## Jim Tuman

- Graduate of Michigan State University
- Developed three national programs dealing with youth, women and returning veterans
- Has appeared on ABC, NBC, CBS National News, The Today Show and The Oprah Winfrey Show
- Has been featured in: Newsweek, USA Today, Business Week, Chicago Sun Times, Washington Post, Los Angeles Times, Newsday, Detroit Free Press and the New York Times
- Was invited by fourteen world leaders to talk about the breakdown of families
- Has been the subject of a nationwide documentary show in Japan
- Believes in balance in his life and so has done such diverse things as being a circus clown, rodeo rider, symphony musician, cake decorator and parade enthusiast
- Serve as a famine relief worker in Ethiopia
- Worked as a roadee with the rock group Journey
- Passed a milestone of speaking to more than two million students in more than 2000 schools nationwide
- Named the Detroit News "Michiganian of the Year"
- Named 2012 Distinguished Alumni from Michigan State University
- Recently played himself as a National Youth Speaker in the powerful international movie "A Girl Like Her" which has had millions of views
- 2016 Ted Talk
- PBS Documentary on his life shown in December 2016

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### The Missing Link in School Safety

I have been a global youth speaker for nearly 40 years, speaking in 2000 schools and to more than two million students in every state and 11 foreign countries.

In the last three years, I have been in the national movie, "A GIRL LIKE HER" with the role of myself as a speaker, completed a TED talk, and a PBS documentary on my life titled "JIM TUMAN, MAN ON A MISSION".

We give blanket media coverage to school shootings, as well we should. In order to look at full prevention, we have to include emotional safety along with physical safety.

After Columbine, a reporter asked me if this was a "one and done" isolated incident. I said absolutely not. A consistent theme of the shooters is that they were "invisible" people. They were loners wanting to be noticed at any price. Taking away the guns is only a piece of the bigger picture. Change the school climate and you will change the culture.

Schools can be notoriously cruel places. Bullying, cyber-bullying, suicide, peer pressure and substance abuse are rampant. I once had a young girl tell me that she would rather lose her life than not be accepted. *Physical safety and emotional safety have to complement each other in the big picture*.

I have found ways to create a safe space for kids. The following insert is a list of successful programs with an average success rate of 15 years.

I stand in solidarity with a hurting nation and families. We need to keep our kids safe both physically and emotionally.

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# Successful Programs:

Each of these programs have had a fifteen year or more success rate in schools, families and organizations. They are designed to create a safe and supportive climate.

My hope is that you will utilize these low-cost highimpact programs to build a model that can be passed down to others.

- Voice of Reason
- Senior Forum
- Youth Focus Groups
- 26 Days of Acts of Kindness
- Lunchroom Activities
- Reality Walk
- Circle of Influence
- Signage
- Peer-to-Peer
- Refrigerator Magnet
- Bracelets
- Posters

### Senior Forum:

Is there life after high school? Are you prepared? The Senior Forum brings in a collection of experts in all areas of post-secondary life for informational sessions. Some of these areas are:

- 1. College
- 2. Financial Aid
- 3. Military Service
- 4. Vocational
- 5. Employment
- 6. Service Programs
- 7. Nutritional Information
- 8. At-Risk Prevention
- 9. Life Skills
- 10. Normal Transition (high school to life after)

### Youth Focus Groups:

Every community, school, agency and program should have its own Youth Focus Group. This is a diverse representation of various segments of a school population. The goal of a focus group is to be a pulse for whatever a group needs. Young people live in their own arenas and really are the most informed.

Here are steps to choosing your focus group members:

- 1. Pick a manageable size for your group (not more than eight).
- 2. Make it as diverse as you can (different groups in school, different ages, gender, socio-economic and history).
- 3. Make sure that what is discussed at the meeting stays inside the meeting.
- 4. Learn modern trends and new at-risk problems.
- 5. Stay in action with solutions.

### 26 Days of Acts of Kindness:

We live in a world of daily occurrences where giving tributes to victims in their memories are a way to honor them at the highest place.

Here is a step-by-step approach to develop a "26 Days of Acts of Kindness" campaign.

- 1. Become aware of current events resulting in an untimely loss of life.
- 2. Decide if that event evokes strong emotions. Example: tornado, hurricane, tsunami, children, etc.
- 3. Decide that a tribute is warranted.
- 4. Based on the number of victims, create a "days of acts of kindness" on their behalf.
- 5. Start with a nucleus group of friends, family members, and those who share mutual interests and concerns.
- 6. Set up the criteria that no act is too small or insignificant to represent as an act of kindness.
- 7. Publicize your efforts on social and formal media (radio, TV, newspaper) along with related groups and service clubs.
- 8. Create your own Facebook page to post the individual acts so that others can be inspired.
- 9. Create a "posting wall" where members of your group and others can post any act of kindness to inspire others.

Get your friends to share in your vision.

### Peer-to-Peer:

The most effective presenters for young people are their peers. Some of my topics are alcoholism, drug abuse, bullying, gangs, teen pregnancy, drop-out issues, school violence and low self-esteem.

