

Students Taking Charge

Empowering Youth to Make Physical
Activity, Nutritional and TOBACCO
Environmental and Policy Changes
in their Schools

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What is Students Taking Charge (STC)?

- *Students Taking Charge* (STC) is a national program for high school students to learn, join and take action to make their schools healthier places and to help themselves and their peers learn to eat right and be active every day.

STUDENTS TAKING CHARGE

Students Taking Charge Website

The screenshot shows the homepage of the Students Taking Charge website. At the top, there is a navigation bar with four main sections: 'INVESTIGATE' (Is your school healthy?), 'LEARN' (Get the facts), 'ACT' (Find a project), and 'CONNECT' (See who's doing what, where). A 'GROUP LEADER CENTER' link with 'Resources & Info' is also present. The main header features the title 'STUDENTS TAKING CHARGE' in large, bold, green letters. Below the title is a search bar with the text 'Search the site' and a 'GO' button. A small logo for 'Action for Healthy Kids' is visible. The central image shows a young woman with long brown hair, wearing a grey t-shirt with 'STUDENTS TAKING CHARGE' and a blue lanyard, holding a skewer with various fruits. Below the image is the text 'Your STC Events'. To the right of the image, there is a text block: 'Students across the country are putting their passion for eating right, being active and living healthy into making their schools healthier places. JOIN THEM. Use this site to get ideas, plan a project and share your success!' Below this is a green button that says 'JOIN THE EFFORT.' and a blue button that says 'LAUNCH YOUR OWN STC PROJECT >'. Further down, there is a 'STAY UPDATED' section with an email input field and a 'GO' button. Below that are social media icons for Facebook, YouTube, and Twitter. The bottom section is titled 'STEAL THESE IDEAS:' and features a sub-section 'Brainstorming as a school' with a paragraph of text and a 'KEEP READING >' link. On the left side of the bottom section, there is a map of the United States with the text 'STC EFFORTS NATIONWIDE' and a 'GET LISTED >' link.

INVESTIGATE
Is your school healthy?

LEARN
Get the facts

ACT
Find a project

CONNECT
See who's doing what, where

GROUP LEADER CENTER
Resources & Info

STUDENTS TAKING CHARGE

Powered by Action for Healthy Kids

Search the site **GO**

Your **STC** Events

Students across the country are putting their passion for eating right, being active and living healthy into making their schools healthier places. **JOIN THEM.** Use this site to get ideas, plan a project and share your success!

JOIN THE EFFORT.

LAUNCH YOUR OWN STC PROJECT >

STAY UPDATED

Get STC email updates **GO**

STC ON:

STEAL THESE IDEAS:

Brainstorming as a school

Sometimes a group of 5 or 8 students can have hard time deciding how to make their school a healthier place. While surveys, interviews, and focus groups can all help, one school in Kansas decided to bring their whole student body together for two Student Taking Charge forums.

KEEP READING >

STC EFFORTS NATIONWIDE
GET LISTED >

<http://www.studentstakingcharge.org/>

How did Students Taking Charge Begin & Keys to Success?

