Student Body’s goals are to:

➔ Help you make responsible decisions about health

➔ Provide opportunities to teach others about healthy lifestyles, and communication & leadership skills

My goals for your chapter are:

★ Make a difference in your school/community

★ Have fun!! This isn't super complicated and I want you to enjoy it & learn along the way!
The 4 components of Student Body:

➔ The Healthy You - Empowering teens to make wise food and lifestyle choices
➔ The Fit You - Empowering teens to take charge of their health and their level of fitness
➔ The Real You - Empowering teens to maintain positive mental health
➔ The Resilient You - Empowering teens to live in ways that build emotional health

Expectations for your chapter:

1. Focus on at least one of the following:
   ➔ Promoting kindness in your school
   ➔ Spreading awareness for mental health
   ➔ Suicide prevention

2. Incorporate two or more of the 4 components of student body

3. Strive to make a difference and a lasting impact in your school/community
Examples:

➢ Bring a motivational speaker into your school
➢ Put on a school-wide week of kindness
➢ Hold a school assembly talking about the importance of mental health
➢ Host a fun night at your school where students get to know each other better
➢ Hold a suicide prevention training open to the public - have a quiz at the end and offer a prize
➢ Start a workout group/competition for your school
➢ Start a club in your school with goals to make a more positive atmosphere

Lastly - how to apply!

Fill out the google form titled “Student Body” and be sure to submit your projects before March 1, 2020

When your chapter completes a Student Body project, you also are eligible to apply for national recognition and awards. You could win up to $1000 for your chapter! Check out https://bit.ly/1TuxzEA or email me!

Email me your questions, or for more ideas! faith.wy1@gmail.com