23rd Annual Youth Symposium – March 2020

On March 14, 2020, the 2nd Saturday of March, which is commemoratively set within Sigma Week, Sigma Gamma Rho Sorority, Inc., alumnae chapters will unite to simultaneously host the annual Youth Symposium across this nation. The Symposium is just one initiative of our national signature program, **Project Reassurance**, which has incorporated the theme of “H³: It’s All About Me – Healthy Choices, Healthy Living, Healthy Generations.”

The 2020 Youth Symposium theme is “**Elevating Our Youth: Civically, Socially, and Physically**”. The goal of this year’s theme is two-fold: 1) to provide critical information that will encourage attendees to participate in areas that impact and influence their daily lives; and 2) to provide youth attendees an opportunity to give back to their communities through service. Additionally, to respond to the troubling uptick around child pornography and trafficking and suicide occurrences in younger aged children, we are encouraging chapters to build in time for discussion modules with parents, guardians, and youth participants—in peer groups and collectively, involving local law enforcement and community resources. For the service project, the goal is for the youth participants to engage with the needs of their community: support cards for military or senior homes; toiletry packs for homeless or shelters; visit a soup kitchen or prepare lunches – the possibilities are endless!

Due to the sensitive nature of potential topics and discussions taking place at the Youth Symposium, chapters should ensure to receive parental/guardian consent forms during a pre-registration or on-site registration process.

There are a few reminders to be mindful of in the process of planning your chapter’s event:

- 1) **The youth symposium theme is non-negotiable.** In an effort to provide a unified and consistent Sorority message, chapters are required to use the approved theme.
- 2) **Standing date of the youth symposium.** Per bylaws, the youth symposium occurs on the 2nd Saturday of the month of March to kick off Sigma Week across the country. Due to scheduling of locations or partners, it may be necessary to move the symposium the week before or after; however, if unable to activate on the 2nd Saturday, chapters should make every effort to have the event in March.
- 3) **Partner support.** Many chapters have begun instituting area-wide and even regionally implemented symposiums. Consider this effective route to capitalize on larger audiences and uplifting the Sigma brand. Do not forget to incorporate our affiliate groups as integral partners of our programs.

The information provided below are suggestions to include within the format of the day. The topics are broad to allow for chapters to have the flexibility to be creative and draw on resources from local community.

Healthy Choices

- **Choosing Me:** Teen pregnancy prevention and self-esteem/Resource – Power to Decide
- **Choose Wisely:** Distracted Driving Prevention/Resource - National Highway Traffic Safety
- **Choosing My Future:** Money Management: Saving and Investing /Resource – Financial Institution

Healthy Living

- **Saving a Life:** HIV/AIDs education/Resource – Sigma A34Life – Act Against AIDS Campaign OR CPR or First Aid Training/Resource - American Heart Association
- **Exercise For Life:** Zumba, Field Games, Walking, or SWIM 1922
- **Eating For Life:** Cooking & Meal Planning, Dietary Lifestyles, “What’s In Your Food” – reading labels, ingredients

Healthy Generations

- **My Baby’s Future:** Teen Pregnancy/Resource – Project CRADLE Care (March of Dimes) OR Investing For the Future/Resource –Financial Institution
- **My Future Career:** Education and Literacy/Resource –Operation BigBookBag
- **Our Social Action:** Social and Legislative Actions/Resource – Golden Alert, Social Action Committee

For additional questions or assistance with program content, please contact your Regional chairwoman:

REGIONAL PROGRAM CHAIRS:

nationalprojects@sgrhocentral.com, Central – **Angel Leake Worthy, MD**

ner.programscoordinator@sgrhoneregion.com, Northeastern – **Barbara Sawyer**

seprogramchair@gmail.com, Southeastern – **Yolandra Shipp**

swr.programs@gmail.com, Southwestern – **Maureen Oyiriaru**

programschair@westernsgrho.org, Western – **Arizona Proctor**

Enclosed for your information are the following:

- A general checklist for Youth Symposium Planning and a marketing guideline to keep you on track
- The nationwide agenda for the Youth Symposium
- A sample proclamation to be completed and provided for your Mayor to proclaim March 14, 2020 to be Sigma Gamma Rho Youth Day in your respective city
- A Project Reassurance list to provide you with ideas for securing both local speakers and materials for distribution

ENCLOSURES

When planning your Youth Symposium think of the following:

Location – Select a popular location with easy access, e.g. civic/youth center, church hall, school, university – Trio Programs for high school students, etc.

