

**Type of Project:**  
School Outreach

**Project Name:**  
Adopt a School

**Project Goal:**  
To inform high school students and teachers about OA

**Organizing Service Body:**  
Suffolk County Intergroup (NY)  
[www.suffolkOA.org](http://www.suffolkOA.org)

**Contact Information:**  
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**Resources Needed (budget, volunteers, materials, etc.):**  
OA volunteers to speak in health classes at local high schools. The Intergroup gets volunteers by asking OA members through flyers and phone calls. Each volunteer lets Intergroup know his/her availability and schedules are set up with the schools.

Literature is needed for distribution to the students, including meeting lists and the pamphlets "To the Teen," "To the Teen Questionnaire," "15 Questions," "OA Members Come in all Sizes," "Questions and Answers," and "Compulsive Overeating an Inside View." The Intergroup has a budget for PI literature and replenishes it when necessary. In addition to pamphlets, volunteers bring the AA Big Book and the OA 12 & 12.

**Implementation Process (including length of time for planning and implementation):**  
The program began about 3 years ago (05) when the PI Chair received a call from a local high school requesting a speaker for health classes during the "addiction" part of the curriculum. The program has grown into "Adopt A School" and currently there are 2 - 10 high schools involved, depending on which schools would like speakers that semester. In their district, health classes are one semester.

Each year, the PI Chair contacts the high schools asking if they would like speakers. If interested, two or three OA volunteers are sent to the school and cover 5 to 8 classes per day of approx 20 – 26 students per class. They have found that only one volunteer is necessary per classroom.

The volunteers talk about OA, speak briefly about themselves and distribute OA literature. Then the class is open for questions.

**Additional Comments (including things of which to be mindful):**

- (1) Before speaking, ask the teacher if he/she would like something special discussed. Intergroup has found that most of the time the teachers leave it up to the volunteers.
- (2) Be sure to leave time for questions from the students.
- (3) Do not give your phone number to students.
- (4) Speak as you would at a meeting.

**Results:**

The students are very responsive. Just like compulsive overeaters, some are quiet while others are not. It has been an incredible experience for the volunteers. A great service!

It is not clear how many students are reached per year because it depends upon the number of schools requesting speakers for each semester. From 2 – 10 high schools are reached per year.