



because I said I would.

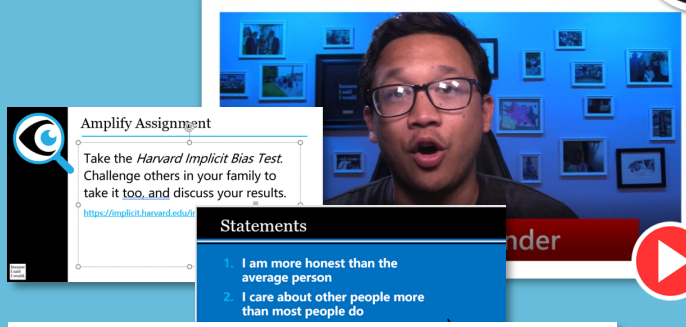
# High School Chapters

Because I said I would High School Chapters empower the next generation to make and keep promises, strengthen their self-control, and use it to better the world around them.

## Flexible Monthly Character Development Workshops

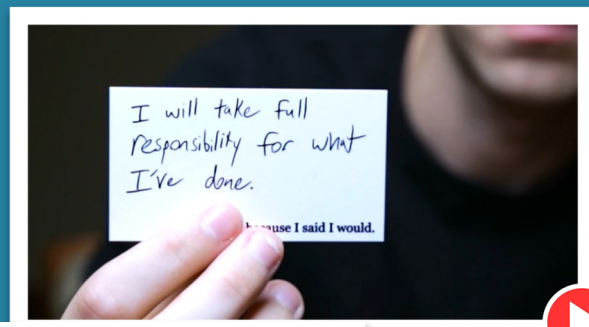
Every month, participants complete **four 20-minute modules** that can be adapted to meet school needs, including options to extend the learning or connect the modules to create one workshop experience.

### 1. Introduction Video & Activities



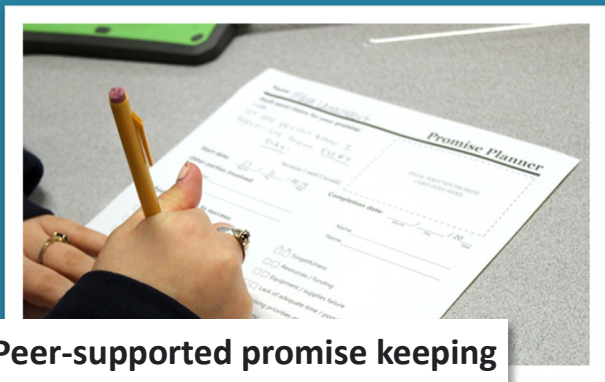
Self-Control, Honesty, and more...

### 2. Promise Stories



Real Promises in Action

### 3. Accountability Meetings



Peer-supported promise keeping

### 4. Volunteer Projects



Student-led community engagement

# Character Education & Volunteerism

**Volunteer project modules built into the program create student led opportunities for community engagement.**

Social emotional skills are essential for academic, personal, and professional success. Through volunteering, students have the opportunity to better the lives of those around them and to develop skills that will lead them to lifelong success.



*Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine.*

**Bonus:** Our High School Chapters program can count towards Service Learning for graduation requirements and on college applications!



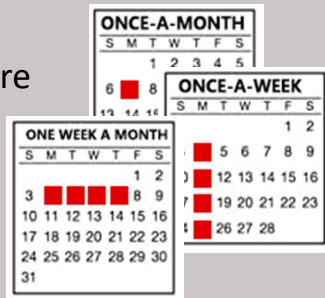
*Olentangy High School Chapter members created thank you packages for veterans. Chapter Leader Nick reflected on the experience, saying "My heart was deeply warmed by the gracious appreciation each and every veteran expressed for our care. ...this was a truly life changing event."*

For more success stories, visit [becauseisaidiwould.org/chapter-success](http://becauseisaidiwould.org/chapter-success)

## Program Benefits

### Flexible Scheduling

Our 20-minute modules were designed to fit within your existing framework.



### One-on-one Support

Schools are provided direct support throughout the school year by our Program Impact Team.

Chapter advisors are supported through:

- Regular check-in calls
- Our accessible Chapter Advisor Resource Portal
- Direct assistance when needed

### Plug & Play

From student activities, teacher guides, letters home to parents, and more, we provide you with everything you need to get your *because I said I would* Chapter up and running.

### Financial Support

*Because I said I would* will pay up to \$1000 for the student volunteer projects, so you don't have to hold additional fundraising efforts.

For more information, contact [chapters@becauseisaidiwould.org](mailto:chapters@becauseisaidiwould.org) or visit [becauseisaidiwould.org/chapters](http://becauseisaidiwould.org/chapters)