

ALATEEN: HOW to ATTRACT not PROMOTE

FOOD! Have some snacks. Make sure there are allergy free (peanut and gluten free) options.

SERVICE OPPORTUNITIES: This is *their* meeting. Help them get involved in service and become part of the group.

TWELVE STEPS: Have a regularly scheduled “Step of the Month” meeting each month. Use CAL and change the format each month to keep it interesting.

CONFERENCES: Attending Alateen conferences makes a huge difference! It helps them grow in their program and bond with other Alateens. Encourage all Alateens to attend if possible and help them with their paperwork if needed.

MEAC: The Mid-Eastern Alateen Conference is July 25-27, 2025.

Alateens from all over Virginia and North Carolina come together to share recovery at a youth camp outside of Roanoke, VA. **REGISTRATION ENDS MAY 23!!!**

Registration fee: \$35.00. Love Scholarship funds are available.

For more info: Shannon Wyrick, MEAC Board Chair shannonwyrick00@gmail.com

COMMUNICATION: If one of the teens is willing (their GR or Group Secretary?), they can start a group text or GroupMe to send announcements and reminders to all attendees – AMIAS included.

HAPPIES and CRAPPIES: Kids love this. Let them speak freely. If they don't, then YOU share a happy and crappy.

GAMES: *HAVE FUN! Play the games with them and let your inner child out.*

- Spaceman: Like the old hangman, but more friendly. LOL
- Jenga: Big blocks with Slogans (or words from the index of their readers) written on them. Each time someone pulls a block they must share about what is written on the block.
- Twister: Whoever falls first must read a page and share.
- Secret: Must share a secret (a talent, webbed feet, favorite pastime) no one would guess and put it on a piece of paper and then each teen pulls one and they guess who it is.
- Monopoly: Add a pair of dice and colored game pieces (one for each player) and use the board game attached below.
- Bingo: Cut out and glue slogans to plastic pieces (we used plastic gold coins) and put them in a bag (to draw them out of). Have plenty of bingo chips on hand. (Bingo cards are below.)
- Charades: Acting out slogans.

OTHER IDEAS:

- Grab a daily reader – Read your birthday or open anywhere then discuss.
- Beach ball – Cover each section with a question (favorite step, slogan, movie, food, etc.) then toss around. The one who catches it answers the question facing them.
- Just for today – How do you feel? / How about Just for tomorrow?
- Craft popsicle sticks – Put discussion questions on / Alateens pull one out, read, discuss.
- Detachment A, B, Cs (dethatching with or detaching from). Players can use the index from CAL or “phone a friend” (ask someone in the room for help).
- Gratitude A, B, Cs – Same as above.
- Make a “God Box” or “God Jar” – Teens put in notes about what’s bothering them, then “Let Go and Let God.” After 2 weeks – Is it still bothering me? / If not – take it out of your box.
- When answering questions – Race up to the whiteboard to write your answer then race back.
- Write things that are bothering you on a sheet of paper – Make paper airplanes and throw them at the trash can / Get points for going in, closest, etc.
- Forum copies – Alateen word search / Use timer – 1 min.

SOCIAL TIME:

- Have 15 minutes of social time at the end of the meeting once a month.
- Have a party – End of school / during the holidays / other?
Alateens plan their food and games, set a date during an upcoming meeting time, then *just have fun!* Purely social, no “program” required.
Encourage them to invite their friends whose lives are affected by someone else’s drinking and could be in Alateen.
Let the Al-Anon and AA groups know you’re having a party, and their teens are invited!