

WHAT IS PAL?

1. peer \ 'pier \ n one's equal
2. assistance \ as- sis - tance \ n giving aid; helping
3. leadership \ lead - er - ship \ n the ability to guide, lead or conduct

PAL® Peer Assistance and Leadership is an award winning, non-profit program providing effective training in "resiliency" strategies. The PAL® peer helping program combats problems such as violence in schools, drug abuse, teen pregnancy, gang participation and school dropouts by providing a critical line of defense both at school and in the home through building peer helping programs all across the United States of America.

What do I tell people about PAL?

It isn't a place to meet new friends...

But you will meet new people and become friends with individuals that you wouldn't have known otherwise...

It isn't a place to find ways to spend your time...

But you will have a chance to commit to serving others and investing your time into the only place that counts... other people.

It isn't a place to expect to be entertained...

But you will find energy and life and a chance to build for the future... and not just pass the time.

To be honest, PAL isn't a place...

PAL is a gathering of people who have decided they want to share and enjoy the experiences that make a difference in the world.

We think the process of becoming a **fulfilled** person begins on the inside. We believe a reputation for **respectability** begins in small actions. ... and that a change of heart will change the world.

By joining PAL you are committing to energy, courage, honesty and becoming the best you can be... Join Us.

Oh, I forgot to mention. It will be fun...

Admission to PAL is based on 1) a complete application, 2) a peer interview, and 3) positive references/recommendations. Students must have approval from guardians... PAL membership is a commitment. It is not a club. This is a group where individuals pledge towards a common goal... **making a difference.**