



Youth Health Influencer

A Guide to Getting Started



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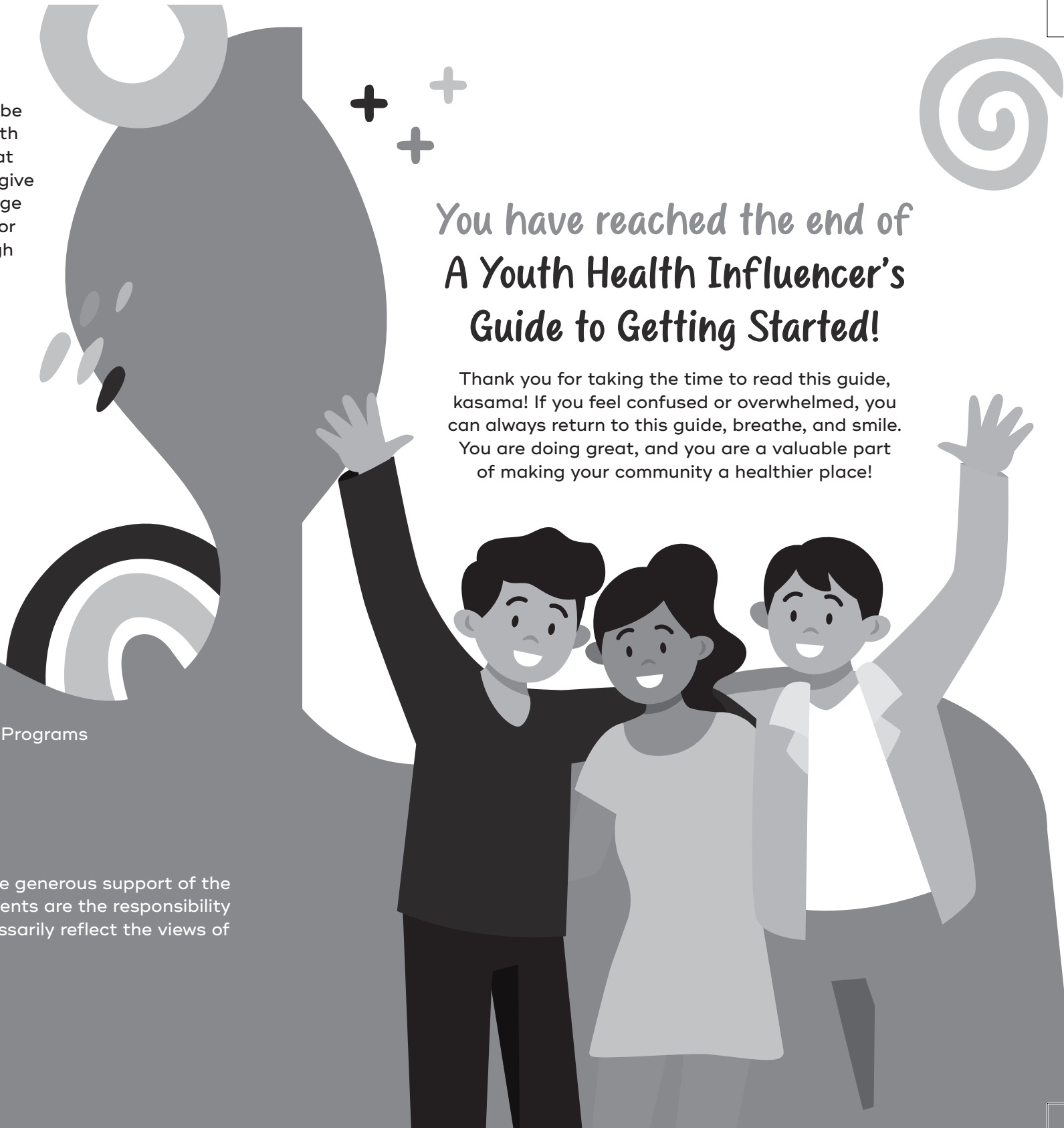
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You have reached the end of A Youth Health Influencer's Guide to Getting Started!

Thank you for taking the time to read this guide, kasama! If you feel confused or overwhelmed, you can always return to this guide, breathe, and smile. You are doing great, and you are a valuable part of making your community a healthier place!






Step Four : Evaluate, report, and plan another!

How did the session go? We're sure it went pretty well! Still, it's good to evaluate what went well and what can be improved to help you plan your next move.

Do an evaluation at the end of your session

To get a better idea of how the session went, you can ask the participants how they're feeling and what they thought of it. You can use a simple evaluation sheet like this:

 Anong nagustuhan mo? (What did you like?) _____ _____ _____ _____ _____	 Anong natandaan mo / tumatak sayo? (What did you remember?) _____ _____ _____ _____ _____	 Anong pwedeng pagbutihin? (What can be improved?) _____ _____ _____ _____ _____
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How to do it :

- + Print copies of the evaluation sheet before your session.
- + Hand it out at the very end of the session. Ask the participants to answer the questions based on their personal experience. Explain that their answers will help improve future sessions.
- + Gather the sheets and summarize the results by pulling out their answers and categorizing them into Like, Learned, and Improvements.
- + Use the results to know what to retain or improve in the following sessions.
- + You can share the summary of your findings with the organizer to let them know how it went.