Partnership – When possible, invite local representative from our national partners to host an information table at the event to promote their youth and family related activities and services. If they are not able to attend, consider providing brochures or contact information to attendees for the following groups in support of their mission:

March of Dimes – Project CRADLE Care (Sigma Program) & March for Babies

Centers for Disease Control and Prevention (CDC) – A34Life – Act Against AIDS (Sigma Program)

7 Pearls Foundation – Healthy Heart Program

Marketing – Be sure to invite and include the participation of your Undergraduates, Rhoers, Philos, and fellow Greeks. Send your materials to local newspapers, radio stations, and television. Use social media sites such as Facebook, Instagram, and Twitter to promote the event. Also, contact your local schools, churches, community centers, university – Trio programs and other organizations well in advance to invite the participation of their youth groups.

Branding – To expose the sorority even further, set up a display that will highlight some of the chapter's recent community involvement. Include pictures and brochures. Try to focus the display on those programs, projects, and activities that involve our youth, e.g. the Rhoer Club; Project Reassurance; Operation BigBookBag; and local, regional, and national scholarship programs. This also serves as a great way to recruit in the community.

Sponsorship – To obtain potential funding for refreshments and to secure possible attendance prizes, remember to seek support from local community entities, e.g., bank, utility companies, newspapers, major corporations, governmental agencies, civic organizations, social service agencies, department stores, chain restaurants, etc.

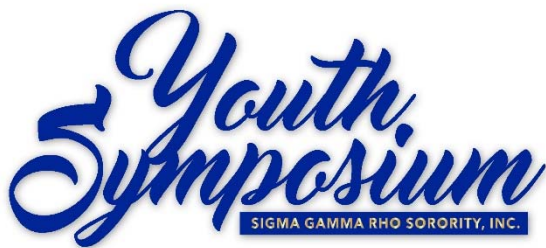
Sensitive information. As part of planning, as there will be highly sensitive topics for discussion, consider having a separate room, as applicable, and appropriate resource officers to facilitate support as necessary.

Evaluation – It is important that we collect data on how we are serving the community. Ensure that the chapter recorder logs the Youth Symposium into Golden Service. Each member should also log in her hours towards Youth Symposium in Golden Service.

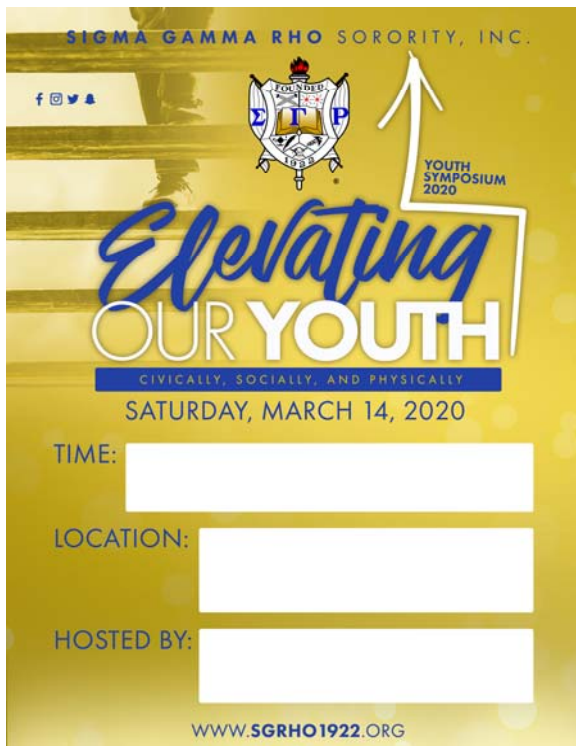
2020 YOUTH SYMPOSIUM - MARKETING GUIDELINES

Public service announcements and press releases about the Youth Symposium will be released in the coming months. To ensure that the event is presented and branded in a consistent manner, a general or “donut” press release will be sent to local chapters. The local and regional Epistolei are encouraged to use the national template, and simply add their local contact and event information. Press releases will be available 6-8 weeks prior to the Youth Symposium date.

This is the approved Youth Symposium logo graphic and for marketing and advertising use. A fillable template flyer is provided in the Youth Symposium section in Sorors Only. Chapters may choose to produce their own flyers; however, the approved logo graphic must be used along with the official sorority shield.



