



SOLD OUT PROGRAM SCHOOL PREPARATION MATERIAL

Principals, teachers, counselors, AD's:

The Sold Out Alcohol / Drug Abstinence and Character Education Program is looking forward to our Visit to your school(s)! Honored to have the opportunity to educate, encourage, and challenge Your 6th and or 9th grade students. We want to make sure that your students have the best opportunity to experience the maximum impact from the upcoming, and subsequent online follow up program: Student alcohol abstinence pledge, 365 success life skills video curriculum, and Fitness Health and Wellness Platform (Links Below). Below is the preliminary check list we will need you to execute before the program at your school. Sold Out is excited to institute new applications for your students, and our program this year. Please confirm reception of this package.

Always Sold Out, Roman Gabriel - Sold Out President

*** Please confirm you received this e mail and QR code posters below. We will also want to engage your lead school counselor on site briefly regarding follow up program online.



Attached you will find the Sold Out Program In School Student QR Pledge Poster, JPEG/PDF (Please post in high traffic area in your school including PE Health Classes, and online on your school website. **PLEASE make sure your school gets several of these posters up a few days before executing the program.** This is critical to student long term participation and getting valuable student feedback for your individual school. Home page of your school website with the website Link <http://www.soldouttv.com>. Posters are most effective when up remainder of the year, as we continue to get pledges from your students throughout the school year. It also allows for making the program available for your entire student body to access. And a strong visual reminder to students who took the alcohol abstinence pledge online on the student pledge page.

Student Pledge is our number # 1 priority for students this year. We will also be emphasizing setting goals, and walking them through our 365 Student Success Online Program. It is always beneficial if you allow your student access to internet same day to allow a couple minutes for your students to finish the alcohol abstinence pledge on the site at <https://soldouttv.com/the-sold-out-pledge>

<https://www.facebook.com/SoldOutSchools/> (Parental Facebook Page Link) - A great way for schools to engage parents about our visit and being ready to have a discussion about drugs and alcohol with their students when they come home from viewing the program. Part # 3 of the pledge challenges students to go home and engage their parent(s) or guardian that they made a decision to be drug and alcohol abstinent. Providing a prime opportunity for parents and or guardian to engage their student in the critically important conversation regarding drugs and alcohol.



www.soldouttv.com



Integration of Sold Out Video Curriculum into School Classes / Programs

*Please have your lead counselors look at this preparation material, as we will be providing follow up video and links above after student see the initial video program. Reminder to access application of our pledge poster initiative, and the **365 Student Success Program** throughout the school year. Walking them through the Sold Out 365 Interactive Student Video Character Curriculum, Fitness Health and Wellness Program, and several online student platforms designed to engage students on an ongoing basis. **We are providing video curriculum that corresponds with: Existing health / character curriculum, athletics programs, PE/ athletic applications. And as important tools to assist counselors, and drug and alcohol after care/ at risk programs.***

Health & Wellness Platform

PE / Health Classes / Athletic Teams / Counseling

- **Mental Success** (Coach Danielle Martin) – Addressing post covid, mental wellness, being intentional, goal-setting, social mindfulness
 - Setting Goals- 365 Student Success Videos / Roman Gabriel Program
 - **Individual Life Skills** – 365 Student success Video Platform
 - Coach Crystal Waltman- 5 Steps to strong mental health, Workout, Cool Down Stretch
- Mental Health Hygiene-** 1. Water 2. Sleep. 3. Food 4. Movement 5. Connection
- **Brain Health** - Dr Kristen Willeumier – Mental and emotional well-being



- Leonard Wheeler- Individual workouts, success principles
- **Fitness** - Kimball Theoret- Yoga / Fitness Video
- Dr Erin Shannon- Specific tools to educate and equip students mental capability: Fear vs Focus, Brain Development, Toxic Times (Drug and alcohol effects on youth brains), Consequences, Mental fixes and implementing positive skill sets dealing with extreme stresses

Sport and Athletic Specific Programs

- Leonard Wheeler – Strength, flexibility videos / Individual and Team Success
- Sports Nutrition Bite with Dr. Rob Wildmon – Hydration, muscle building, diet, supplements, charting off season growth, etc
- Coach Chip Smith- Coaching Strength, flexibility, off season workouts, speed drills, flexibility, in and out of season individual drills, targeted for football, track, soccer, basketball, etc.

Champions Inspirational Program (Found bottom of Health & Wellness)

- High Impact athletes, coaches, and fitness health experts speak positive life affirmations and success tools to students, building internal confidence

365 Student Success 101 Video Life Skills Platform

WELCOME STUDENTS TO SOLD OUT SUCCESS 365 !!! Over 250 Cool videos from high impact sports, entertainment, music, and educational champions! Preparing you for success ! Check our mobile online student platform by going to soldouttv.com on your cell phone. Take the student pledge at www.soldouttv.com and join the team !



