

WHAT IS STUDENTS TAKING CHARGE?

A national program from Action for Healthy Kids for high school students to learn, join and take action to help make their schools healthier places.

Nearly 15,000 students in Massachusetts, Texas, Iowa, Michigan and Kansas have joined the cause to help themselves and their peers be healthier at school.



Students have a right to a healthy school environment:

- To improve their own health
- To help their peers eat healthier and be more active at school
- To leave a legacy at school by creating lasting change

Who can join?

High school students, and the staff and teachers who support them

Get involved!

- Provide your email address at www.StudentsTakingCharge.org to receive updates this Summer.
- Stay tuned for the Students Taking Charge national launch in Fall 2009, and bring the program to your school.

Reasons others have joined:

“I joined to be with my friends, we had a blast doing the Students Taking Charge activities like creating a movie to share the problems our school faced.”

“Growing up in a family that had a few members with weight problems, I wanted to be involved to help reduce obesity so that my younger brother would not have to deal with the same problems I did.”

“I joined to finish my service hours to graduate, but in the end I had a lot of fun and felt grateful for the chance to help others.”