2020 Approved Template Flyer (Fillable pdf on Sorors Only)



SUGGESTED ACTIVITIES BY H³ CATEGORY AND/OR CHAPTER SIZE

The topics suggested in the H³ categories are provided as suggestions. They can be used as a guide to provide quality content that is tailored to the youth and families in respective chapters' communities.

Healthy Choices

- **Choosing Me:** Teen pregnancy prevention and self-esteem/Resource – Power to Decide
- **Choose Wisely:** Distracted Driving Prevention/Resource - National Highway Traffic Safety
- **Choosing My Future:** Financial Simulations for students: Making the "Real World" Real (See enclosures for materials)

Healthy Living

- **Saving a Life:** HIV/AIDS education/Resource – Sigma A34Life – Act Against AIDS Campaign OR CPR or First Aid Training/Resource - American Heart Association
- **Exercise For Life:** Zumba, Field Games, Walking, or SWIM 1922
- **Eating For Life:** Cooking & Meal Planning, Dietary Lifestyles, “What’s In Your Food” – reading labels, ingredients

Healthy Generations

- **My Baby’s Future:** Teen Pregnancy/Resource – Project CRADLE Care (March of Dimes) OR Investing For the Future/Resource – WeeSavers or Financial Institution
- **My Future Career:** Education and Literacy/Resource – Operation BigBookBag
- **Our Social Action:** Social and Legislative Actions/Resource – Golden Alert, Social Action Committee: Voter Registration Process and Civic Engagement

Small (5-15 Members)	Medium (15-40 Members)	Large (40+ Members)
<p>Consider partnering with other chapters in the area to hold an area-wide symposium.</p> <p>Consider partnering with other organizations (schools, clubs, NPHC) to help implement this large scale program.</p> <p>Select a popular location with easy access, e.g. civic/youth center, church hall, school, university – Trio Programs for high school students, etc.</p>	<p>When possible, invite local representatives from our national partners to host an information table at the event to promote their youth and family related activities and services. If they are not able to attend, consider providing brochures or contact information to attendees for the following groups in support of their mission</p>	<p>Consider having chapter Sorors lead workshops, activities, and discussions.</p> <p>Seek funding for refreshments and to secure possible attendance prizes, seek support from local community entities.</p>

General Planning Checklist

This document outlines the high-level actions to be taken. Form committees to outline the more detailed steps.

- _____ Confirm Youth Symposium location
- _____ Secure sponsors (financial and/or in-kind services) for refreshments, publicity, etc.
- _____ Confirm partners to be highlighted
- _____ Confirm the Youth Symposium speakers and other participants.
- _____ Promote the Youth Symposium and cultural performances using all marketing mediums available.
- _____ Order co-branded materials from the international Headquarters for March of Dimes, CDC, etc.
- _____ Contact and send flyers to schools and all community service organizations that work with teens.
- _____ Send PSAs and announcements to local newspapers, television and radio stations.
- _____ Arrange for refreshments (through sponsorship or in-kind services) for the Youth Symposium, awards for contest participants and gifts for program participants.
- _____ Complete as appropriate and send Proclamation to your local mayor's office. Use personal contact where available and be sure to follow up.
- _____ Arrange for professional photography for the Youth Symposium.
- _____ Conduct Youth Symposium.
- _____ Send letters of thanks and certificates to all sponsors and partners.
- _____ Create and submit press release and photos to local newspapers, *The AURORA*, and pressoffice@sgrho1922.org. Be sure to include the names of all sponsors/partners.
- _____ Submit the Youth Symposium activity using the **Golden Service online within 10 days.**
- _____ Send copies of all publicity (newspaper articles, *The AURORA*) to your sponsors/partners.



PROCLAMATION

“SIGMA GAMMA RHO SORORITY YOUTH DAY”

March 14, 2020

WHEREAS: Sigma Gamma Rho Sorority, Inc., is a nonprofit collegiate sorority dedicated to the encouragement and promotion of high scholastic attainment, community service, and improvement in the quality of life through its chapters, members, and affiliates located throughout the United States, Korea, Bermuda, Africa, Bahamas, Canada and the Caribbean, Germany, and the United Arab Emirates; and

WHEREAS: Sigma Gamma Rho Sorority, Inc., through its mission seeks to address programs, projects, and concerns that impact society educationally, socially, politically, and economically; and

WHEREAS: Sigma Gamma Rho Sorority, Inc. is sponsoring its **Twenty Third Annual Youth Symposium** simultaneously in local communities across the nation on **Saturday, March 14, 2020**; and

