



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

Student Body is a national FCCLA peer education program that 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.

What's Inside

Chapter advisers can purchase the electronic Student Body National Program for \$60 by visiting the FCCLA Portal E-Store. The program includes:

- 4 Comprehensive Units
- 8 Ready-to-Use Lesson Plans
- Over 100 Interactive Activities

Classroom Impact

FCCLA's Student Body program teaches students to make healthy lifestyle choices. This resource helps students:

- Learn about nutrition and wellness.
- Understand the importance of physical activity.
- Promote mental and emotional health among peers.
- Make informed decisions about personal health and fitness.
- Become role models for healthy living in their community.

- **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

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 the FCCLA newsletters for the top chapters. Chapters apply online for recognition for their hard work and innovative projects with the National Student Body Program Award Application.

Student Body cash awards

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

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.

Deadlines

More information on deadlines can be seen on the National Programs page on the FCCLA website by scanning the QR code or by following the link below:

<https://fcclainc.org/engage/national-programs>

