

## Think HIPP!

1. Find something you have in common.
2. Reach for the good in others.
3. Listen before making judgments.
4. Base your positions on truth.
5. Be ready to change your position if it is wrong.
6. A position based on truth will give you the courage to act.
7. If you can't avoid danger, face it creatively rather than violently.
8. Use surprise and humor.
9. Learn to trust your inner sense of when to act and when to withdraw.
10. Be willing to experience discomfort for standing up for what is important.
11. Be patient and persistent.
12. Help build community, based on honesty, respect, and caring.

VolunteerLEON and the Palmer  
Munroe Teen Center Present:

# Camp Activate!

**Activate Yourself  
this Summer!**

**Get Ready for the New  
Incarnation of Camp  
Activate. Coming Soon  
to the Palmer Munroe**

For the past three summers high school students have been coming to our camp and having a blast while we've attempted to equip them with conflict resolution, communication and team building skills. Last summer students who came to our camp received Basic HIPP (Help Increase the Peace Program) training and did a service project helping maintain the grounds of Lichgate Park. This year 20 more high school students will have the opportunity to engage in the Camp Activate experience! This 2 week program will be held in the Palmer Munroe Teen Center and will include more fun activities, guest speakers and new additions like movie days. Volunteer projects will still be a big part of it so everyone can get involved! Only 20 spots will be available to current and rising high school students.



Explore conflict and conflict resolution with your peers.



Get involved with the community!



Make awesome new friends!

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Leon County Volunteer Center

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PALMER MUNROE TEEN CENTER

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For questions about Camp Activate or HIPP based youth programs email Patrice Lyons at [HIPPinleoncounty@gmail.com](mailto:HIPPinleoncounty@gmail.com)

# Lectures are so last century

The Help Increase the Peace program or HIPP is the basis Camp Activate. HIPP focuses on communication, conflict resolution, self-esteem, diversity, and gender issues. What Camp Activate adds to the basic HIPP concepts is community involvement and a safe forum for participants to talk about issues or concerns that matter to them. Things to expect to see in the camp:

- Games
- Role playing
- Guest Speakers
- Debates/ Forums
- Volunteer projects
- Movies
- ... and more



**HIPP activities typically involve an element of fun as well as learning**

**Games/ Role playing** Why are lectures so last century? Well HIPP focuses on experiential learning, put simply we believe in learning by doing! Sure we stop and talk about concepts and what we're supposed to learn from them, but even then it's a discussion not a lecture so you're allowed to give your input as long as you respect the input of others.



**Role playing provides a good way to look at behavior objectively**

Lectures have their place but we prefer to leave them behind at school.

### Guest Speakers

Your HIPP facilitators aren't experts on everything, so occasionally we prefer to bring in professionals to deal with the issues you care about. If a speaker comes in to talk about a sensitive topic we'll give you or your parents a chance to say you'll opt out of that particular talk before it happens.

**Volunteer Projects** With this year's Camp Activate you'll get to weigh in on at least one of the volunteer projects we set up. This is a great way to get volunteer hours for Bright Futures or other scholarships. Not to mention just being in



**It's important to volunteer for things you care about.**

Camp Activate itself earns you 12 hours of community service for receiving the Basic Help Increase the Peace Program

training, so every volunteer project only adds to those hours!.

**Movies** Some movies tie in extremely well with our themes and we'd like to have at least two movie showings. We'll bring in popcorn and drinks on those days and if a particular movie is rated R we'll hand out permission forms ahead of time.

**Forums/ Debates** From silly to serious topics you'll get to be the panel, host, and audience, I'll be the moderator.



# Camp Activate Breakdown

**May 20-** Camp registration Opens. Forms will be available on the VolunteerLEON Website ([www.VolunteerLEON.org](http://www.VolunteerLEON.org)) and at the offices of both VolunteerLEON and the Palmer Munroe Teen Center.

**July 8th-** Camp registration closes.

**July 22nd-** Camp Itinerary will be available online and in the VolunteerLEON Offices.

**August 1st-5th and August 8th-13th from 9am to 4pm Camp Activate will be held.**

This year's location is the Palmer Munroe Teen Center, so if you are unable to pick up your camper by 4pm, they can enjoy the Teen Center until it closes at 8pm.

**New Location, Same Great Camp!**