Social Networking

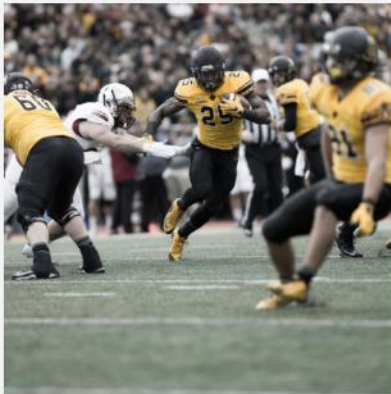
Twitter @soldout41 Instagram @Soldoutstudents Facebook @soldoutschools

Educate Encourage Challenge

"Along with being intentional about ones life. We know how important it is for students to take care of their mental, physical, emotional, and spiritual needs. We are challenging you to access these videos from experts in all of these areas. This information will be valuable in equipping you to be your best, and continue to pursue your goals and dreams."

BE SOLD OUT! We can get through any challenging time together!

Always Sold Out, Roman Gabriel - President Sold Out Youth Foundation



Fitness

Videos will focus on the importance of establishing a habit of daily regular exercise. This section will focus on real workouts from fitness experts. For students, and more advanced workouts for student athletes.



Health

Videos will focus on the importance of establishing healthy lifestyle choices, and habits. Including but not limited to mental and emotional well-being. Our goal is that you will live a life of consistency and balance.



Wellness

Videos will focus on the importance of sleep, nutrition, food/diet, supplements, alcohol and drug abstinence information. Positive social and interpersonal habits that lead to optimum performance in every aspect of life.

