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During these uncertain and stressful times, we want to focus on the mental well-being of our members, advisors, and others within our communities. We are calling this initiative “Virginia DECA Cares.” We plan to focus our efforts on 3 primary areas: Kindness, Mental Health, and Anti-Bullying. We will host challenges, utilize social media, and organize activities to guide participation. We understand that every school, county, and region will be facing different circumstances, and so we hope that each chapter will do whatever they can to support our goal.

This guide includes information about the activities that Virginia DECA will be promoting, as well as suggestions for other potential activities and promotional materials. Chapters will have the opportunity to earn SLC recognition for their efforts. We are hopeful that you will fully embrace our community service goal and we look forward to seeing your participation!

-State Action Team 76
CALENDAR

September
- Begin Motivation Mondays
- Begin "How Were YOU Kind Last Month" Prompts

October
- National Bullying Prevention Month Activities
- **October 24th-25th:** Kilometers for Kindness Virtual 5K

November – December
- Holiday letter-writing campaigns

January
- Virginia DECA Mental Health Month Challenges
- **January 31st:** Community Service WuFoo Form Due!

February
- **February 17th:** National Acts of Kindness Day
**PLANNED ACTIVITIES**

- **Motivation Mondays:** Each Monday, Virginia DECA will be sharing positive or motivational quotes on our social media platforms. We encourage you to start a similar campaign with your own chapters to help spread positivity during this stressful time.

- **How Were YOU Kind Last Month Prompts:** On the 31st day of each month, we will put out a prompt asking members to tell us something kind they did during the previous month. We hope to share these submissions to show the world the kindness of Virginia DECA members.

- **National Bullying Prevention Month Activities:** October is National Bullying Prevention Month! To help celebrate and bring awareness to the cause, we will be hosting a 5K (see below) and other weekly challenges.

- **VA DECA Kilometers for Kindness Virtual 5K:** As part of our October bullying prevention activities, Virginia DECA will be hosting a virtual kindness 5K! Participants will sign up via runsignup.com and can run or walk at their leisure on October 24th or 25th. More details to come!
PLANNED ACTIVITIES

- **Holiday letter-writing campaigns:** To spread cheer during the holiday season, we will be promoting letter-writing campaigns during November and December. Chapter members can write letters to family members, friends, military soldiers, nursing homes, or anyone they choose! More details will be given later.

- **VA DECA Mental Health Month Challenges:** Similar to last year's "Start the New Year Clean" campaign, this January we will be hosting a month-long challenge to promote mental health.

- **National Acts of Kindness Day:** **February 17th** is National Acts of Kindness Day! Although Community Service WuFoo forms will have already been submitted, we hope that you will continue to spread the kindness and celebrate this holiday with us.
We designed this year's Virginia DECA Community Service Project to be extremely versatile and flexible. That being said, we encourage you to support any organization that works for your chapter, so long as you can explain how it is supporting the well-being of others. Below is a list of possible organizations for your chapter to support:

Trevor Project
NAMI
JED
STOMP Out Bullying
No Bully
Random Acts
Alzheimer's Association
Born This Way Foundation
Love for the Elderly
Bring Change to Mind (BC2M)
Choose your own!
1. Meet at least **two** of the following criteria to earn the standard community service ribbon, or **five** to earn "above and beyond" recognition!

- Have 75% of your chapter sign our October Anti-Bullying pledge
- Register 25% of your chapter for the Virginia DECA Race to Stop Bullying
- Support an organization that falls under one of our categories and tell us about your efforts
- Participate in at least 15 days of our Mental Health Month Challenge
- Organize a letter-writing campaign for your chapter and tell us about it
- Do your own "Motivational Mondays" or similar activity on your social media
- Be creative! Complete your own activity in support of our goal

2. Share photos of your activities on Instagram and Twitter with the hashtag #VADECAcares
3. Fill out the WuFoo form on vadeca.org by **January 31st** to officially submit your efforts!
4. By completing the form, you earn your chapter's members a **ribbon** on their name tags at SLC!
STATE ACTION TEAM 76 PRESENTS

VA DECA CARES

Check out our 2020-21 Community Service Guide to learn more about how you can help support the mental well-being of Virginia DECA members, advisors, and others within our communities.
State Action Team 76 presents

Virginia DECA Cares

#VADECAcares

Check out our 2020-21 community service guide to learn more about how you can help support the mental well-being of Virginia DECA members, advisors, and others within our communities.
STATE ACTION TEAM 76 PRESENTS

VA DECA CARES

SEPT
Begin social media interaction

OCT
National Bullying Prevention Month

NOV/DEC
Holiday letter-writing campaigns

JAN
VA DECA Mental Health Month

FEB
National Acts of Kindness Day
DECA INC. CHAPTER CAMPAIGN

COMMUNITY SERVICE
Conduct a community service activity from the beginning of your school year through DECA Month.

1 + 75% + 1
OR MORE COMMUNITY SERVICE ACTIVITIES
OR MORE PARTICIPATION OF YOUR DECA MEMBERS
FORM OF PUBLICITY OR PROMOTION

• Submissions due early December
• Simply plan, promote, and execute a community service activity that involves 75% of your chapter members!
• Our October anti-bullying pledge is perfect for this campaign, as we already require 75% participation to count toward VA recognition!
• Can be any community service activity; separate from Virginia DECA community service ribbon
• Super easy to combine with VA DECA community service
• Visit deca.org for more info!