SIG-NoSo Movement

[FYP-Special Interests Groups] No Social Media November is a 1-month detox and educational program that encourages young people to learn about the impact that social media can have on our mental health and lives.

- To Do
- What we need
- 5k Fundraiser Race Info
- Resources for schools to implement NoSo November

To Do

[ ] 5K Volunteers

https://wiki.foryoupage.org/link/36#bkmrk-volunteers-needed-fo

- ☐ reach out community centers, restaurants, schools, grocery stores
  - ☐ volunteer for 5K
  - ☐ possibility for longer term volunteer supply
- ☐
- ☑ Goodson Recreation Center +13037982476
  - Called the number, gave me the number to administrations office, administrations office forwarded my call to the communications office, they didn't pick up, so i left a voice message with all the details and our reason for calling and asked them to get back to me
- ☑ Highlands Ranch Community Association +13034718950
  - Called the number, did not pick up, so i left a voice message with all the details and our reason for calling and asked them to get back to me
- ☑ Englewood High School +13038062266
  - school closed until end of July, notified that they will not be able to check messages during that timeframe
- ☑ Arapahoe High School +13033476000
  - school closed until 7/18, left a voice message with all the details and our reason for calling and asked them to get back to me
- ☑ Mullen High School +13037611764
  - called, gave me an email who is in charge of these things (katie.abeyta@mullenhigh.com), emailed them with all the details and our reason for calling and asked them to get back to me and attached the flyer
- ☑ Addenbrooke Classical Academy High School +13039891336
  - called, did not pick up nor give me the option to leave a message

What we need

1. Team Members/Mentors: We are looking for passionate, skilled mental health or digital wellness advocates to join our cause and assist in many areas of growing our organization. If you have expertise/want to help in any of the following areas, please reach out to NoSoNovember@gmail.com and we will discuss next steps

- Marketing/Outreach to schools - reaching out to PTA's, school administrators, and student councils to adopt NoSo
- Data entry/Organization- creating and managing spreadsheets and data on NoSo
- Email design - Utilizing Mailchimp to create and design appealing emails to send to participants
- Impact Report - Help with creating seamless and digestible impact report presentation
- Legal/Nonprofit filing help - Need expertise from someone well versed in nonprofit law
- Fundraiser planning - Need expertise from someone with experience with fundraising

2. Connections to middle schools, high schools, and colleges to implement NoSo

Our mission is to reach as many young people in schools as possible, so we rely on our large network to connect us to schools across the country, and even across the world! If your local school district could use a free mental health resource that is created by youth, for youth, you know what to do, please reach out to NoSoNovember@gmail.com and we will discuss next steps

3. Grant opportunities and Donations

Our organization thrives and is supported by grants and generous donors, and furthers our mission. If you know of any grant opportunities please send them my way to NoSoNovember@gmail.com, and you can donate at https://www.nosonovember.org/donate

5k Fundraiser Race Info



General Info:

NoSo November 5k Walk/Run: Join us for the NoSo November 5k Walk/Run on Sunday, August 13, 2023 at 10:00 AM in Centennial, CO. This event is perfect for those who enjoy walking or running and want to be part of a fun and healthy community activity. The event will take place at 6301 South University Boulevard, and we encourage everyone to come out and participate in this exciting event. Whether you're a seasoned runner or just starting out, this event is for you! So, grab your friends and family and come join us for the NoSo November 5k Walk/Run. We will have sponsors, informational booths, T-shirts, and much more!

VOLUNTEERS NEEDED FOR: day of race stuff: I will need a handful of people being posted up at certain spots on the course to direct runners and hand out water, I need help with set up and clean up day of, and I need someone to greet people and have them fill out liability waivers, and also someone to help facilitate donations as well as sell raffle tickets and T-shirts! Lastly I need a volunteer to time the top 10 runners, and someone to hand out snacks/water at the finish line.

