

Teens Take It On

High school youth becoming peer educators and advocates for health

A Kaiser Permanente
Educational Theatre
Program



“What I learned as a role model and peer educator is (that) I have to watch myself. The same thing we taught the kids happens to me, too.”

– Student Participant, Jefferson HS

AT A GLANCE

Program Name
Teens Take It On

Target Group
High school students

Program Intent
To give high school youth the opportunity to become peer educators and advocates for better health.

Program Description
A six-week high school residency program which provides students with an opportunity to become peer educators and advocates for healthy eating and active living. Note: Schools must apply in advance.

Cost
Free to schools in communities participating in Kaiser Permanente’s Healthy Eating, Active Living Initiative, and other select high schools in the greater Denver metro area.

Information
Call 303-781-5174

High School Youth Using Their Creative Voice to Improve Community Health

This six-week residency program empowers high school students to become advocates and peer-educators for healthy eating and active living. Under the guidance of Educational Theatre Programs’ professionally trained actor-educators, teens learn the importance of nutrition and physical activity. In turn, the teens educate their peers about what they have learned through a presentation that includes short, student-made films. Developed in partnership with health experts, schools and health organizations, **Teens Take It On** presents these four health messages:

- Eat five fruits and vegetables every day
- Be physically active 60 minutes a day
- Spend less than 2 hours a day in front of the TV or computer
- Drink more water

Highlight of Results From Recent Projects

Teens Take It On participants from Wheat Ridge and Jefferson High Schools in Jefferson County advocated for increased nutritional offerings in the school cafeteria. The students from Wheat Ridge made presentations to the PTA and the school board, resulting in a raised awareness for the need to improve food choices. Students now serve as advisors to the food and nutrition services as they look to improve cafeteria offerings. The entire Jefferson County School District, which serves 84,000 students in 148 schools, will benefit from the changes promoted by students in the **Teens Take It On** program.

FURTHERING KAISER PERMANENTE'S PREVENTION EFFORTS

Kaiser Permanente, a major nonprofit health plan, brings health education to our communities free of charge through our Educational Theatre Programs. What started as a single play for elementary school children in 1985 has become a series of award-winning theatrical productions, skill-building workshops, and youth engagement programs designed to meet the unique health needs of the communities we serve.

Kaiser Permanente has assembled an ethnically-diverse group of professional actors, who also serve as skilled workshop facilitators, health educators and role models to the people they meet every day. Through theatre, Kaiser Permanente seeks to measurably improve the health of our communities.

Supporting Colorado Model Content Standards

Teens Take It On supports several content standards for 9th-12th grade students, including:

- Reading and Writing Standard 4
- Theatre Standard 1 and 3

The program also addresses the policies set forth in Senate Bill 05-081, ensuring that every student has access to age-appropriate exercise, and to instruction designed to teach lifelong healthy eating habits and a healthy level of physical activity.

Scheduling Your Teens Take It On Program

Kaiser Permanente's Educational Theatre Programs presents **Teens Take It On** in a high school setting. The following criteria are required for hosting the program:

- Interested high school teacher or administrator must meet with a representative of Kaiser Permanente Educational Theatre Programs
- High school must endorse the **Teens Take It On** program curriculum

“I have learned that the four health messages will help you keep your life balanced.”
– High School Student