



**MakeOurSchoolsSafe.org**

# MIDDLE SCHOOL **HANDBOOK**

**YOUR GUIDE TO STARTING A MINI MOSS CLUB**

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# WELCOME TO MINI MOSS!



*WE ARE SO GLAD YOU'RE HERE*

Thank you for joining our mission to create safer, more inclusive schools. We're thrilled to have you as part of the Make Our Schools Safe team!



**Mini MOSS Clubs** are a free, student-centered program designed for middle school students (grades 6–8). Through hands-on activities, leadership opportunities, and a focus on positive mental health, Mini MOSS empowers students to help build a culture of safety and kindness within their schools.

*You spend around **180** days a year  
at your school...*

**Let's make each one count.**

**By starting a Mini MOSS Club, you are not only encouraging your students to care for themselves and each other—you're laying the foundation for long-lasting safety, empathy, and resilience in your school community.**

**From all of us at Make Our Schools Safe, thank you for being a part of this movement.**

## MOSS background:



Founded in memory of Alyssa Alhadeff, who tragically lost her life in the 2018 Marjory Stoneman Douglas High School shooting in Parkland, Florida, MOSS began in high schools across the country. Today, we're proud to bring that same mission to younger students, because it's **never too early to be a leader for change.**



# WHAT IS A MINI MOSS CLUB?



EMPOWERING STUDENTS IN GRADE LEVELS K-5 AND 6-8 TO  
CREATE AND MAINTAIN A CULTURE OF SAFETY AND A POSITIVE  
SCHOOL ENVIRONMENT.

**MINI MOSS Clubs** are comprised of a group of dedicated students from grade levels 6-8 who embody the principles and guidelines of the **Make Our Schools Safe (MOSS)** organization. MINI MOSS Clubs pledge to support the purpose and platform of the organization by increasing the participation of all students involved.

Club members are committed to upholding MOSS's mission, vision, and action plan while **fostering resilience and a strong sense of community** within their schools.



## P.O.W.E.R Principles

- PREPAREDNESS** → Knowing the threats and hazards schools face, planning and training for emergency responses, knowing and correcting vulnerabilities.
- OBSERVATION** → Situational awareness and decision support.
- WILLINGNESS** → Be ready to act: preparedness response training for students.
- EDUCATION** → Knowledge of response protocols and drills.
- RESPONSE** → Responding and recovering from threats and hazards as trained and planned for, building campus resiliency.



# MINI MOSS GUIDELINES



Mini MOSS Clubs are student-led teams dedicated to building safer, more inclusive schools. Each club will plan and complete **five school-wide initiatives per year** that promote safety awareness, student voice, and community impact.

## What Counts as a School-Wide Initiative?

An initiative is a **larger, student-led effort** that involves the whole school in learning about or participating in safety. Examples will be given on page 8 of this handbook, but we encourage your club to get creative with their own ideas!

## Submit Completed Initiatives to MOSS

- After each initiative is completed, your club will **submit a short recap** to the Make Our Schools Safe team. This can include photos, a description of the activity, or examples of student participation.
  - **Email:** [lori@makeourschoolssafe.org](mailto:lori@makeourschoolssafe.org)
- If all five initiatives are completed by the end of the year, your club will receive a **Mini MOSS swag box** as a thank you and celebration!

## Club Expectations

- **Lead 5 School-Wide Initiatives:** Choose from suggested activities or design your own.
- **Meet Regularly:** Hold monthly club meetings to plan, reflect, and assign tasks.
- **Promote Awareness:** Spread the message of “See Something, Say Something” and model respectful communication.
- **Celebrate Progress:** Participate in Live for Alyssa Day on May 1st to honor Alyssa Alhadeff and raise awareness.
- **Support Your School:** Fundraise for a safety improvement project or contribute to a community cause in Alyssa’s memory.
- **Create a Club Identity:** Design shirts or posters to show your club pride and boost visibility on campus.

*“Your voice is your power!”*

*- Lori Alhadeff, CEO & Co-Founder*

# LAUNCHING YOUR MINI MOSS CLUB



## Simple Steps to Get Started:

### **Step 1: Get Approval**

Meet with your school's administration to explain what Mini MOSS is and get permission to start the club.

