



Positive health attitudes and habits are the foundation for successful management of daily living.

Through Student Body and FCCLA, young people learn to make informed, responsible decisions about their health. As peer educators (youth teaching youth), they reinforce their own learning by reaching other young people through Student Body projects.

Student Body projects relate to three topic areas—

- **Eat Right**
Explore nutrition, eating disorders, healthy snacks, supplements, vegetarianism and more.
- **Be Fit**
Take action related to lifelong exercise habits, obesity, sports training, and other topics.
- **Make Healthy Choices**
Choose a positive lifestyle by avoiding drugs, alcohol and tobacco; managing stress; building self-esteem; and practicing good character.

Young people can choose to eat right, be fit and live positively!

Youth who get involved in Student Body—

- make a positive difference for themselves and their peers;
- learn skills like communication, leadership, and taking responsibility for decisions and choices;
- identify concerns, set goals, plan, act, and follow up;
- use their enthusiasm, explore new ideas, and show they care;
- have fun while learning!

Five Stages of Student Body Involvement

1. LEARN about Student Body and health-related issues.
2. INVESTIGATE specific needs, interests, and concerns in your school and community.
3. WORK WITH OTHERS if possible.
4. Plan and carry out a PROJECT that addresses your identified local needs, interests, and concerns.
5. EVALUATE, SHARE, and REPORT project results.

