

## PHASE 1: THINK

### Session 1.1: Community Access & You

- Identify factors that enable or prevent people from eating healthy and being physically active.
- Introduce the five levels of the Socio-Ecological Model.

### Session 1.2: Considering Stereotypes & Health Disparities

- Explore concepts of stereotypes, biases, health disparities, equality and equity.
- Examine how stereotypes and health disparities impact healthy eating and active living.

### Session 1.3: Understanding Policy, Systems & Environmental Changes

- Understand the importance of policy, systems and environmental (PSE) approaches to change.

### Session 1.4: Critical Thinking Field Trip

- Observe eating and physical activity behaviors, environments and policies while on a field trip.

## PHASE 2: LEARN

### Session 2.1: The Basics: Active Living

- Examine the harmful effects of poor diet and physical inactivity.
- Become familiar with three types of physical activity recommended for wellbeing.
- Identify the minimum daily requirement for physical activity.
- Distinguish the differences between physical activity, exercise and active living.

### Session 2.2: The Basics: Healthy Eating

- Classify food groups using MyPlate.
- Demonstrate how to use food labels to identify healthy and unhealthy snacks.
- Identify which nutrients to limit and which nutrients to get enough of each day.
- Determine sugar content by examining food and beverage labels.

### Session 2.3: Being a Champion for Change & Exploring Leadership

- Explore what it means to be a champion for change and a leader.
- Examine the rights of youth.

### Session 2.4: Planning a HYPE Project

- Introduce steps for planning a HYPE project.
- Introduce steps for working with the media.

## PHASE 3: ACT

### Session 3.1: Identifying a Problem Focus

- Identify a problem focus area using PhotoVoice.

### Session 3.2: Gathering Information

- Explain the importance of assessing the environment for healthy eating and active living.
- Demonstrate how to use a specific assessment tool related to your project area of focus.
- Conduct an assessment within your community.

### Session 3.3: Identifying a Project

- Demonstrate how to use data from a specific assessment tool related to your project theme.
- Strategically determine the best solution(s) to the HYPE team's problem area of focus.
- Identify at least three possible solutions to the HYPE team's problem area of focus.

### Session 3.4: Creating an Action Plan

- Complete the recommendations for the HYPE team action planning process.

### Session 3.5: Midway HYPE Project Reflection

- Complete a mid-project review of progress on the HYPE team action plan.
- Identify areas of their work plan that may need adjustment to ensure the successful completion of their HYPE project.

## PHASE 4: SHARE

### Session 4.1: Developing a HYPE Presentation

- Apply basic advocacy skills in preparing presentations.
- Develop and complete a presentation to share locally with community stakeholders.

## PHASE 5: EVALUATE

### Session 5.1 Evaluation

- Learn the importance of an evaluation.
- Evaluate the processes and outcomes of The HYPE Project.

