



HEALTHY TEXAS

For more information contact:
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WHY BE A YOUTH AMBASSADOR...

- TO BE TRAINED AND RECOGNIZED AS A STUDENT ADVOCATE IN HEALTH AND WELLNESS
- TO SERVE AS A COMMUNITY HEALTH AND WELLNESS ADVOCATE
- TO BECOME A TRAINED STUDENT ASSISTANT TO TEXAS A&M AGRILIFE COUNTY EXTENSION AGENTS, HELPING TO PROVIDE LEADERSHIP TO HEALTHY TEXAS YOUTH AUDIENCES
- TO BECOME A LEADER IN IMPLEMENTING THE FUEL UP TO PLAY 60 PROGRAM IN LOCAL SCHOOLS
- TO BECOME KNOWLEDGEABLE AND SKILLED IN THE HEALTHY LIFESTYLES SUBJECT MATTER
- TO LEARN TO COORDINATE AND PRESENT EDUCATIONAL EVENTS THAT WILL ENCOURAGE BETTER HEALTH IN YOUR COMMUNITY

Who? You!

- Youth must be at least 9th grade students at the beginning of the 2018-2019 school year
- Membership open to all regardless of socioeconomic level, race, color, sex, national origin and disability
- Ambassadors will serve a two-year term, with terms beginning in the later Spring/Summer prior to the start of the school year
- Ambassadors may serve consecutive terms but must re-apply if they wish to renew membership
- Ambassadors are required to participate in an ambassador training
- Ambassadors are expected to attend all face-to-face and online meetings as well as complete the plans and submit reports as required
- Complete and report 50 hours of leadership, program efforts, or community service projects per year
- Any costs associated with participating in ambassador trainings and/or meetings, including travel, registration fees, ambassador shirt, etc., are the responsibility of each individual ambassador

What will Youth Ambassadors do?

Here are some of the endless options!!

- Become a recognized student leader in your school
- Help your school to have a healthier climate
- Help your schoolmates to make better grades by being more healthy
- Become active in leadership through exciting Texas A&M AgriLife Extension programs.
- Coordinate school Walk Across Texas programs and provide assistance with kick-off and celebration events!
- Introduce Learn, Grow, Eat & GO! to elementary schools in your community!
- Learn to become a "health and nutrition" advocate by speaking to groups, participating in health fairs, or volunteering with county Extension programs!
- Demonstrate the smoothie bike and how to make healthy snacks during school assemblies, health fairs, or community events!
- Be a disease detective and determine the most critical health needs in your community!
- Receive recognition as a Healthy Youth Ambassador at exciting events

HOW CAN I APPLY

Applications available February 1, 2018

Applications are due to the County Extension office no later than May 1, 2018.

Applications are reviewed by a selection committee and youth are notified following selection.

TEXAS A&M
AGRILIFE
EXTENSION

JOIN the Healthy Texas YOUTH AMBASSADOR program