



SEE YOUR VOICE IN ACTION!

Empowering teens to
make a difference and
improve the health of
our community.

Join us now!

For more information and to apply, visit
www.HealthyRC.info

*"This is the one group
where I feel I can truly make
a difference in my community. We
work hands-on and I really love that
about this group!"*

—Natalia Reynoso,
Rancho Cucamonga High School



“Healthy RC Youth Leaders” Application

What is this Youth Leadership program about? How is it different from other programs?

The Youth Leadership program is a new program specifically designed to equip youth with the skills they need to meaningfully participate in the policymaking process and build their capacity to change their environments to promote health. This program will also provide youth with professional development skills (i.e. public speaking, the policy process, community empowerment, working with decision makers) that will benefit their future career aspirations.

What are the anticipated benefits of being a Youth Leader?

This program will be modeled from successful youth approaches across the nation. These approaches have been shown to:

- Increase healthy eating and active living
- Increase civic involvement
- Develop relationships/networks with professionals
- Provide more competitive college applications
- Increase self-confidence

Here’s what we’ll do:

- Increase middle school and high school students’ awareness of the importance of healthy eating and active living;
- Increase students’ participation in developing effective ways to collaborate with the City of Rancho Cucamonga on health policy strategies;
- Increase students’ involvement in regional, statewide, and national youth-oriented approaches to address healthy eating and active living.

Youth Leader Commitment

Youth Leaders are expected to attend meetings **every-other-Wednesday after school 3:30-5:00 pm at City Hall (10500 Civic Center Drive)**. Youth Leaders will also be asked to participate in other activities (i.e. City Council meetings, conferences, trainings) as schedules permit. Monthly activity calendars will be provided. Although we understand specific situations may arise - ongoing absences, lack of involvement, or ongoing *problematic issues will be addressed with students and parents. Involvement in this program is voluntary and participants may choose to leave the group at any time.* However, compensation will only be given to students who participate throughout the year.

Program Compensation

- A total compensation of \$50 for a school-year participation period will be distributed in the form of a \$50 gift card.
- All educational and training materials will be provided free of charge.
- Participation qualifies for community service credit hours that may be required for graduation.

Who can join?

This program will be open to middle and high-school students who apply for this program by submitting this application. No more than 15-20 students will be chosen to participate. Applicants will be chosen based on the completion of their application, their critical thinking skills (based on responses from the enclosed “Written Response”), and responses from a scheduled interview.