



SUDC Foundation

Teen Ambassador Training

Step 1: Teen Ambassador Manual + Orientation Overview

★ What is the Ambassador Program?

The SUDC Foundation Ambassador Program is the official volunteer program of the SUDC Foundation. It was created to empower SUDC families and other members of the SUDC community to promote awareness of SUDC and support the mission of the SUDC Foundation.

The SUDC Foundation Teen Ambassador Program is a branch of the Foundation's Ambassador Program. The Teen Ambassador Program encourages young people ages (13-17years old) to participate in raising awareness and supporting the SUDC Foundation's mission.

The SUDC Foundation seeks to build a diverse and inclusive network of advocates, ensuring that the message of SUDC awareness reaches all corners of the community.

★ Who are we?

The SUDC Foundation envisions a world where no more children are lost to Sudden Unexplained Death in Childhood. The SUDC Foundation is the only organization worldwide whose purpose is to raise awareness, fund research, and serve those affected by SUDC.

★ Why do we have a Teen Ambassador Program?

- Inspire a new generation of SUDC Advocates
- Provide educational resources and opportunities for teens to get involved.
- Foster leadership skills and community engagement among young participants
- Expand the reach of SUDC awareness efforts through youth-driven initiatives

★ What are the responsibilities of a Teen Ambassador?

- Be a registered member of the SUDC Foundation.
- Understand the mission and work of the SUDC Foundation.
- Show a willingness to speak using the SUDC messaging.

- Represent the SUDC Foundation in a professional manner
- Perform at least two (2) volunteer activities a year.
- Share about SUDC on your social media networks (if applicable).
- Coordinate with the SUDC Foundation on your activities. We want to hear about all the good work you are doing, and we want to know how we can help!
- Commit at least one (1) year to being a volunteer Teen Ambassador.
- Wear a SUDC Foundation Teen Ambassador T-shirt and/or pin (provided by us).
- Track volunteer hours and other activity metrics.

★ How can you help?

There are lots of ways to be involved in the Teen Ambassador Program. Here are just some of the ways that our Teen Ambassadors can help!

- **Host an event to raise funds for the SUDC Foundation**
 These can be anything from memorial challenge runs and walks, bowling events, bake sales in honor of children lost to SUDC. Each type of event requires a different time commitment to plan. The larger the event, the more planning is needed. Our SUDC team members are available to help you brainstorm the type of event, large or small, that is right for you.
- **Host gatherings of other SUDC families that live in your area or region.**
 This is a great way for our families to connect with each other and it helps to have a leader to pull it all together! This could be anything from a simple dinner at a local restaurant, a BBQ at a local park or a group bowling outing!
- **Represent the SUDC Foundation at an event by setting up a table with information on SUDC and the SUDC Foundation**
 The SUDC Foundation may be invited to an event or you could look for opportunities in your own community! This could include community day events, health fairs, and conferences held by other nonprofit organizations.
- **Help at an event another supporter is hosting.**
 Depending on the needs of the host of the event, you may be asked to help with set-up or clean-up, and help greet guests.
- **Help the SUDC Foundation gain more traction and help raise awareness of SUDC and promote the work of the Foundation using social media (if applicable).**
 Share your activities with family and friends on your own social media pages, share SUDC Foundation posts from Facebook, Instagram, Twitter. Stay up to date with happenings at the foundation and help us spread the word about new family support programs or research initiatives.

- **Provide a school presentations on SUDC in your community on the Foundation.**

A school presentation is a great way to raise SUDC awareness.

- ***And more!***

The SUDC Foundation would love to hear how you want to help spread awareness of SUDC in your community! Here are some more examples of how you can help:

- Host a random act of kindness day!
- Support SUDC Awareness Month by encouraging your school community to kick off the month by participate in wearing blue and yellow, the official colors of the SUDC Foundation.
- Host a walk/run event
- Advertise the SUDC Foundation on public transportation bus stops and buses.
- Host a book drive to give as gifts to siblings of children lost to SUDC.
- Participate in a card-writing campaign for other families.
- Post inspirational messages on your social media and tag the SUDC Foundation

Please help us brainstorm new and creative ways to utilize your talents and support the cause of SUDC! Our staff is here to help you every step of the way!

What are the next steps?

Please continue to the next section of your Teen Ambassador Program Orientation, where you will learn about the SUDC Foundation's history, mission, and messaging.

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