



THE  
**HYPE!**  
PROJECT

## What is The HYPE Project®?

The Healthy Young People Empowerment (HYPE) Project is a five-phased, curriculum-based youth engagement program that provides opportunities for sustainable policy, system and/or environmental (PSE) changes related to healthy eating and active living.

Advisors and youth are trained on the **Think and Learn** phases of The HYPE Project. While meeting on a routine basis, youth and advisors identify, plan and implement their civic action project through the **Act, Share & Evaluate** phases. The duration of The HYPE Project is subject to the needs of the team. The overall goal is continued youth engagement within the community beyond the identified project.

## What are the benefits?

The HYPE Project fosters opportunities for youth to develop their critical thinking skills, build relationships with community stakeholders and have fun learning practical ways to create PSE changes. It's a chance for youth to take their civics, government and health classes to a brand new level!

 Jamaius White, Program Manager  
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*“The HYPE Project® is not just an initiative; it’s a life-changing experience. By participating in this program, I have extended its teachings from Columbia, SC, to Washington, DC. We’ve done more than grow produce; we’ve cultivated community, nurtured young leaders, and sparked a commitment to health and well-being that lasts a lifetime.”*

**— Alex Blocker**  
**HYPE Alumni '20, '21**  
**Howard University, student**

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