



Workshop # 2: Putting yourself in the students' shoes!

Practice our model of teaching community advocacy for teens by applying a prominent topic in your own community to our final project model.

Step 1: Community

What do you define as your community?

Step 2: Identifying a topic

Identify a public health topic that impacts that community. Why is it public health? How does it affect your community?

Step 3: Identifying barriers to improvement

What are 3 barriers to positive change within this public health issue?

Step 4: Action!

Design an intervention. Focusing on one of the barriers above, brainstorm a project that would help improve the outcomes of this public health issue



Examples:

(1) More Fresh Produce and Less Junk at My Local Market

- **Introduction:**

- o My topic is nutrition
- o This is a public health issue because nutrition can impact a lot of health outcomes including obesity, high blood pressure, and heart health. Nutrition is also determined by what foods are available to people in the community.

- **Application:**

- o My community is my local market because this is where a lot of my neighbors and many local families gather
- o I have noticed that this market has a lot of junk food available for less money than the fresh vegetables and fruit. Many families seem to be more willing to buy the junk food than fruits and vegetables because of this. Many people in my community also struggle with diabetes and obesity.

- **Barriers:**

- o Lack of education about health consequences of poor nutrition
- o Distance of the supermarket that holds fresh fruits vs. distance of local store with snacks
- o Price of fresh produce being much more expensive than junk food

- **Action:**

- o I would like to have nutrition posters at my local market to educate people on healthy food choices. Many of my neighbors and family members do not realize how important it is to look at food labels. They also don't realize the health consequences such as diabetes, high blood pressure, and heart health. I hope that the community will be more willing to buy fresh produce and make the market feel encouraged to make these products more available.

(2) Educating my Peers on Teen Pregnancy

- **Introduction:**

- o My topic is Teen Pregnancy
- o Teen Pregnancy is a public health issue because babies born to younger moms are at risk of many health issues including prematurity. Having a baby at a young age can also impact the lives of the teenage parents by preventing them from finishing high school, which can link to other health outcomes for those teenagers and their future families.

- **Application:**

- o My community is my high school, where I spend most of my time and where I have many close friends.
- o This topic applies to my community because I know some peers who have become pregnant and I want to support them to have the best outcome possible with their pregnancy. I also know that many of my schoolmates do not know a lot about the consequences of teen pregnancy. I think that there is a lot we can do in education and prevention.

- **Barriers:**

- o Poor sexual health education and information on teen pregnancy in school
- o No access to condoms and birth control without parents finding out
- o Lack of support to teen moms to receive prenatal care while also completing their education

- **Action:**

- o I would like to come up with a tutoring program to support teenagers who become pregnant to reach graduation and complete their high school diploma. I would also like to provide sexual health education so teenagers use contraception if they are not ready to be pregnant.