



## WHY BE A YOUTH AMBASSADOR...

- TO SERVE AS A COMMUNITY HEALTH AND WELLNESS ADVOCATE;
- ASSIST COUNTY EXTENSION AGENTS IN PROVIDING LEADERSHIP TO THE YOUTH COMPONENTS OF HEALTHY SOUTH TEXAS;
- SERVE AS A LEADER TO IMPLEMENT THE FUEL UP TO PLAY 60 PROGRAM IN LOCAL SCHOOLS;
- BECOME KNOWLEDGEABLE AND SKILLED IN THE HEALTHY LIFESTYLES SUBJECT MATTER;
- COORDINATE EDUCATIONAL EVENTS THAT WILL ENCOURAGE BETTER HEALTH IN YOUR COMMUNITY.

## Who? You!

- Youth must be at least 9<sup>th</sup> grade students at the beginning of the 2016-2017 school year.
- Membership open to all regardless of socioeconomic level, race, color, sex, national origin and disability.
- Ambassadors will serve a two-year term, with terms beginning in the later Spring/Summer prior to the start of the school year.
- Ambassadors may serve consecutive terms but must re-apply if they wish to renew membership.
- Ambassadors are required to participate in an ambassador training.
- Ambassadors are expected to attend all face-to-face and online meetings as well as complete the plans and submit reports as required.
- Complete and report 50 hours of leadership, program efforts, or community service projects per year
- Any costs associated with participating in ambassador trainings and/or meetings, including travel, registration fees, ambassador shirt, etc., are the responsibility of each individual ambassador.

## What will Youth Ambassadors do?

Endless options!! A few include:

- Coordinate school Walk Across Texas programs and provide assistance with kick-off and celebration events!
- Introduce Learn, Grow, Eat & GO! to elementary schools in your community!
- Serve as a health and nutrition advocate by speaking to groups, participating in health fairs, or volunteering with county Extension agent programs!
- Demonstrate the smoothie bike during school assemblies, health fairs, or community events!
- Be a disease detective and determine the most critical health needs in your community!

## HOW CAN I APPLY

APPLICATIONS AVAILABLE NOW!

APPLICATIONS ARE DUE TO THE HEALTHY SOUTH TEXAS PROGRAM OFFICE NO LATER THAN MARCH 1, 2016.

APPLICATIONS ARE REVIEWED BY A SELECTION COMMITTEE AND YOUTH ARE NOTIFIED FOLLOWING SELECTION.

JOIN the Healthy South Texas YOUTH AMBASSADOR program