### **Step 2: Choose a Club Advisor**

A teacher or staff member must sponsor the club and help lead meetings.

### **Step 3: Pick a Meeting Time**

Decide on the day, time, and location for your club meetings (aim for one meeting per month). Set the date for your first kickoff meeting.

### **Step 4: Promote the Club**

Let students know how to join!

- Hand out or send home a Mini MOSS Take-Home Flyer
  - *See logos to use on page 14 of this handbook.*
- Ask teachers to make short announcements
- Add it to morning announcements or school newsletters
- Post flyers around campus

### **Step 5: Prepare for Your First Meeting**

- Plan a mindfulness activity to start
- Present the Mini MOSS slideshow to introduce the mission
- Lead a simple safety or kindness activity
- Work on a club emotional regulation chart together
- Brainstorm your club t-shirt design





# 6-8 GRADE LEVEL

## SCHOOL CLUB ACTIVITIES



### What's the difference between a school-wide initiative and a club activity?

School-wide initiatives are larger projects that involve the whole campus—like safety campaigns, awareness events, or permanent improvements. Club activities are smaller, hands-on efforts your group can do during meetings to prepare for or support those initiatives.

# 1

### CREATE A SCHOOL SAFETY PSA

Students write, film, and edit short videos to **promote safety tips and raise awareness** among their peers.

# 5

### SCHOOL SAFETY POSTER CONTEST

Students team up to design creative posters promoting **kindness, safety, and inclusion**. Then, hang them up around school.

# 2

### DIGITAL CITIZENSHIP CHALLENGE

Interactive lessons and games about **cyber safety**, social media use, and preventing online bullying.

# 6

### MOSS CLUB SAFETY PROJECT

Lead a student-driven **safety improvement initiative** (ex. better signage, bathroom safety alerts, or buddy systems).

# 3

### EMERGENCY KIT BUILDING

Assemble **classroom safety kits** (like first aid or Stop the Bleed) while learning the importance of emergency preparedness.

# 7

### PEER CONFLICT RESOLUTION CIRCLES

Students practice how to **mediate conflicts** and build a more inclusive, respectful school environment.

# 4

### MENTAL HEALTH COPING TOOLBOX

Create a personal toolkit filled with calming tools, positive affirmations, and stress-relief items to **support emotional wellness**.

# 8

### UPSTANDER TRAINING WORKSHOP

Engage in role-playing to learn how to stand up to bullying and **support peers in need** safely.

# SCHOOL-WIDE INITIATIVES



Mini MOSS Clubs must complete five school-wide safety initiatives each year. These projects should promote safety, kindness, and student voice—choose from the ideas below or get advisor approval to create your own.

## **INCLUSIVE SAFETY PLANNING**

Create or review school safety plans to ensure they include students with developmental differences or learning disabilities. These students may need extra support in emergencies, and it's essential to prepare ahead of time.

## **MEMORIAL GARDEN**

Plant a peaceful memorial garden on campus to honor the lives lost at Marjory Stoneman Douglas High School on February 14, 2018. Include flowers, signage, or a plaque to serve as a reminder of the importance of school safety.

## **KINDNESS ROCK GARDEN**

Decorate and display painted rocks with uplifting words or positive affirmations. Place them in a visible area to promote encouragement, unity, and emotional wellness across the school community.

## **DIGITAL CITIZENSHIP CAMPAIGN**

Educate peers through videos, morning announcements, and posters on cyberbullying prevention, screen time balance, and digital kindness.

## **WELLNESS WEEK CAMPAIGN**

Host a week-long event with themed days focused on mental health, kindness, inclusion, and safety—featuring morning announcements, activities, and lunch table stations.

## **EMERGENCY PROCEDURES POSTER CAMPAIGN**

Design student-friendly visuals explaining safety drills, then post them in classrooms to reinforce awareness.

