

# 3 KEY STEPS TO GETTING STARTED



## Step 1

### Schedule First Meeting

Use the first meeting to ensure everyone an opportunity to connect and share what ideas, hopes, and fears they may have for the upcoming school year, and to discuss how they want to participate in their BC2M club this year.

- Use a free service such as "When2Meet" to find a time that works!
- Decide what free **video chat service** you want to hold regular club meetings on (such as Zoom or Google Hangouts).
- Decide **when and how frequently** your BC2M club wants to meet (weekly, biweekly, etc.)
- Appoint a **"technology liason"** or someone with the responsibility of scheduling and starting the online meeting time each week so everyone else can join.

## Step 2

### Establish Club Meeting Structure and Schedule

Presentation? Activities? There's so many options! Here are some tips for how to keep your club organized and to use your time effectively:

- Start each meeting with a **mental health check-in** and ending each meeting with a brief **check-out** for consistency and routine.
- Writing up a schedule** for each week and sending it to everyone! ex:

- Week 1 (Mental Health Movie Screening and Pajama Hour)
- Week 2 (BC2M Presentation on Anxiety led by Amber)
- Week 3 (Telling our stories: Mental health check in with club members and school community at large)
- Week 4 (Crafts and Snacks Community Event)
- Week 5 (Brainstorming Check in with Club Members about how club is going)

## Step 3

### Follow School & BC2M Guidelines

- Don't host a meeting **without your advisor OR your BC2M regional manager present**
- Just like before, **BC2M meetings are open to everyone**. Be inclusive, not exclusive!
- Remember, BC2M is **not a form of peer counseling or therapy**. If someone needs support, refer to them to your school support or Crisis Text Line (text BC2M to 741741)
- Stay organized: this is even more important when you are meeting online and it is more difficult to "wing it"! Make **planning a meeting agenda ahead of time** and **sending out regular meeting reminders** a priority.