



*peer education program helps young people discover and practice how to be healthy, fit, real, and resilient.*

The FCCLA **Student Body** national peer education program helps young people learn to eat right, be fit, and make healthy choices. Its goals are to: help young people make informed, responsible decisions about their health, provide youth opportunities to teach others, and develop healthy lifestyles, as well as communication and leadership skills.

## Student Body Units

FCCLA's Student Body national peer education program helps young people make informed, responsible decisions about their health, provides youth opportunities to teach others, and develops healthy lifestyles along with communication and leadership skills.

- **The Healthy You** - Empowering teens to make wise food and lifestyle choices
- **The Fit You** - Empowering teens to take charge of their health and their level of fitness
- **The Real You** - Empowering teens to maintain positive mental health
- **The Resilient You** - Empowering teens to live in ways that build emotional health

## Partners

- Family Dinner Project, [www.familydinnerproject.org](http://www.familydinnerproject.org)
- Lead2Feed, [www.lead2feed.org](http://www.lead2feed.org)
- Foundation for Advancing Alcohol Responsibility, [www.responsibility.org](http://www.responsibility.org)
- Home Baking Association, [www.homebaking.org](http://www.homebaking.org)
- USDA, [www.usda.gov](http://www.usda.gov)

## Awards

FCCLA offers national recognition to chapters that complete Student Body projects. This honor includes cash awards and special recognition at the National Leadership Conference, online, and in *Teen Times* magazine for the top chapters. Chapters apply online for recognition for their hard work and innovative projects with the National Student Body Program Award Application.

### Families First cash awards

High School Award — \$1,000  
Middle School Award — \$1,000  
Runner-Up Award — \$500

**Deadline:** Award Applications must be submitted online by March 1. The online award system will automatically close March 1, 5:00 PM EST.