What's next? How about planning another session? That way, we can keep the momentum going and continue to engage your audience. Go back to Step Three and have fun!

Hello! Congratulations on completing the Youth Health Influencers workshop! The exciting part is about to begin – it's time to go out in your community and share the fun and informative things you have learned in the workshop. This is your green light to get started!

As you try out new things, it's natural to feel nervous, especially when it's your first time stepping out as the fantastic Youth Health Influencer you are. But remember, you're not alone in this journey. This guide is here to help you navigate your way. Consider it your cheat sheet on how to find groups to collaborate with, establish a good rapport with them, and initiate conversations about what Kasama sa Kalusugan stands for, including presenting the modules.

When you start to feel nervous, remember the simplest yet most powerful tool you have – your smile. When you show that smile, you invite others to join the Kasama sa Kalusugan community.

Think of it like inviting a friend to watch a movie or a game of sports with you. There is no pressure; take it easy. Keep that smile going, and believe in yourself! Together, you can lead the way to a healthier and safer life.

Are you ready? Let's get this going!

Here are the steps to help you prepare as a Youth Health Influencer:

01. Network and Market

02. Plan it!

03. Do it!

04. Evaluate, report, and plan another!



Step One : Network and Market!

Now it's time to set up some sessions. You can partner with an existing group or groups and present during or after their meetings or events. Or you can invite on your own and organize sessions.

The key to successful invitation—of groups or individuals—is having a good network. Think about the people you know in your school, community, or church—that's your network. Look for the leaders of those groups and approach them for a quick meeting.

You can make a handout explaining the Kasama sa Kalusugan program and how it can contribute to the health and well-being of the community, or use the one in your package. Explain that you are prepared to conduct short sessions with young people on a variety of health topics. Ask if you can do a session (module) during or after an already scheduled meeting. Decide with the group leader what topic you should present.

Here are some suggestions for groups to approach:

- + In-school youth groups or clubs
- + Youth groups in your community or church
- + Sangguniang Kabataan in your barangay
- + Out-of-school youth organizations or programs

You can also invite a group of young people directly – maybe ask to conduct a session or two after school or church. You can post or hand out flyers (with permission) inviting people to attend or use social media.

Step Three : Do it!

Hey there! At this point, you've already invited peers to your session and prepared the program and materials. You're now ready to conduct the session and share the resources.

To help you become more confident in doing your session, here are some tips:

A day before the session, you can:

- + Check if the venue is ready. Make sure that the projector, computer, and outlets are available if you need them for the session.
- + Make sure that all the materials are on hand.
- + Send a reminder message to participants through social media, if available.
- + Sleep early and get enough rest.

On the day of the session:

- + Get to the venue early.
- + Check to make sure the equipment works.
- + Organize all the materials needed.

When conducting the session:

- + Begin with an interfaith prayer if that is common in your community. Remember, not everyone comes from the same religious background. Make the prayer universal.
- + Set the house rules. This will help you organize the session and lessen distractions.
- + Build rapport and help the participants get to know each other with an icebreaker. You can do some mental health self-care exercises from the module as well.
- + Remind everyone to be attentive and participative.
- + Don't forget to give them a break in between sessions.
- + Before you end the session, ask if anyone has questions.
- + Remind them to attend the next session, if you plan to do more.

I CHOOSE to be Healthy Modules

The modules are your easy guide to organizing short sessions on various health topics. You can choose from different topics that interest you, such as mental health, COVID-19 and emergency preparedness, false information, and teen health. More topics to come!

The modules will help you open conversations about health issues that are relevant to you. You don't have to do all of them in one session. You can choose one to two activities and add more if your audience is open to it. Always start easy and gauge the interest of your audience as well.

Take some time to read through the modules. Each has complete instructions on how to do the activity.

- 01 Choose a topic that you and your peers feel is important.
- 02 Go through the modules and choose one or two for your session. It is best to do this a few days before the session to give yourself enough time to prepare the materials.
- 03 The modules are pretty flexible. You can customize your examples based on your local knowledge of collective experiences. Always make your activities relatable to everyone.
- 04 Have fun! A friendly reminder that as a Youth Health Influencer, you are not a teacher or a counselor. Your role is to start conversations and share credible health resources. The goal is to learn from each other through resources and discussions.

Marketing Yourself and Kasama sa Kalusugan

It can be intimidating to approach people you don't know and ask to join their team. Here are some suggestions that can make that first conversation easier.

Introduce yourself and build rapport

Ask the leaders of groups in your community about common local health issues. These can be health issues that they face at home or in school. Since you live in the same community, you can share the common health issues you all experience.



Tell a story

Start with a brief story of how and why the Kasama sa Kalusugan program started. Explain what a Youth Health Influencer is and the modules. Explain that there are modules on mental health, COVID-19 and emergency preparedness, false information, and teen health.



