

“ IF NOT ME, THEN WHO ... ”



TRAVIS MANION
FOUNDATION

YOUTH CLUB HANDBOOK





TRAVIS MANION FOUNDATION: WHO WE ARE

OUR INSPIRATION

The inspiration for our Foundation comes from its namesake, 1stLt Travis Manion, USMC, who made the ultimate sacrifice for the safety of his patrol in Iraq in 2007. TMF carries on the legacy of selfless service and leadership embodied by Travis and all those who have served, or continue to serve, our nation.

Before his final deployment to Iraq, Travis left us with a simple but powerful ethos - **“If Not Me, Then Who...”** Those five words describe the sense of duty felt by service members and their families. They are also a constant reminder for all of us to live with character and put the interests of others before our own.

WHAT WE BELIEVE: OUR MISSION AND VISION

TMF empowers veterans and families of fallen heroes to develop character in future generations.

Our Vision is to create a nation of purpose-driven individuals and thriving communities built on character.

OUR VALUES

Build, Measure, Learn, Repeat: We start from a place of “yes.” We embrace an entrepreneurial spirit. When we see an opportunity, we run with it. There is no prescribed formula for achieving our bold mission, so we act with confidence, courage, creativity, flexibility, and independence in pursuit of our goals.

Be Accountable: We take responsibility for our actions. We seek to do what is right at all times. We believe that if we’re big in the little things, we will be big in the big things. We deliver on our commitments to our community, country, and one another. We ensure our external actions match our internal values. When difficult work needs to get done, we roll up our sleeves and help out—no matter our position.

Purpose Begins with Passion: Our commitment to TMF and our mission is a calling, not an obligation. We enjoy building relationships with one another and take pride in having an impact on our communities.

Out of Many, One: We treat everyone with respect. At TMF, our team comes from all walks of life. We have a wealth of experiences, beliefs, and backgrounds. We believe that our differences make us a stronger and a more unified community. We may not always see eye-to-eye, but we work shoulder-to-shoulder to accomplish the mission.

We Are Fueled by Gratitude: We understand that anything of great value requires great sacrifice to achieve. We are deeply grateful for the sacrifices of our families of the fallen, veterans, and fallen heroes. This generous spirit fuels our mission and fortifies our commitment. We sacrifice to achieve our goals, we celebrate our victories, and we acknowledge those who get us there.

Failure is a Bruise, Not a Tattoo: With a mission as bold as ours come occasional setbacks. We take ownership and bounce back quickly by seeking solutions. We accept each other’s well-meant shortcomings and we strive together to improve. We are resilient. We are hopeful. We stay in the fight.

Learn more about TMF and how our mission is fueled by character by [watching this video](#).



WHAT IS A TMF YOUTH CLUB?

TMF Youth Clubs are student-led clubs dedicated to the mission of TMF. They provide high school-aged youth with opportunities to lead with service and strengthen their own character as well as the character of those around them by living out the **“If Not Me, Then Who...”** ethos. Clubs are positive and inspire others to be purpose-driven individuals who thrive by using their strengths and applying their passion to serve. Together, we can empower more students and school communities across the country to lead with character.

WHAT DO TMF YOUTH CLUBS DO?

Students who are actively involved in a TMF Youth Club work together with one another and their schools/communities as they **live out character in action**. Living out character in action can look different from club to club as each is based on the needs of individual students, schools and communities. In every case, however, TMF Youth Clubs will be connected with a trained and vetted TMF Character Does Matter Mentor who will visit students, give a presentation about character, and offer support throughout the school year.



When posting on social channels, tag @travismanionfoundation and use the #IfNotMeThenWho hashtag.



YOUR TMF YOUTH CLUB YEAR AT-A-GLANCE

There are many ways to get involved with TMF throughout the school year. Use the guide below as inspiration for the year ahead.

