

WANT TO MAKE THE WORLD A HEALTHIER PLACE TO LIVE? WHY NOT START WITH YOUR SCHOOL?

MAKE YOUR MARK

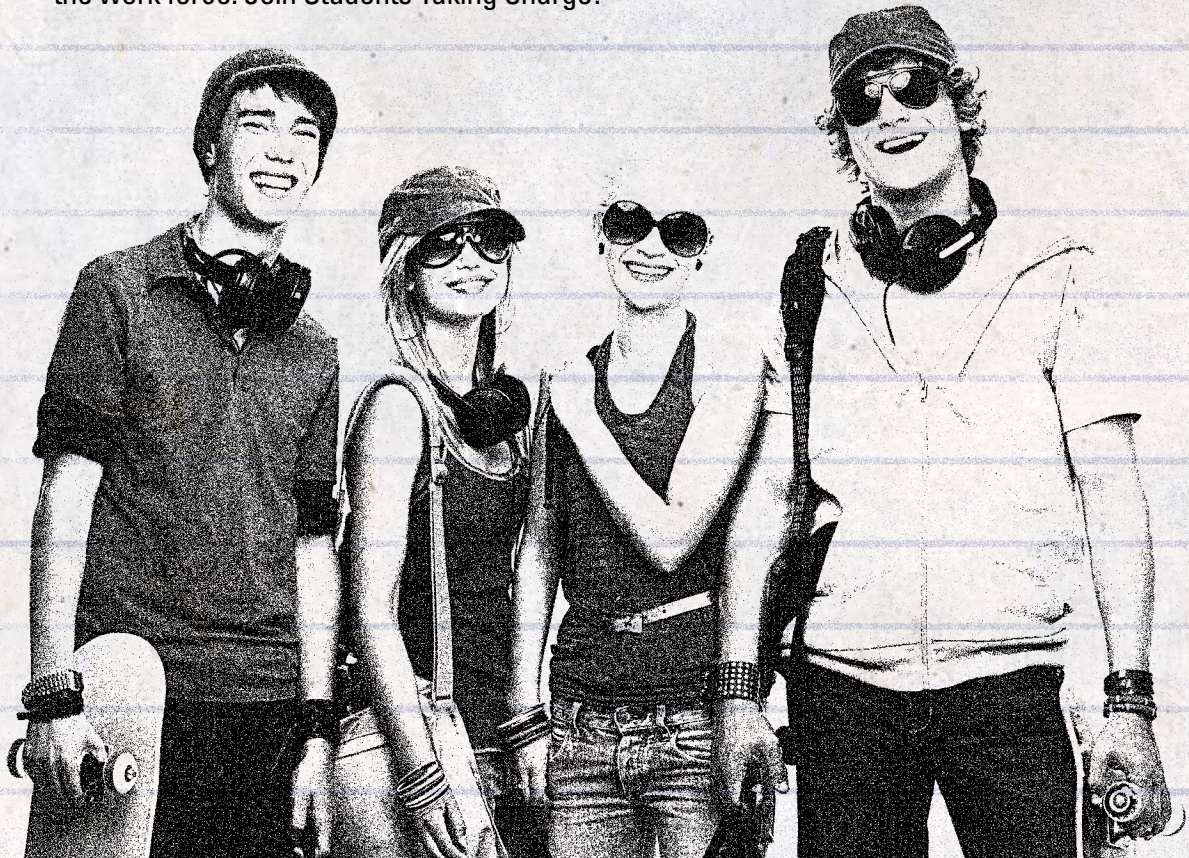
High school students across the country are smarter, more socially connected, and passionate about making change in their schools and communities than ever before. There are so many issues that impact your health! You owe it to yourself and your classmates to speak out. Find your issue, mobilize your friends, and “be the change you want to see in the world.”

THE STAKES

Because of unhealthy eating and physical inactivity, you may be the first generation to live sicker and die younger than your parents’ generation. If you don’t take action to reverse this trend, the situation will only get worse for the generations that follow.

Places that limit your choices to be active and eat health food have a negative impact on your health. You have the right to a school environment that makes healthy choices easy.

It’s time to speak up for your health. Join a national movement of youth taking action for healthier schools! Build your advocacy muscles that will help you succeed in college and the work force. Join Students Taking Charge!



WHAT'S IN IT FOR ME?

- Develop leadership and advocacy skills.
- Gain knowledge about school health issues.
- Educate school leaders, media, and the general public on issues important to you.
- Make new friends and provide peer-to-peer education.
- Share your creativity, ideas, and talents.
- Improve your college application by completing community service hours and learning advocacy and communication skills.
- Have fun!

WHERE DO I BEGIN?

Students across the country are putting their passion for eating right, being active and living healthy into making their schools healthier places. Join the Students Taking Charge movement at www.studentstakingcharge.org!

- Sign up for e-mail or text alerts from Students Taking Charge
- Steal great ideas from other schools that are making it easy to be healthy
- Access quick facts and tip sheets to mobilize your own high school
- Save time with ready-made surveys, letters, flyers, and other materials
- Update your status on our interactive map of youth projects from across the country
- Find out about grants that can support youth-led change in your school and community