- Action for Healthy Kids

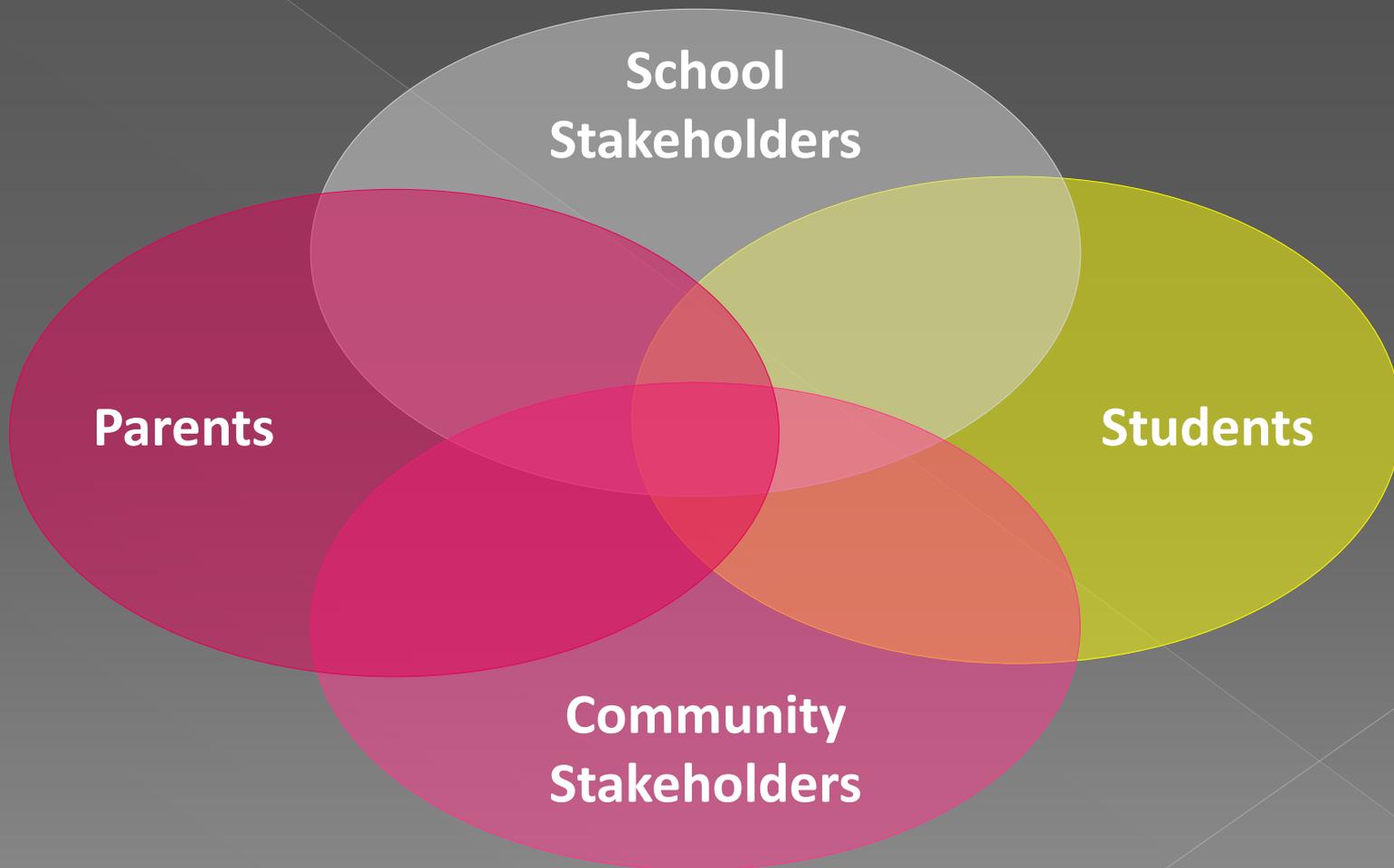
<http://www.actionforhealthykids.org/>

- Focus on environmental change
 - Improve children's eating habits
 - Increase children's physical activity
 - Educate the public about the connection between health and achievement

How did Students Taking Charge Begin & Keys to Success?

- › Over five years of program success
- › Youth involvement in program development from the beginning
- › Real high schools and real student success stories

Family-School-Community Partnerships



Who is the audience for Students Taking Charge?

- HIGH SCHOOL STUDENTS
 - > Student leaders, for example in:
 - HOSA
 - FBLA
 - SADD
 - FCCLA
 - UNITE
 - Beta Club
 - Student Government Association
 - And.....

What are the benefits to schools?

- Develops young leaders
 - › Youth development skills
 - › Community service hours
 - › Increases student support for healthy changes
- Increases student support for healthy changes
- Encourages students to be partners in creating a healthy school
- Healthy students learn better!

Students Taking Charge in Kentucky

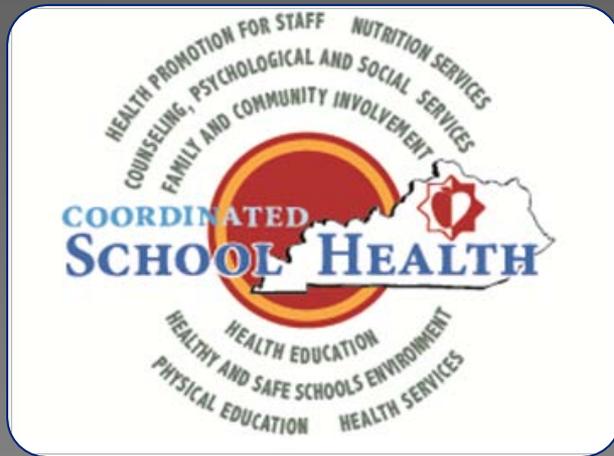


Mercer Co HS
Photo in the local newspaper

Harrodsburg Area Technology Center
Students working with tomatoes
grown for the high school

Students Taking Charge in Kentucky

Partnership between Coordinated School
Health & Kentucky Action for Healthy Kids
AND now Tobacco Prevention & Cessation
Program





Students Taking Charge in Kentucky

- ◉ 2009 & 2010 Mini-grant Opportunities
- ◉ Cost Center 857 Physical Activity added STC as a drop-down menu choice
- ◉ Successes at local, state and national levels

Addition of Tobacco in 2011!

- ◉ Partnerships – national, state and local
- ◉ Kentucky a Demonstration Site
- ◉ Replaces Youth Tobacco Prevention Conferences through State Level
- ◉ Mini grants will be available during the 2011-2012 school year



Facilitator's Guide

Four Modules

- ◉ Find Your Voice
- ◉ Investigate Your School
- ◉ Plan for Improvement
- ◉ Mobilize for Change

Wayne Co ATC HOSA Club



School Investigation

- ◉ Student Survey
- ◉ Parent Survey
- ◉ Preview to the School Health Index Survey
- ◉ All are administered via common methodology from school to school across the state

Students Taking Charge in Kentucky



Mercer County HOSA

Perry Co Central HS STC PA Club

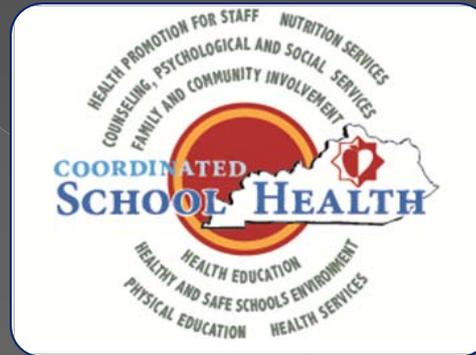


Students & their Principal worked up to & participated in a local 5K!

Wayne Co HS Cafeteria Transformed



Students Taking Charge Teen Health Summit



Students Taking Charge Teen Health Summit

WBKO, an ABC - affiliated, Bowling Green TV station covered the STC Summit

Students from around the Commonwealth gathered on Western Kentucky University's campus to learn more about health.

The program is called "Students Taking Charge."

It's designed to teach teens about drinking water instead of carbonated soft drinks, creating healthy snacks, and farm-to-school initiatives.

Two of the teens from Jackson County High School say they have something to share with their classmates.

"Different opportunities and things you can do and choices to help your school and different programs you can help make better choices for your students and teachers of your community," said Kelsey Nicholson.

"I feel like I am learning some awesome changes that I think we can implement in our school to improve our overall health," said Jordan Hays.

THANK YOU!

Questions?



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