Ideas for Combating Student Resistance

As you make changes in your school district, please use these tips to combat student resistance.

**Inform** students of the changes.

**Engage** students in meetings when nutrition or physical activity changes are discussed. Ask them for their ideas and opinions.

**Include** students in the sampling of new products and ideas before offering them for sale or implementing them in your district.

**Be positive** about the changes that are being made in your school.

**Be patient** with students as they adjust to the changes being made.

**Be creative** as you market changes in your school to students.