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| AUGUST: | Get ready for 9/11 Heroes Run season! Sign up to volunteer, run or host your own 5k. |
| SEPTEMBER: | Participate in a 9/11 Heroes Run . This is a great way to show up as a club and honor the fallen in your community. |
| OCTOBER: | Start thinking about Veterans Day and how your club can honor our veterans through service. |
| NOVEMBER: | Veterans Day is November 11. Lead a project honoring veterans like sending cards to a veterans home or visiting a local veterans residential facility to listen to their stories or play games. |
| DECEMBER: | Start planning a Service Project for Martin Luther King, Jr. (MLK) Day of Service in January. |
| JANUARY: | Lead a service project for MLK Day of Service or sign up for an Operation Legacy Service Project on the TMF website. |
| FEBRUARY: | Veterans homes and other assisted living homes love homemade Valentine's Day cards! Create cards and find a home in your community where you can deliver them. |
| MARCH: | Manion WOD (Workout of the Day) takes place on or around April 29 every year in honor of the anniversary of 1stLt Travis Manion's ultimate sacrifice. Challenge yourselves to complete the workout! Sign up with TMF or host your own WOD at your school. |
| APRIL: | Complete the Manion WOD with TMF! |
| MAY: | The Honor Project [#THP] offers a way to honor the fallen on Memorial Day weekend by volunteering to place commemorative tokens at the resting places of fallen heroes. Find a participating cemetery on the TMF website or visit a cemetery in your own community to honor the service and sacrifice of fallen heroes. |
| JUNE-JULY: | Touch base with your TMF point of contact before the last day of classes to wrap up and share your plan for the next school year. Make sure to include the names of who will serve as your club leaders and whether the School Faculty Liaison will remain the same. |



TMF YOUTH CLUB GUIDELINES

- Identify a School Faculty Liaison (teacher or school administrator) who can support the club, communicate with TMF staff and TMF Mentors, and be present at all in-school meetings.
- Attend virtual onboarding with TMF Staff to ask questions and learn more about TMF Youth Clubs. TMF staff will help find a time that works for you.
- Host a Character Does Matter presentation led by a TMF Mentor for your club.
 - Work with your school faculty and TMF staff to determine a mutually agreeable date and time for a trained and vetted TMF Mentor to visit your school and give a presentation. Most presentations are 45-60 minutes.
- Have all club members create an [InnerView account](#) to accumulate and track service hours and capture club member engagement. Find more about InnerView [here](#).
 - [Register](#) the school and TMF Youth Club on InnerView.
- Plan and execute one (1) Operation Legacy Service Project each academic year.
 - [Explore ways you can fill a pressing need at your school or in your community by exploring the TMF Operation Legacy Service Projects Ideas one-pager.](#)
- Keep TMF staff informed of all club activities and progress throughout the year.

MEETING GUIDELINES

- Club meetings can be held at any time. TMF asks that you commit at least 30 minutes per month for meetings.
- Below are some suggestions for how you can spend your time during meetings:
 - Host a TMF mentor to give a presentation, discuss character and leadership, or help with your TMF Operation Legacy Service Project(s).
 - Work as a club on any service projects you are leading. What Operation Legacy Service Project ideas do you have that will benefit the community? Learn more about Operation Legacy Service Projects [here](#).
 - Help teachers, students or other faculty with projects they may have in school.



4 STEPS TO TAKE AFTER LAUNCHING A NEW TMF YOUTH CLUB

After a new TMF Youth Club is launched, students work to complete the following steps to understand and effectively communicate TMF's mission and opportunities.

1. Hold the first meeting.

- Introduce yourself, share your “why” with members, and what you hope to accomplish throughout the school year.
- Share what you believe members will do and any potential ideas you have for future meetings and service events.

2. Complete the Values in Action (VIA) Character Strengths Survey.

- Encourage all members to complete the survey linked above in order to understand their individual character strengths and how they can contribute to the club's service to the school and community.

3. Schedule and plan for a Character Does Matter presentation at your school.

- Work with the School Faculty Liaison and TMF staff to determine a mutually agreeable date and time for a trained and vetted TMF Mentor to visit your school and give a presentation. Most presentations are 45-60 minutes.

4. Determine the club's meeting cadence, projects and potential service opportunities.

- Connect with TMF staff for more information on available projects and service opportunities for clubs to participate in and support.

TMF YOUTH CLUB RESOURCES

Here are a few TMF Youth Club resources you can access—some of which are linked within this handbook. If you have any additional questions, please reach out to TMF staff.

[Travis Manion Foundation Website](#)

[Travis Manion Foundation Youth Resources](#)

[VIA Character Strengths Survey](#)

[InnerView TMF Student Account](#)

[InnerView Main Website](#)

[TMF Circle Badge Logo](#)

Video: [“If Not Me, Then Who...” Origin](#)

Video: [Putting “If Not Me, Then Who...” Into Action](#)

Video: [What is Character?](#)