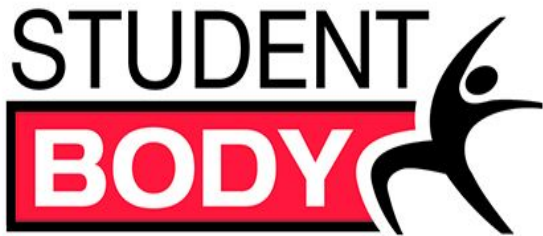


Student Body

FAITH HONEY
ANDERSON



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

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

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

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](https://bit.ly/1TuxzEA) OR EMAIL ME!