

STUDENTS TAKING CHARGE

Across the country, middle and high school students are putting their passion for **eating right, being active** and **living healthy** into making their schools healthier places to learn and achieve.

Students Taking Charge, a program from Action for Healthy Kids, gives students the tools to get started – and resources for their advisors.

HOW IS STUDENTS TAKING CHARGE DIFFERENT FROM OTHER STUDENT LEADERSHIP PROGRAMS?

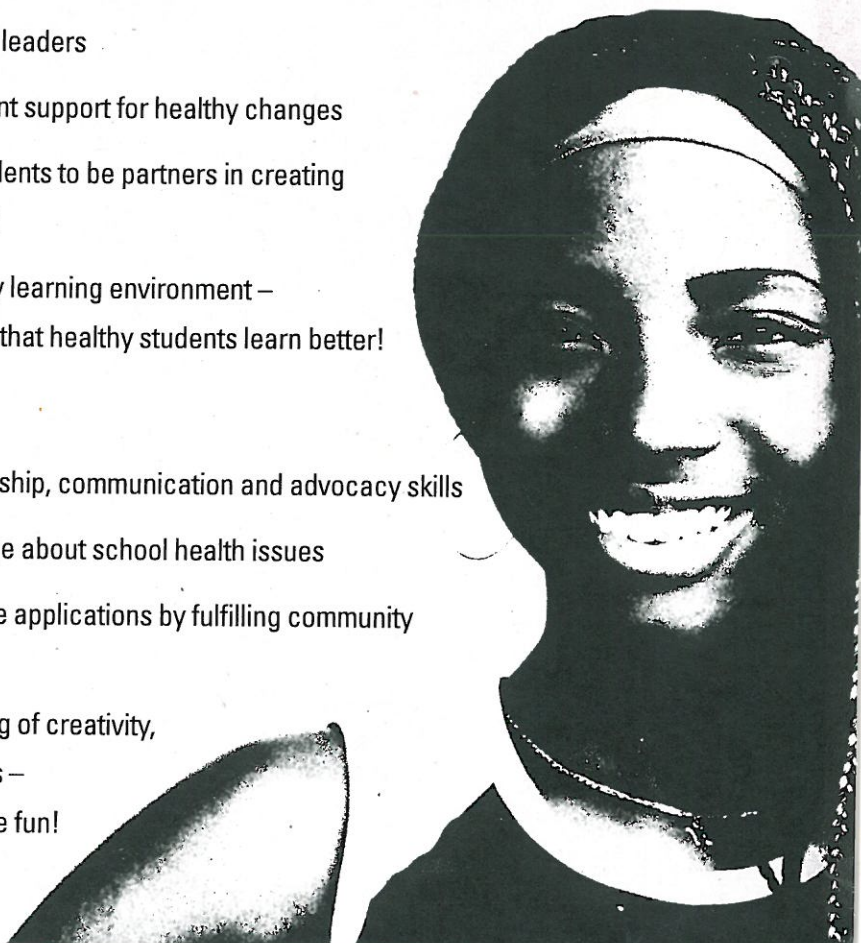
- Students Taking Charge is cost-effective. It creates lasting changes in schools versus intensive one-time programs.
- Youth helped create Students Taking Charge – we know the program reflects their interests and ideas.
- Action for Healthy Kids has seen five years of success with Students Taking Charge projects in hundreds of schools in 15 states from Massachusetts to Texas. And the numbers keep growing!

HOW DOES STUDENTS TAKING CHARGE BENEFIT SCHOOLS?

- Develops young leaders
- Increases student support for healthy changes
- Encourages students to be partners in creating a healthy school
- Fosters a healthy learning environment – research shows that healthy students learn better!

HOW DOES STUDENTS TAKING CHARGE BENEFIT STUDENTS?

- Develops leadership, communication and advocacy skills
- Builds knowledge about school health issues
- Improves college applications by fulfilling community service hours
- Promotes sharing of creativity, ideas and talents – and ways to have fun!



**CHILDHOOD
OBESITY AFFECTS
ONE IN THREE
CHILDREN UNDER
THE AGE OF 18.**

Schools can be part of the solution – make sure students have access to healthy food and ways to be active during the school day. Involving students in the process is key to creating a healthy school.

HOW DO I BRING STUDENTS TAKING CHARGE TO MY SCHOOL?

Visit www.StudentsTakingCharge.org for everything you need to bring this innovative program to your school including:

- An online Facilitator's Guide with step-by-step instructions to engage students.
- Ways to connect with Action for Healthy Kids for funding opportunities, youth convenings and other resources.



HOW CAN STUDENTS HELP CREATE A HEALTHY SCHOOL?

(A FEW IDEAS FROM STUDENTS TAKING CHARGE)

Start a spin-a-thon as a school fundraiser

Work with the cafeteria to provide a vegetarian option or prepared salad every day

Launch a walk or bike to school program

Add healthier, profitable options to school concession stands and vending machines for evening events

Create an after-school cooking club for seniors

Staff an activity zone so students and teachers can use lunch, study halls, and break time to be active

Work with the PE teacher to increase elective classes — think yoga, volleyball, and more!