WHEREAS: the local members of _____ Chapter of Sigma Gamma Rho Sorority, Inc., will hold their symposium on March 14, 2020 at _____ (**location**); and

WHEREAS: Sigma Gamma Rho Sorority, Inc., through this year’s nationwide symposium agenda, will seek to help youths come to grips with peer-pressuring challenges that may deal with making healthy choices, healthy living, healthy generation; and

WHEREAS: Sigma Gamma Rho Sorority, Inc., has called upon the participation of a panel of community authorities to share facts regarding some of the consequences that may be faced by young people who have self-esteem and peer pressure issues; and

WHEREAS: Sigma Gamma Rho Sorority, Inc., is requesting all area junior/senior high schools, sororities/fraternities, social/civic organizations, and youth services agencies to support the intent of this symposium by promoting the attendance and participation of their students and youth groups:

NOW, THEREFORE, I _____, Mayor of the City of _____, do hereby proclaim **SATURDAY, MARCH 14, 2020** to be **SIGMA GAMMARHO SORORITY YOUTH DAY** Sigma Gamma Rho Sorority, Inc., in the City of _____.

BE IT FURTHER PROCLAIMED that our residents join with me in congratulating and recognizing the members of _____ Chapter of Sigma Gamma Rho Sorority, Inc., for their efforts to encourage and guide our youth. As such, we wish for the chapter and the sorority much success in all of their future endeavors.

IN WITNESS WHEREOF I HAVE SET AND CAUSED TO BE AFFIXED THE OFFICIAL SEAL OF THE CITY OF _____, **STATE OF** _____, **DONE THIS** _____ **DAY OF**

_____, 2020, A.D.

MAYOR



NATIONWIDE AGENDA

“Elevating Our Youth: Civically, Socially, and Physically”

A SYMPOSIUM FOR YOUNG PEOPLE

Held Nationwide by Alumnae Chapters of

SIGMA GAMMA RHO SORORITY, INC.

SATURDAY, MARCH 14, 2020

Between 8:00 A.M. - 3:00 P.M.

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Registration

Welcome & Reading of the Proclamation

Prayer/Meditation

Occasion

Overview of the Day – “Elevating Our Youth: Civically, Socially, and Physically”

H³ Workshops/Breakout Sessions/Panel 1

H³ Workshops/Breakout Sessions/Panel 2

Refreshments and Youth Entertainment

H³ Workshops/Breakout Sessions/Panel 3

H³ Pledge, Certificates, Drawings, Evaluation

Closing

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This symposium is a product of

OPERATION BIGBOOKBAG - An International Service Project Sponsored by Sigma Gamma Rho Sorority, Inc.

PROJECT REASSURANCE



The H³ Pledge

I commit to being conscious that my life choices determine my future. I will learn and grow to make healthy choices in my life.

I vow to be more socially and civically aware of my health, both mentally and physically, and of my ability to grow in these areas.

I commit to be the Master Motivator to inspire my generation, to be a perpetual learner that uses knowledge and wisdom to inspire those in my present and future

I pledge that my choices will reflect my living and influence the generations to come.

PROJECT REASSURANCE RESOURCE LIST



The March of Dimes www.marchofdimes.com

Contact MOD Liaison, Dr. Christina Guillen at marchofdimesliaison@sgr1922.com or Order Form located on National website

Power to Decide: Campaign to Prevent Unplanned Pregnancy:

<https://powertodecide.org>

The Centers for Disease Control- Act Against AIDS

website: <http://www.cdc.gov/actagainstaids/index.html>

Girls Health from the US DHHS

<http://www.4girls.gov/>

<http://www.4girls.gov/freestuff/images/brochure.pdf>

http://www.4girls.gov/freestuff/teenguide/teen_survival_guide.pdf

Adolescent Decision Making: Implications for Prevention Programs

http://books.nap.edu/openbook.php?record_id=9468&page=1

Free Spirit - Company that provides educational material for youth

http://www.freespirit.com/foreign_rights/foreign_rights.cfm

Excerpts from the Rites of Passage Youth Empowerment Curriculum by our own Soror Emily Diane Gunter

<http://www.ritesofpassageonline.org/index.html>

National Highway Traffic Safety Administration-Distracted Driving Campaign

<http://www.distraction.gov>

SPEAR – Wee Savers

<http://www.spearfoundation.org/page9.html>

United States Department of Agriculture

<https://www.nutrition.gov/shopping-cooking-meal-planning>

National Suicide Prevention Hotline

<https://suicidepreventionlifeline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://store.samhsa.gov/>

Downloadable and Orderable Materials - <https://search.usa.gov/search/docs?affiliate=samhsa-store&dc=1415&query=National+Suicide+Prevention+Lifeline>

Child Trafficking – UNICEF

<https://www.unicefusa.org/mission/protect/trafficking>

Save the Children

<https://www.savethechildren.org/us/what-we-do/events/child-trafficking-awareness>

Resources listed do not provide exclusive endorsement by Sigma Gamma Rho Sorority

Sigma Gamma Rho Sorority, Inc.