Hearing peers tell their stories brings home a more positive effect because the young people can identify with them. I have used peers in schools and trained some of them to become keynote presenters. I just ask the presenters to tell their personal stories. Because they are compelling, young people realize that it could really happen to them. The myth of "It's never going to happen to me" is dispelled in these presentations.

### Refrigerator Magnet:

Information and awareness on where to go is the greatest deterrent to help parents/students understand and reduce at risk problems. This magnet has had great success in identifying places for help in many communities.

Besides the information that includes the at-risk problems and the agency and phone numbers to contact, the simple printed sentence on the magnet says it all - "So you never had to say you didn't know where to go for help".

### **Lunchroom Activities:**

I ask this question of parent, educators and young people everywhere – "What do you think is the loneliest time in the school day for a student?" Lunchtime.

If you ever want to see a school unfold before your eyes, visit its lunchroom. You will see the power groups, wannabees and loners. The students sitting by themselves are perceived to be losers. I once had a student write to me stating "I would rather lose my life than not be accepted".

I have developed a program called "Lunchroom Activities". This is where individuals are offered video viewing, board games, discussions groups or any number of other interesting activities.

There is actually an app on which a student can alert administration that they will be alone that day.

### Signage:

Thirty years ago I coined a point of pride phrase for a school district. I have been told that people literally stop in the school after reading the sign to comment that they want to enroll their child because of the mission statement.

Today that phrase is frequently referred to when planning a mission statement.

Every school should have a point of pride statement. It should be displayed in the most prominent places on the school campus. Banners including the phrase can be hung in the community. It should be hung near the venues for school athletic events. It should be integrated into the school curriculum and be a benchmark to strive for. Enclosed is a visual example of what I have referenced.

Emotional safety is equally important to physical safety in schools. Ask students how many can walk through the doors of their school and feel 100% supported and cared about unconditionally.

There is an unprecedented climate of hopelessness in our culture today. Many people feel like they have not power to change.

Jim Tuman has inspired millions of people to take action toward a life of meaning. You will not regret viewing the power of his life story and its emotional impact in changing your life.

His following programs and action ideas are designed to create this safety.

### Voice of Reason:

Voice of Reason has been around for more than 20 years. It is designed to teach young people the value of community service, social responsibility and goals & dreams but most importantly to be an inspirational voice for their community.

Among the many service projects are The American Cancer Society's Relay for Life, food pantry trucks for the disadvantaged, Jimmy's Kids programs, HOBY Conferences, Rotary Club and numerous other community projects.

The Voice of Reason exists to give kids who come from all backgrounds and conditions an opportunity to serve while learning the rewards of selflessness.

# CIRCLE OF INFLUENCE SUPPORTING THE TOTAL CHILD AND/OR TEEN

<u>Problem:</u> With family breakdown at an all time high, at risk issues in young people are climbing to a point out of control. Substance abuse, violence, suicide, pregnancy, and drop-out rates continue to escalate. With institutions crumbling and role models dwindling, there is a hopelessness that permeates our next generation. Children do not feel safe.

<u>Premise</u>: We are a reaction based culture. We circle the wagons AFTER an outbreak only to see it repeat in another time, in another location. Headlines decry youth problems with little or no answers. Blame and finger pointing are common with schools, parents, friends and community as the culprits.

<u>Theory Solution</u>: Our only hope is early warning and detection followed by a blueprint system with a step-by-step procedural approach encompassing the four groups affecting a young person's life.

- 1. friends (peers)
- 2. family (immediate and extended)
- 3. teachers, educators, school support staff
- 4. community at large

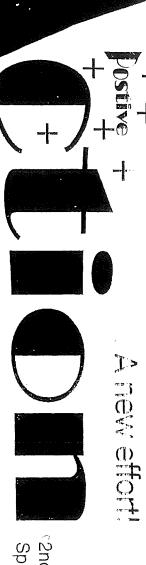
There is a tendency to focus on one group and expect a solution. The reality is that one group of the four, with an insensitive approach, can negate any other. Example: an insensitive parent can offset any gains of a teacher. Simply, we are all affected by our total "circle of influence".

# Reality Solution: Step-by step.

- 1. Organize a community town meeting involving representation of every faction. Example: Students, parents, teachers and educators, businesses, church, media, agencies, service clubs, youth groups, administrators, key groups like scouts, old timers groups
- 2. Select a facilitator
- 3. Determine by consensus the top three problems facing youth in the community

- 4. Divide the group into four key areas: a) friends; b) family; c) teachers & educators; d) community.
- 5. Each group is responsible for developing mission statements for their group, schedule meeting times, increase scope of group size & influence and, most important, be part of the universal action coalition plan.
- 6. The keys to the success of the coalition are:
  - a) Be current and relevant as problems shift, so must the blueprint be adjusted.
  - b) A youth focus group must be involved at every stage of planning for insight, support and advice as ideas and programs become reality.
  - c) Every person in the coalition should be encouraged to exercise their voice in a safe, structured environment.
  - d) Parents whose children have suffered tragedies should be sensitively encouraged to have key involvement in the overall process.
  - e) Shared neighboring communities should have representation at all combined coalition meetings. Youth are mobile these days and problems are not always self-contained in an isolated geographic setting.
  - f) Realistic appraisal of problems and solutions will insure ongoing participation.
  - g) Programs should have goals based on the SMART acronym: Specific, Manageable, Achievable, Relevant & Time related.
  - h) Finally, realization that problems do not start overnight and will not go away overnight.

