

Assess UC CalFresh Nutrition Education Programs and Activities with School Aged Children and Youth Community & School Gardens | Physical Activity | Smarter Lunchrooms Movement

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

Provide training on engagement theory, developmentally appropriate strategies, and successful approaches.

Provide technical assistance and support with increasing authentic engagement in current programs and activities.

Increase youth voice and choice in program

Explore meaningful roles for young people

Build in Peer leadership and mentorship

Involve youth in research and environmental assessments

Allow youth to teach peers and younger youth

Consult youth on project direction

Create chances for youth to present to or teach adults

Encourage youth leadership with adults

Incorporate youth guidance on program improvement

- ▶ Youth Influence Peers And Families
- ▶ Prime Participants For Next Level Engagement
- ▶ Build Foundational Leadership Skills

- ▶ Build Self Efficacy
- ▶ Strengthen Research Skills
- ▶ Reinforce Community Awareness
- ▶ Practice Public Speaking Skills

- ▶ Youth Become Change Agents
- ▶ Active Community Engagement
- ▶ Exposure to Career Pathways
- ▶ Strengthen Critical thinking
- ▶ Active Problem solving