Learning outcomes:

• Identify Avidum’s mission and vision
• Recall examples of how Avidum can change the culture of a school.
• Describe how to start an Avidum program at their own school.
Poll

- I have previously heard about Aevidum?
- Yes or No

What is Aevidum?

Aevidum creates positive mental health environments where all students feel accepted, appreciated, acknowledged, and cared for in schools and communities across the nation.

The word Aevidum, which means “I’ve got your back,” was created by students after they lost a classmate to suicide.
• The Aevidum message is delivered creatively through a series of student-generated materials, interactive displays, high-energy assemblies, community events, music, artwork, stories, PSAs, etc.
• Aevidum students are encouraged to use their gifts and talents and to recognize the gifts and talents of their peers to create cultures of care and advocacy in their schools and communities.

Aevidum has about 150 chapters in elementary schools, middle schools, high schools, and colleges across the nation with the majority of chapters being in Pennsylvania. Chapters also exist in California, Delaware, Florida, and Illinois.
Aevidum Video

To Watch Full Video: You Tube: Aevidum Effect

Aevidum Curriculum

• Lessons about mental health, stress, depression, suicide, being a good friend, self-esteem, and help-seeking
• For 8th – 12th grade students
• Available for download from the Aevidum website
ELCO Middle School’s Story

- May 2013
- Kick Off Assembly
- Over Night Handprints with Everyone’s Name Posted Around the School
- Mental Health Information
- Guest Speakers
- Original Song – Written and Performed by the Students

Current Club

- Thirty Students
- Meets During Club Period for 40 minutes twice a month
- One activity per month
Activities

• Aevidum Awareness Soccer Games
• Food Collections
• Positive Notes on Lockers and Desks
• Mental Health Awareness Week
• Random Acts of Kindness

Activities

• Club Recognitions
• Staff Appreciation
• All Mirrors Covered Up with Positive Quotes
• Homeroom Door Decorating Contest
• Positive Holiday Notes
• New Year’s Resolutions
Activities

• Morning Greetings
• Who are You Grateful For
• Middle School T-Shirts
• 50 Reasons to Smile Video
• Assemblies
• Color Run

Aevidum Awareness Soccer Game 2014
Aevidum Awareness Soccer Game 2015

Food Drives

Aevidum Food Drive
Bring in canned goods September 24th to the 27th!
Hand in at lunch to the aevidum representatives!

Which ever grade collects the most canned goods gets to sit anywhere they want one day at lunch!
Positive Notes on Lockers and Desks

• Sticky Notes made with positive sayings and placed on lockers or desks

Mental Health Awareness Week

• Students encouraged to wear a certain color to school each day of the week to represent a mental health disorder
• Facts about that disorder read on the announcements that morning
Sample Announcement

Did you know public figures like Abraham Lincoln, Beyonce, and Demi Lovato all have dealt with depression? Depression in teens is common. Although 20% of teens will suffer from depression by the end of their teenage years, the majority of people who receive treatment for depression experience significant improvement. Don’t be afraid to reach out for help. Trained counselors are available 24/7 at the National Suicide Prevention Lifeline, 1-800-273-8255. Remember to have your friends’ backs. Aeidum.
Random Acts of Kindness

The Aevidum Theme for the month of March is Being a Friend. Sometimes friends can be found in unexpected places. Today we are asking everyone to be a friend to someone who may not expect it by performing random acts of kindness and friendship. In homeroom, you will be receiving a friendship shamrock with a random act of kindness written on it. Your goal for today is to perform the task given to you on your shamrock. Together we can create an “I’ve got your back” culture at ELCO Middle School.

Club Recognitions

The names of students in every club written on a handprint and hung around the café.
Staff Appreciation

- Thank you letters written to every staff member
- Greeted the bus drivers in the AM with letter and breakfast pastry or PM with cookies
- During ACE took cart around to the school staff and gave letters, coffee, juice, and pastries
- Second Year took cart around to the school staff and gave letters, cookies, and tea

Mirror Cover Up

- After school covered every mirror in the building (including staff bathrooms)
- Wrote positive messages and quotes on the paper
- Made announcement and kept mirrors covered for the day to promote positive self-esteem
Mirror Saying – Girls

“We’ve all been hurt by words before. So before you speak think about how your work might affect someone else.” – Unknown

Learn to love yourself the way you are.
Never put someone else down to make yourself feel better.
You are amazing. Never forget that.
You’re Beautiful
Just be you because life is too short to be anyone else.
SMILE, you are beautiful!
Be happy with who you are
Always think positive
You are smart, confident, strong, caring, powerful, beautiful, worthwhile and precious.
The happiest people do not have the best of everything. They make the best of everything they have.
Only you can make you happy.
You are always stronger than you think you are.