Parental Waiver and Hold Harmless Agreement

Name of Child: _____

Name of Parent/Guardian: _____

Address: _____

Phone: _____

E-mail: _____

I, _____, on behalf of myself, my heirs, assigns and all other persons or entities claiming by, under or through me, represents, covenants and agrees that I will not hold or seek to hold Sigma Gamma Rho Sorority, Inc., its officers, directors, regions, members, affiliates, employees, agents or representatives responsible for any liability resulting from my child's participation in the 2019 *Youth Symposium* activities hosted by the Sigma Gamma Rho Sorority, Inc. I further waive and release any and all rights and claims against the aforementioned parties for any injury or loss suffered while participating in this group. I further grant an irrevocable and nonexclusive license to Sigma Gamma Rho Sorority, Inc. allowing the use of my child's name, voice, portrait, likeness, photograph and/or motion pictures, either alone or accompanied by other material, in any media and formats whether now known or later developed, for any purpose relating to developing and promoting the growth and mission of Sigma Gamma Rho Sorority, Inc. I hereby waive all my rights to inspect and approve the finished product and materials, their use or such visual, written or audio copy as may be used in connection therewith.

Parent/Guardian Signature

Date

Emergency Medical Treatment Waiver

In the event that reasonable attempts have been made to contact me at the following phone number _____ or my designated emergency contact[name and phone number] _____ have been unsuccessful, I hereby give my permission and consent to any medical treatment that may be required to the above minor child and authorize an adult, in whose care the minor has been entrusted, to consent to many medical care to include any X-Ray examination, anesthetic, medical, surgical, or dental diagnosis or treatment. This is to include any hospital care needed to be rendered to or under general or special supervision of any physician, dentist, or medical staff of a hospital licensed under the provisions of the Medical Practice Act, regardless of whether such diagnosis or treatment is rendered at the office of said physician or hospital.

Please list any allergies or medical conditions:

Please list any medications that your child is taking, prescription and/or over-the-counter.

**Notice of Rights to Parents/Guardians
A3 4 Life – Centers for Disease Control Act Against AIDS
Leadership Initiative**

&

**Power to Decide: National Campaign to Prevent Unplanned
Pregnancy**

As a recipient of more than \$500,000 in grant funding from the Centers for Disease Control for the implementation of an HIV/AIDS education and prevention program and Power to Decide: National Campaign to Prevent Unplanned Pregnancy to educate young girls and teens on positive self- imaging and healthy behavior, the sorority may from time-to-time offer instruction in high-level HIV and AIDS information and education and other human sexuality information. Instruction may also include the recognition, prevention, and treatment of sexually transmitted disease. This instruction shall stress that abstinence from sex is a responsible and effective method of preventing unplanned or out of wedlock pregnancy and sexually transmitted disease and is a positive lifestyle for unmarried young people.

Request to Examine Instructional Material

The sorority, upon request, will make program educational synopses available to parents of children participating in events hosted by Sigma Gamma Rho Sorority, Inc. All requests shall be made to the alumnae chapter president in your local community.

Educational Program Waiver Request

If you desire for your child to not participate in such educational sessions, please sign on the line below: I request that my child not participate in any classes discussing HIV/AIDS education and prevention or any human sexuality related topics.

Parent/Guardian Signature

Sigma Gamma Rho Sorority, Incorporated
23rd Annual Youth Symposium
“Elevating Our Youth: Civically, Socially, and Physically”
March 14, 2020

Youth Participant Evaluation

1. What is your age? _____ 10-12 _____ 13-15 _____ 16-19 _____ Over 21
2. What grade are you in school? _____ Elementary _____ Middle _____ High _____ Other
3. How did you hear about the Youth Symposium?
4. What did you like the best about the Youth Symposium?
5. What did you like the least about the Youth Symposium?
6. What would you have liked to see at the Youth Symposium?
7. What workshops did you attend?
8. Name two (2) things you learned today that you will use in your life.