Sponsorship Information:

https://static1.squarespace.com/static/6087573bd0533b07b121a13b/t/649396e55e5c7e07218d724e/1687394023230/Noso+November+NEW+SPONSORSHIP+5k.pdf

Tickets for 5k Race: https://www.eventbrite.com/e/noso-november-5k-walkrun-tickets-649289110207?aff=oddtdtcreator

Race Donations: Donate on our website: https://www.nosonovember.org/donate



Resources for schools to implement NoSo November

Our Short film to be screened during advisory periods or an assembly:

https://youtu.be/EhA1s4DC9S8

This film features the founder, Maddie Freeman, and the Director of The Social Dilemma who discuss the problematic business model of big social media companies and how their algorithms can promote negative mental health outcomes among users. Then towards the end, we discuss the benefits of joining the No Social Media November detox challenge and how to pledge.

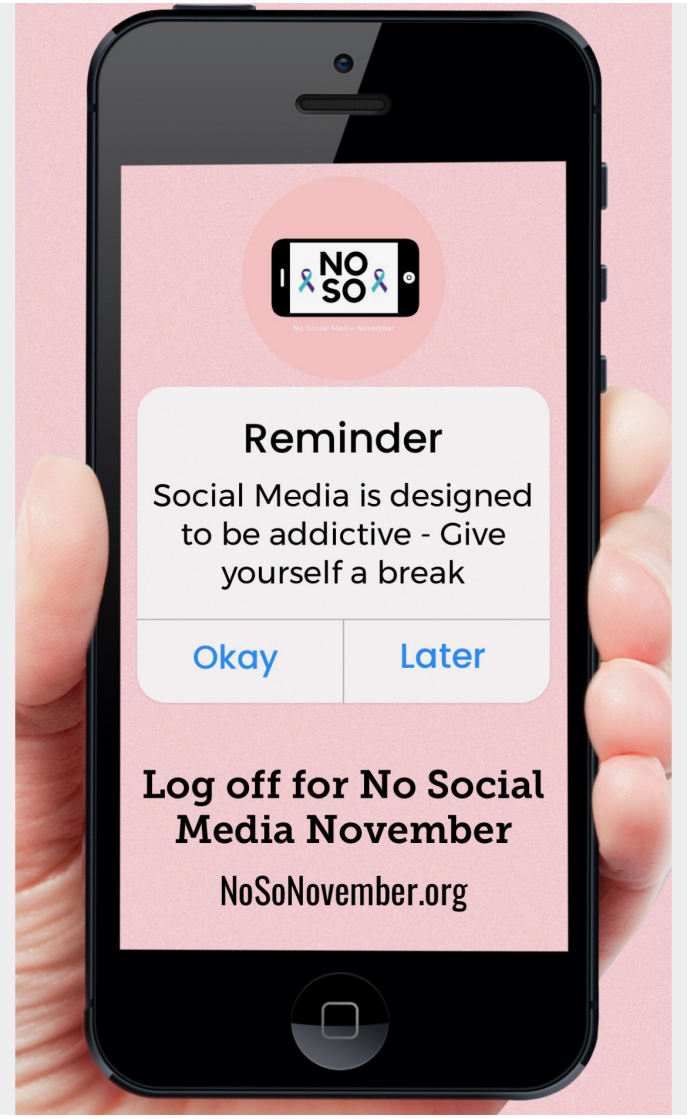
Discussion Packet to engage students with after viewing the film:

https://static1.squarespace.com/static/6087573bd0533b07b121a13b/t/649a5043d0e5914b4bac22bf/1687834691637/NoSo+Discussion+Prompts.pdf

Instructions for schools interested in adopting NoSo:

https://www.nosonovember.org/for-schools

Flyers for schools to hang up to promote detox:


NO SO
No Social Media November
Reminder
Social Media is designed to be addictive - Give yourself a break
Okay
Later
Log off for No Social Media November
NoSoNovember.org