

Suggested Alateen Speaker Guidelines

For District 3

- What were you like before you started attending Alateen meetings?
(up to 5 minutes)
- How have you changed since you have attended Alateen meetings?
(up to 5 minutes)
- What part of the Alateen program has helped you the most? (examples-
group meetings, 12 steps, slogans, etc)
(up to 5 minutes)

Suggestions to the Sponsors:

When you ask an Alateen to speak, the time limit is up to 15 minutes. Meet with the Alateen before the speaking date to offer guidance.

On the day of the event: Signal the Alateen speaker when there are about 2 minutes left. At the end of 15 minutes, if the Alateen speaker is not finished, signal again that time is up.

(If there are 2 Alateens speaking, they would split the 15-minute allotted time.)