



## WHAT IS THE HYPE PROJECT®?

The Healthy Young People Empowerment (HYPE) Project® is a curriculum-based youth engagement program that builds the skills of youth to become a greater voice in their communities. While the curriculum focuses on the policy, system, and environmental change process as it relates to healthy eating and active living, youth are encouraged to use the skills they learn to be lifelong champions of positive change.

## HOW DOES IT WORK?

Youth and adult advisors are trained on The HYPE Project where they complete the Think and Learn Phases of the curriculum. Youth continue to meet on a regular basis to plan and implement their identified project. This can take up to six months, depending on the HYPE team. The ultimate goal is for the youth to continue to be engaged in community efforts beyond their HYPE project.

## WHAT ARE THE 5 PHASES?

**THINK.** Youth become engaged in the critical thinking process that builds awareness and interest in policy, systems, and environmental change.

**LEARN.** Adult advisors help youth build skills by providing them with culturally- and age-appropriate training to be effective champions for change.

**ACT.** Youth identify, plan, and engage in a grassroots, youth-led project to create policy, systems, and environmental change.

**SHARE.** Youth build their public speaking skills by presenting their completed project and results to their stakeholders, peers, and communities.

**EVALUATE.** Youth look at the process and outcomes of their project to ensure all goals were met.

## WHAT ARE THE BENEFITS?

The benefits of The HYPE Project are endless in that the skills acquired can be used throughout a lifetime to positively impact change.

### YOUTH PARTICIPANTS

- Acquire basic knowledge healthy eating and active living.
- Acquire new knowledge and skills that can help future education and employment goals.
- Experience fun in and out of school time.
- Have opportunities to connect with peers.
- Develop personally and socially.
- Build meaningful relationship with adults.

### COMMUNITIES

- Consider youth as resources for community change
- Encourage youth to make positive health changes in the community.



[wholespire.org](http://wholespire.org)