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# The Zeeland Action Coalition's report to the community

# Safe, Valued and Loved.

On March 25, 1997, 90 Zeeland area residents from all walks of life gathered in the Howard Miller Community Center to form a strategic plan for our community, with the help of national communicator Jim Tuman. The group's goal: "To create an umbrella of safety in our community so that each young person feels valued, cared for, accepted, listened to, loved, recognized and affirmed."

"This goal," the group agreed, "will be accomplished by creating an atmosphere of trust, honesty, spirituality, and dependability and by modeling this goal in our lives. In this way, our community will truly be a family." The following individuals took part in that memorable session:

Brian DeVos	Brian Davis	Jerry Daniel	Mike Culver	Jim Camenga	Peter Cake	Jerry Brooks	Howie Bouwens	Jeff Bell	Glen Ball	Jennifer Baker	Bob Armour	Becky Arenas
Ryan Johnson	Carolyn Jahja	Rachael Hulst	Ryan Huizenga	Les Hoogland	Lee Hoeksema	Dan Heneveld	Jeff Hazard	Jim Hatch	Erich Harmsen	John Haan	Toby Gruppen	Bill Gruppen
Barb Pyle	Gretchen Plewes	Pam Piffer	Jeremy Piffer	John Pettinga	Dan Penny	Sio Oang	Ron Nykamp	Don Morgan	Bob Metzger	Sandy Meeuwsen	Nancy McCleery	Shannon Lowe
Bill Vanderbilt	Troy Van Til	Florence Van Eenenaam	Jim Tuman	Trisha Tubergan	Sara Torrey	Bernard Tol	Sonja Taylor	Phil Taylor	Laura Sumrall	Shelby Smith	Lindy Shaw	Brian Siebel
	Ryan Johnson Barb Pyle	Carolyn Jahja Gretchen Plewes  Ryan Johnson Barb Pyle	Rachael Hulst Pam Piffer Carolyn Jahja Gretchen Plewes  Ryan Johnson Barb Pyle	Ryan Huizenga Jeremy Piffer Rachael Hulst Pam Piffer Carolyn Jahja Gretchen Plewes Ryan Johnson Barb Pyle	Les Hoogland John Pettinga Ryan Huizenga Jeremy Piffer Rachael Hulst Pam Piffer Carolyn Jahja Gretchen Plewes Ryan Johnson Barb Pyle	Lee Hoeksema Dan Penny Les Hoogland John Pettinga Ryan Huizenga Jeremy Piffer Rachael Hulst Pam Piffer Carolyn Jahja Gretchen Plewes Ryan Johnson Barb Pyle	Dan Heneveld Sio Oang Lee Hoeksema Dan Penny Les Hoogland John Pettinga Ryan Huizenga Jeremy Piffer Rachael Hulst Pam Piffer Carolyn Jahja Gretchen Plewes Ryan Johnson Barb Pyle	ens Jeff Hazard Ron Nykamp Dan Heneveld Sio Oang Lee Hoeksema Dan Penny Les Hoogland John Pettinga Ryan Huizenga Jeremy Piffer Rachael Hulst Pam Piffer Carolyn Jahja Gretchen Plewes Ryan Johnson Barb Pyle	Jim Hatch  Jeff Hazard  Ron Nykamp  Dan Heneveld  Lee Hoeksema  Les Hoogland  Ryan Huizenga  Rachael Hulst  Carolyn Jahja  Ryan Johnson  John Morgan  Ron Nykamp  Sio Oang  Dan Penny  John Pettinga  Jeremy Piffer  Pam Piffer  Barb Pyle  Barb Pyle	Erich Harmsen Bob Metzger Jim Hatch Don Morgan Jeff Hazard Ron Nykamp Dan Heneveld Sio Oang Lee Hoeksema Dan Penny Les Hoogland John Pettinga Ryan Huizenga Jeremy Piffer Rachael Hulst Carolyn Jahja Gretchen Plewes Ryan Johnson Barb Pyle	Erich Harmsen Bob Metzger Jim Hatch Don Morgan ens Jeff Hazard Ron Nykamp Dan Heneveld Sio Oang Lee Hoeksema John Pettinga Ryan Hulst Carolyn Jahja Ryan Johnson Barb Pyle	Toby Gruppen Nancy McCleery  Iohn Haan Sandy Meeuwsen Erich Harmsen Bob Metzger  Jim Hatch Don Morgan  Jeff Hazard Ron Nykamp  Dan Heneveld Sio Oang  Lee Hoeksema Dan Penny  Les Hoogland John Pettinga  Ryan Huizenga Jeremy Piffer  Rachael Hulst Gretchen Plewes  Ryan Johnson Barb Pyle