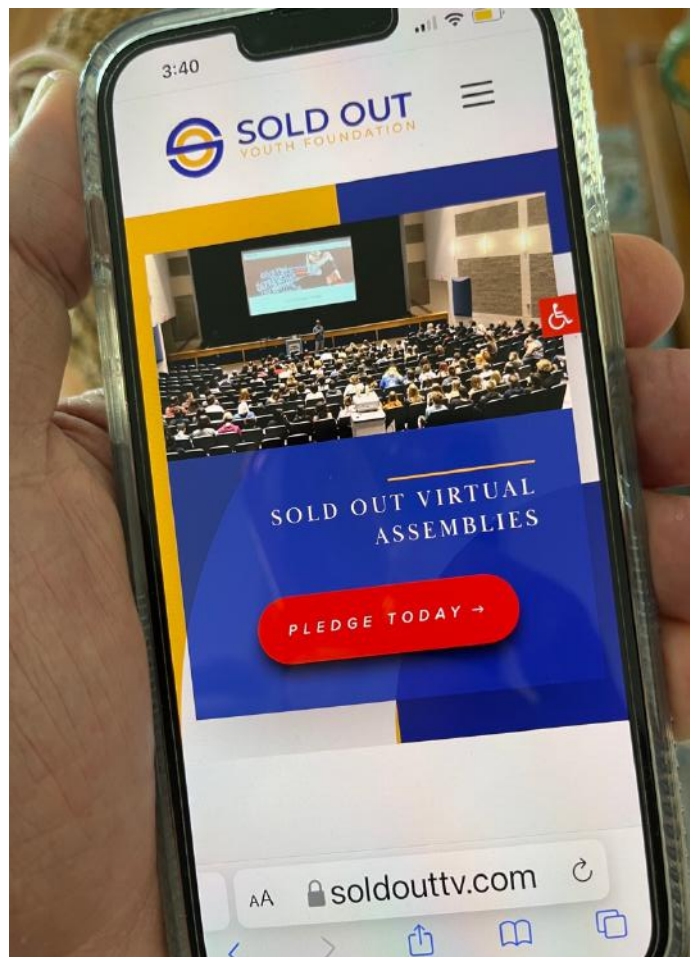


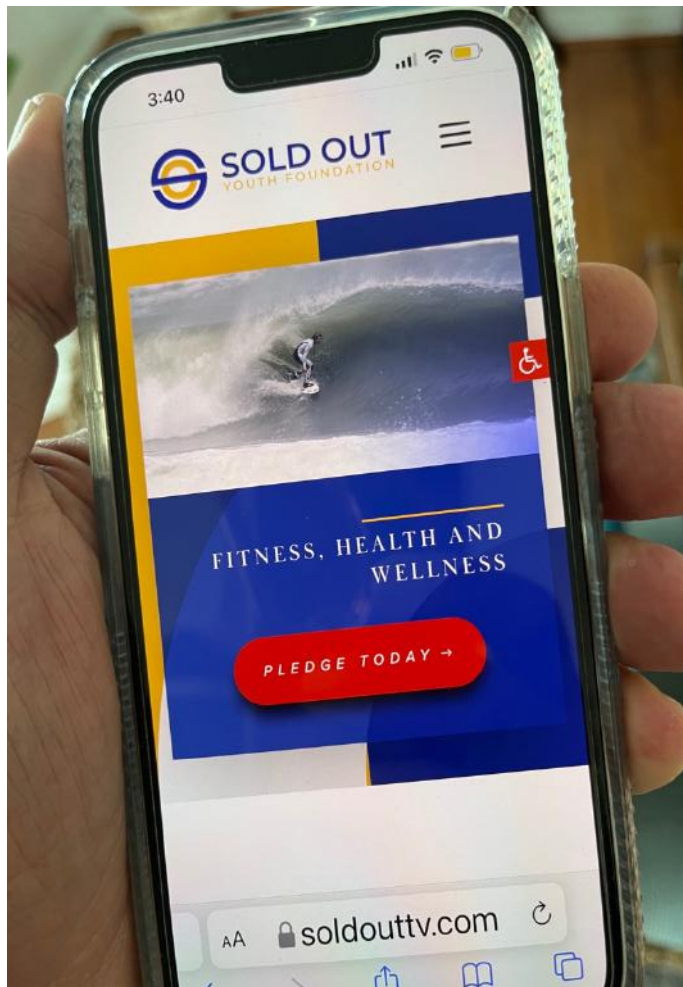
SOLD OUT ONLINE STUDENT ASSEMBLY

<https://soldouttv.com/sold-out-virtual-assemblies/>

To be shown to all 6th and 9th grade students

Implementation Suggestions: Home- Room Class, PE Health Class





- I pledge to be alcohol and drug abstinent and accountable to my parents, friends, teachers and coaches
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- 2. I pledge to help my friends be alcohol and drug abstinent
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- 3. I pledge to share my decision with my parents and or guardian today



MAIN SCHOOL PROGRAM TOOLS BELOW

<https://soldouttv.com/the-sold-out-pledge>

<https://soldouttv.com/fitness-health-and-wellness>

<https://soldouttv.com/365-sold-out-student-success-video-character-curriculum/>

<https://www.youtube.com/channel/UCPSUfdhB9rI8RK8IrpX1Mgw>
Youtube Channel

Sold Out Official Website link and photo for to be placed on your school website <http://www.soldouttv.com>





Sold Out Alcohol Abstinence Education Program

THE CHALLENGE IN FRONT OF US

The past two years have been truly unprecedented. The pandemic has wreaked havoc on all our lives. This has been especially true for teens and children who are confused and scared by all disruption and changes. Suicide rates were already on the rise prior to the coronavirus, and with this level of turmoil being newly introduced into the lives of our younger generation, these already staggering rates have increased even further. Suicide is now the 2nd leading cause of death among ages 10 to 19, after accidents. Covid has brought about instability and severe mental and emotion issues for many of our students. Fear for the future. *35% of 13-17 year old students are experiencing emotional and or mental distress. A 25 % increase in high school suicides. Drinking increase stats below.*

To many students have lost their life this year. Sold Out has worked diligently to deliver Health and Wellness professionals who through the Health and Wellness page at www.soldouttv.com are providing real solutions online and in follow up with schools to address the mental and emotional challenges are students are experiencing. Numbers and stats show that mental and emotional student wellness goes along way in decreasing underaged alcohol use.



Here are some startling teen alcohol stats right here in NC from:

TalkitOutNC.org:

1. The average age that most youths try alcohol for the first time 14.
2. Thirty-eight percent of eighth graders have had alcohol at least once.
3. About 10 percent of 12-year-olds say they have tried alcohol. By age 15, that number jumps to 50 percent

The Challenge WE FACE

CDC / Government Numbers

- 35% of 13-17 yr old students experiencing mental/emotional distress
- 1 in 3 high school students have experienced persistent feelings of sadness or hopelessness in 2019
- 25% increase in suicide in seniors in high school
- In 2019, approximately 1 in 6 youth reported making a suicide plan in the past year, a 44% increase since 2009.
- Increase of alcohol and drug use / fentanyl the # 1 Killer Of 18-45 age group in US
- During Covid more parents serving alcohol to their students at home
- 28% of middle school students will try alcohol for the first time, that number climbs to almost 50% as 9th grade students



SOLD OUT PROGRAM

Since 2012 Sold Out has worked diligently with North Carolina Schools systems statewide and in five (5) other states (FL, AZ, CA, TN, GA) (Inc Dare County) school students with the mission of seeing students commit to alcohol abstinence. Unlike in other programs, the Sold Out Program is a 365, year round student success video curriculum, and follow up alcohol abstinence and character initiative. Inspiring students to commit to an accountable lifestyle of alcohol abstinence while starting a dialogue about drinking with their parent or guardian. Delivering video platforms to local schools and students using positive role models and teaching valuable life skills through and with existing school character

programs: capturing students through positive role models in music, sports, entertainment, military, and education. The accountable student pledge, and follow up counselor/student in school poster program with interactive QR Code includes an immediate on site alcohol abstinence pledge that leads to dialogue, and feedback with schools, and parents. We also have a parental tool, Sold Out on Facebook, educating parents to the dangers of underaged alcohol/ drug use. Encouraging meaningful intentional conversation with student's regarding alcohol and drugs.

The Sold Out Program counts on student peer accountably, positive peer pressure, student participation, counselor participation, and ongoing student engagement throughout school careers. And in school engagement through junior high and high school health course curriculums, delivering a 365 ongoing alcohol abstinence and life skills student program through several online engagement tools. Website soldouttv.com



**STUDENT SUCCESS
PROGRAM 101**

WELCOME STUDENTS to the SOLD OUT Student Success 101



**TAKE THE
PLEDGE**



**FITNESS HEALTH
WELLNESS**

We are excited to introduce you to our Fitness, Health, and