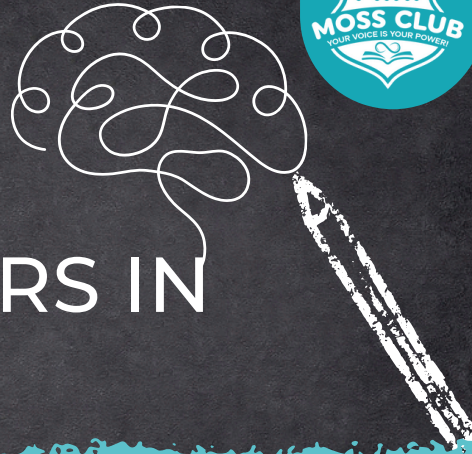
## **PEN PALS FOR POSITIVITY**

Start a “Positivity Pen Pal” program with elementary or high school students, where club members exchange encouraging notes or themed safety messages. Around key awareness days—such as Mental Health Awareness Month or Live for Alyssa Day—students can write uplifting letters or share mini safety tips.



# MENTAL HEALTH

## WHY IT MATTERS IN MOSS CLUBS:



Mental health is an important part of who we are. In the MOSS Club, we help each other learn how to:

- Understand and manage our feelings
- Set goals and work hard to reach them
- Show kindness and respect for others
- Build and keep positive friendships

We believe that including everyone and supporting our friends makes our club stronger.

**WHEN WE LIFT EACH  
OTHER UP, WE ALL GROW  
TOGETHER!**



Regulate  
of your  
physical  
health



Relax with  
breathing  
exercises



Regulate  
your  
sleep



Share with  
those  
you trust



Practice  
positive  
self-talk



Set  
Goals



**For you:**

# Mental Fitness Activities

**For the club:**



Do a  
screen-  
free  
challenge

Make  
DIY  
stress balls



Institute  
buddy  
checks



Create an  
anonymous  
gratitude  
jar





# MINI MOSS PLEDGE



*As a student who cares about a safe and secure learning environment, I **pledge to:***

## **1. Be Aware**

I will pay attention to what's happening around me and tell a trusted adult if I see something unsafe.

## **2. Think Safety First**

I know that keeping our school safe is everyone's job, including mine!

## **3. Take Action**

I will take safety drills seriously and follow school rules to help keep everyone safe.

## **4. Be a Role Model**

I will follow safety rules and encourage my friends to do the same.

## **5. Work as a Team**

I will help others and understand that we're stronger when we work together.

## **6. Communicate with Respect**

I will speak and listen in a way that shows kindness, understanding, and respect for peers, teachers and staff.

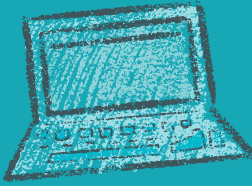
**Together, we will Make Our Schools Safe.**

MINI MOSS Club Name: \_\_\_\_\_

Student Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*To Submit: Scan this page & send to [allison@makeourschoolssafe.org](mailto:allison@makeourschoolssafe.org)*



# SOCIAL MEDIA DO'S & DON'T'S

STAY SMART. STAY SAFE. STAY KIND.

## Do's

- ✓ **Keep your account private**  
Only let people you know follow you
- ✓ **Follow accounts that uplift you**  
Choose pages that make you feel good, inspired, or informed
- ✓ **Report harmful or suspicious content**  
Tell a trusted adult and report anything that feels unsafe, unkind, or threatening.
- ✓ **Think before you post**  
Ask yourself: Is it kind? Is it true? Is it necessary?
- ✓ **Keep your account private**  
Balance online time with real-life activities, rest, and hobbies.

## Dont's

- ✗ **Don't engage with strangers**  
If you don't know someone in real life, avoid messaging or following them.
- ✗ **Don't overshare personal details**  
Never post information like your school, address, or exact location.
- ✗ **Don't post or forward hurtful content**  
If it could harm someone, don't share it—ever.
- ✗ **Don't join unsafe or risky trends**  
If something feels wrong or dangerous, skip it. Your value isn't measured by numbers on a screen.

[illegible]



# MINI MOSS LOGOS



MAKE **OUR** SCHOOLS  
SAFE **.ORG**



**TOGETHER WE WILL  
MAKE OUR SCHOOLS SAFE**



**IN HONOR OF**  
**Alyssa Alhadeff**  
**2003-2018**