

# Getting Started with Student Body

Student Body is an FCCLA peer education program. That means FCCLA members learn about related topics, then share their know-how with other young people.

As a Student Body peer educator, you may want to follow these steps. The *FCCLA Get Connected...* CD-ROM contains how-to information for each step.

## 1. LEARN about Student Body and lifestyle issues.

- Review information on the *FCCLA Get Connected...* CD-ROM.
- Learn about healthy eating, fitness, and lifestyle choices in family and consumer sciences classes and on your own.
- Research related information at the library and on the World Wide Web.

## 2. INVESTIGATE specific needs, interests, and concerns in your school and community.

- Conduct a survey, questionnaire, or interviews with others.
- Obtain information from local agencies and organizations.

## 3. WORK WITH OTHERS if possible.

- Explore whether other school and community groups are concerned about the same issues.
- Involve other individuals and groups.

## 4. Plan and carry out a PROJECT that addresses your identified local needs, interests, and concerns.

- Use the five-step FCCLA planning process.
- Identify concerns, set a goal, plan, act, and follow up.

## 5. EVALUATE, SHARE, and REPORT project results.

- Evaluate and reflect on what happened.
- Share your project and its results with others.
- Report on the project and seek recognition.