



Practice #2: Integrate Nutrition and Physical Activity Approaches with Youth Development Principles

Step-by-step to success...

- 1 Create a physically and emotionally safe environment
- 2 Build and maintain supportive relationships
- 3 Focus on hands-on, experiential learning
- 4 Make it possible for every child to participate
- 5 Provide ways for every student to be a leader and make a difference

"We know that to be healthy, students have to learn to eat well, exercise regularly and, most importantly, smile and have fun! We've learned how to be sure this happens -- and it's made a huge difference in the quality of our program and the excitement and commitment of our students and staff members!"

-Yecenia Guillen, Recreational Superintendent, Success Through Academics & Recreation (STAR)

INDICATORS FOR PRACTICE #2:

INDICATORS	
<i>Staff Knowledge, Attitudes and Skills</i>	
1	Our staff understands the principles and practices of youth development.
2	Our staff understands that how they approach their work is as important as the activities they provide.
3	Our staff creates and maintains a physically safe environment for all staff and students.
4	Our staff creates and maintains an emotionally safe environment for all staff and students.
5	Our staff demonstrates respect for differences in the physical and cognitive abilities, appearances and skills of students.
6	Our staff demonstrates respect for diversity in abilities, skill levels and interests of students.
7	Our staff develops a sense of belonging and self-confidence as well as knowledge and skill building among students.
8	Our staff holds high, equitable and developmentally appropriate expectations for all students in our program.
<i>Student Knowledge, Attitudes and Skills</i>	
9	Students feel supported by and connected with our staff.
10	Students are confident that they can openly discuss their concerns or anxieties with our staff.
11	Students participate in the planning, development and debriefing of a variety of activities that reflect their interests.
12	Students engage in a variety of experiential learning experiences that allow them to internalize and master new and life-long skills.
13	Students are respectful of each other, regardless of differences in physical and cognitive abilities, appearance and skills.
14	Students engage in a variety of small group, large group and individual activities.
15	Students are enthusiastic and excited about learning new things and acquiring new skills in the areas of nutrition and physical activity.
16	Students are increasingly knowledgeable about the importance of developing and maintaining healthy habits.
17	All students have the opportunity to participate in activities, regardless of their gender, age, physical size or abilities.
18	Students have regular opportunities to assess what is working and what could be improved in the physical activity and nutrition education activities in which they are participating.
19	Students are given opportunities to lead a variety of activities.

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