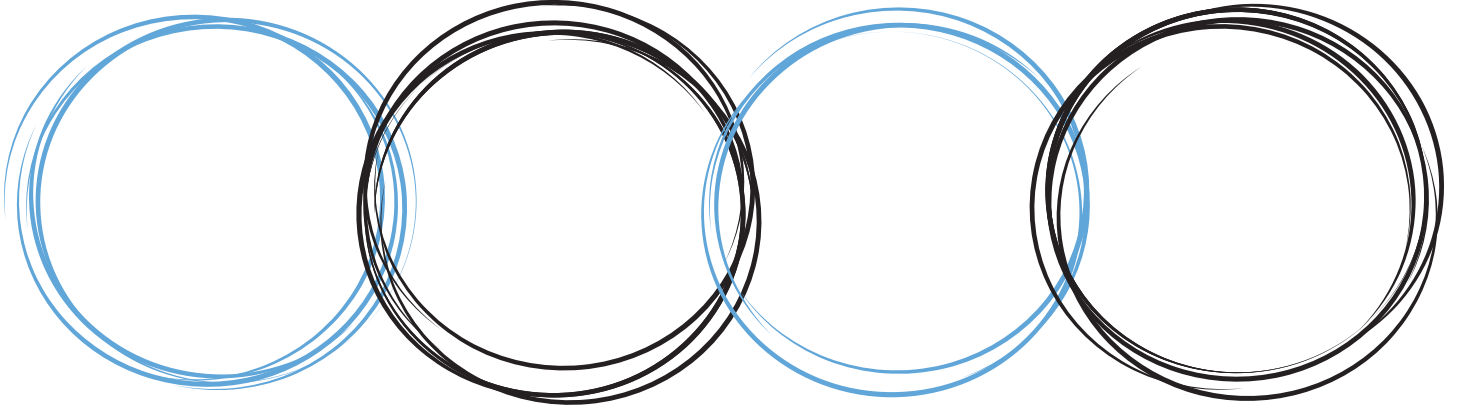


VARSITY // BRANDS

*THE COLLECTIVE*  
STUDENT EMPOWERMENT MONTH



# LESSON ONE

## TEAM EMPOWERMENT PACKET

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TRUST **COMMUNICATION** COMMITMENT **ACCOUNTABILITY** FOCUS

TEAMMATES' NAMES:

Use this Team Empowerment Packet to develop a trusting team environment through respectful communication.

For more student leadership resources visit [BelieveInYou.com](http://BelieveInYou.com).

**BELIEVE IN YOU.COM**

**Community** /noun/ A group of people who share something in common.

First, think about and briefly discuss all of the communities that each member of your team belongs to. Next, write the names of those communities inside the circles below.

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A grid of 15 circles arranged in 5 rows and 3 columns. The circles are drawn with multiple overlapping lines, giving them a hand-drawn appearance. The circles in the first, second, and fourth rows are colored light blue. The circles in the third and fifth rows are black. The circles are empty, intended for writing the names of communities.

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## **Varsity Brands Empowerment Rights:**

**Empowerment** /noun/ The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

### **ALL STUDENTS HAVE THE RIGHT TO...**

- live optimistically.
  - act on positive motivation.
  - live with respect for self and others.
  - communicate with a unique voice.
  - make choices about how to share their greatness.
- 

**Reflection Questions:** Use the questions below to guide a meaningful team discussion.

- In your own words, what does each Student Empowerment Right mean?
  - How are these rights related to trust? How are they related to community?
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**Empowerment Rules:** Create a list of community rules that will promote a safe and caring learning environment where every student's empowerment rights are honored and protected.

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