Mirror Saying – Boys

Stay Strong
1 in 10 men have eating disorders
“It’s not whether you get knocked down, its whether you get up.” – Vince Lombardi
“You are never a loser until you quit trying.” – Mike Ditka
“I’ve failed over and over again in my life and that is how I succeed.” – Michael Jordan
“There may be people with more talent than you but there’s no excuse for anyone to work harder than you do.” – Derek Jeter
If it doesn’t challenge you, it won’t change you.
“It is hard to beat a person who never gives up.” – Babe Ruth
“I’ve got a theory that if you give 100% all of the time, somehow things will work out in the end.” – Larry Bird
Only you can make you happy.
You are always stronger than you think you are.
Homeroom Door Decorating Contest

- Contest for each homeroom to decorate door/hall/etc. according to contest rules
- Winning homeroom earns a prize

Contests have included:

1. The display should showcase the talents (artistic, musical, athletic, scientific, etc.) of the students in the homeroom.
2. The display should showcase what Aavidum means to you. It should relate to the overall “I’ve Got Your Back” theme of Aavidum.
3. Each homeroom should find a quote that conveys a positive and encouraging message. The display should then relate to the quote.
Positive Holiday Notes

• Given to students in homeroom around various holidays

• Examples for December:

  Happy Holidays! Remember we’ve got your back! Hotline#
  1-800-273-8255   OR
  Avidum cares for you, appreciates you, accepts you, and acknowledges you. Happy holidays!
  (attached to a candy cane or mini holiday chocolate candy bar)
Example for February:

![Image of heart-shaped notes with inspirational messages]

New Year’s Resolutions

- Students given a star with the phase, “My New Year’s Resolution Is” for them to write their resolution
- Bulletin Board Display in the cafeteria with the phrase, “Shoot for the Moon, Even if you Miss You’ll Land Among Stars”
- New Year’s Resolutions Stars Hung on the bulletin boards around the cafeteria
New Year’s Resolutions

Morning Greetings

- Every morning for a week, Aevidum club members greeted every student upon entering the building
- On Monday, students were given a positive note
- On Friday, students were given an Aevidum bracelet
Who Are You Grateful For

Students were provided this form and completed forms were posted on bulletin board outside of the office.

Middle School T-Shirts

Designed by Aeidum
Student and Sold to Students and Staff
50 Reasons to Smile Video

For Example:

#1 Ice Cream
#2 ELCO Tailgate
#3 Band
#4 School Field Trips
#5 Fluffy Dogs
#6 Summer
#7 Dinner Dance
#8 Candy
#9 Friends
#10 Vacations

50 Reasons to Smile Video

• Use Graphics and Pictures
• Student Pictures
• Music: “Happy” and “Firework”
• Over 6 Minutes in Length
Assemblies

• Every year an assembly is given to 6th grade students to introduce Aevidum

• National speaker: I am Corey on Character Education in 2015 and Shane Burcaw with Laughing at My Nightmare on positivity in 2017

Color Run

• Sponsored by Aevidum and Teen Hope
Aevidum’s elementary school program
Contains classroom lessons about
- Empathy
- Caring/Kindness
- How to help others
- Signs of sadness
- How to be a good friend
- Critical thinking
- Problem Solving
Contains suggestions for campaigns and activities
Available for download on the Aevidum website

The Talk
Aevidum’s newest initiative
Simple and effective way to introduce Aevidum to schools
Healthy communities are places where everyone feels
- Accepted
- Acknowledged
- Appreciated
- Cared for
Poll

• I think I could start an Aevidum Club at my school?
• Yes or No

How Can You Start a Club?

• Contact Francesca Pileggi: Aevidum Executive Director at clubs@aevidum.org to get started.
#AEVIDUM
SPREAD THE WORD.

www.aevidum.org

Connect with us
Facebook: Aeidum (Official)
Twitter: @aevidum
Instagram: @aevidum