

FOR K-12 SCHOOLS AND DISTRICTS

STUDENT LEADERSHIP AND RESILIENCE

PROGRAMMING FOR K-12

Five steps a student can run during a test, concrete enough that a teacher can cue them from the front of the room.

THE PROBLEM

Students walk into a classroom, a hallway, a lunch table, and immediately start scanning. Where do I fit. Who is judging me. Do I belong.

That scan is quiet and constant, and it costs them. It shows up as hesitation, as people-pleasing, as students who have the ability but will not raise a hand. Most of what schools offer addresses students already in crisis. Far less exists for the everyday skill of handling pressure, which is what the other ninety percent need most days of the week.



THE IT'S ME PROTOCOL

Five steps students can run in the moment.

- 1 Identify It** Name what is actually happening instead of reacting to the feeling.
- 2 Take Responsibility** Claim the part that belongs to you, without collapsing into shame.
- 3 Stop Scanning** Cut the search for approval that drives hesitation.
- 4 Make the Main Character Decision** Choose from your own standard, not the room's.
- 5 Execute** Act before the doubt reassembles.

EVERY STUDENT LEAVES WITH THE JOURNAL

THE DIRECTOR'S CUT JOURNAL

Every student and staff member receives a digital copy. Each entry opens with a story, then moves into writing prompts, a daily practice log, a gratitude scene, an IT'S ME check-in, and one action.

Most assemblies get loud and evaporate by Thursday. This gives staff a shared reference point to build on.

Run it at your pace. Entries do not have to be consecutive. Take one a week and it carries a full semester.

FORMATS

School Assembly

30 to 45 min

Grades 6 to 12, optional Q&A.

Classroom or Advisory

45 min

Smaller group, more interactive.

Student Leadership / ASB

60 to 90 min

For students already carrying influence.

Staff Professional Development

60 min

How to cue the protocol so it becomes campus language.

WHERE IT FITS

Freshman transition programming. Testing season. Grade-level interventions. Senior motivation and graduation mindset. Leadership development. Campus culture and school climate goals.

This complements existing counseling and wellness resources rather than substituting for them.

ABOUT JABARI SIMS

Self-Leadership Speaker & Mental Performance Coach, creator of the IT'S ME Protocol, and author of the upcoming memoir *Don't Roll the Credits Yet*. B.S. in Psychology. More than two decades inside schools as an educator and mentor. Supervisor of a high school after-school program. Former program director at Boys and Girls Clubs, Garden Grove, California. AYSO Regional Commissioner. Parent.

He works in schools regularly, which is why the delivery is age-appropriate without being condescending, and firm without preaching.

WHAT PEOPLE SAY

His high-energy personality makes him someone that both students and staff want to be around.

Jean Koerner, Assistant Principal, Rancho Alamitos High School

It is truly incredible what Mr. Sims managed to build in such a short period of time. There is no limit to his creativity or his passion.

Lawton Gray, Ed.D., Principal, John Muir High School

He has a unique talent for inspiring and mobilizing others to move out of their comfort zones and into active participation.

Julie Reynolds, Parent and Registrar, AYSO Region 5

LOGISTICS

Based in Southern California. No travel cost within the region.

Setup Microphone, projection if needed.

Booking Four to six weeks typical lead time.

Investment Available on request.

JABARI SIMS

Self-Leadership Speaker & Mental Performance Coach

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