Create shared goals

Learn about the teens they work with and figure out which modules to present. Aligning the goals of Kasama sa Kalusugan with the goals and interests of the groups will help the leaders see the benefit of inviting you to present to their group. Assure them that everyone will be acknowledged, heard, and appreciated.



Talk about the benefits

Highlight the important contributions Kasama sa Kalusugan can make in keeping homes, schools, and communities healthy by empowering young people to seek credible resources and take positive action.



Step Two : Plan it!

It's good to have a game plan so you are ready and confident about what you will do. Here are some steps to help you plan your session:

Get familiar with the venue

- + Assess the area of the venue. It should accommodate the number of participants you invited to the session. It needs enough space for people to move around, engage with each other, and do group activities easily.
- + If possible, choose a quiet place with no distractions. A quiet environment will make the session more engaging because everybody can focus and hear each other clearly.

Think about your audience

- + After inviting people to come to your session, think about who they are and their backgrounds. You can consider:



How old are they?



What is their level of education?



What language do they speak to each other?



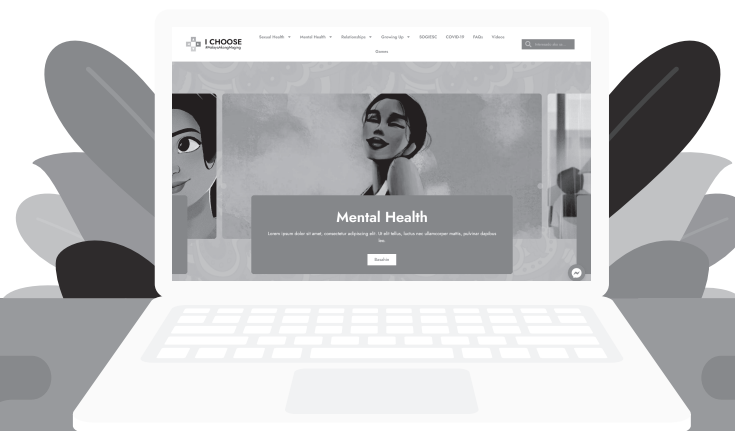
What health issues might be affecting them?

- + Use this information to make your sessions fun, understandable, and relatable. Remember to speak their language and use examples they can relate to.



I CHOOSE #MalayaAkongMaging Website

Access the I CHOOSE website by going to malayaako.ph



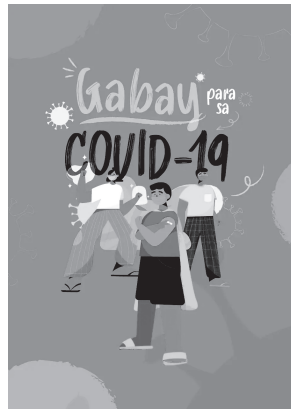
How to use the website?

The user-friendly website lets you browse through the topics with ease anytime anywhere. The following steps will help you find more information about mental health, COVID-19, and teen health.

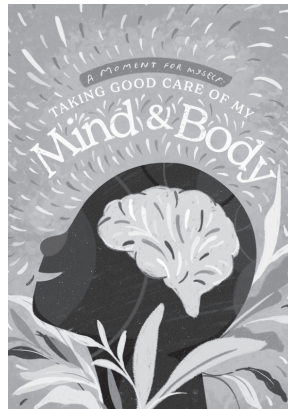
- After choosing a topic from the module, go to malayaako.ph, and you will be directed to the main page of the I CHOOSE website.
- You can choose from six sections that relate to your chosen topic.
- Click the drop-down arrow and select a subtopic.
- Click an article or video on your chosen topic.
- Take time to read the article or watch the video. Choose a few so you learn more about the topic.
- You can print out or download certain pages just in case the internet connection is unstable or unavailable at the venue.
- Remind your audience to check out the website and share it with their friends too.

Resources

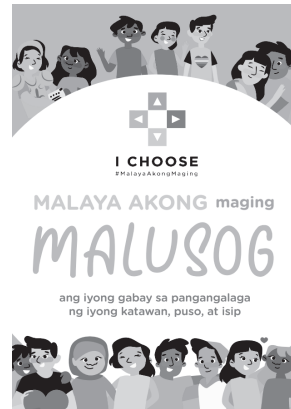
Booklets



COVID-19



Mental Health



Teen Health



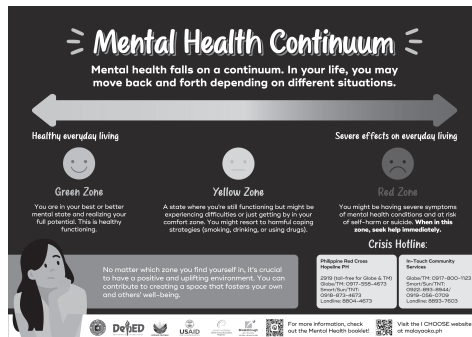
Choose which module/s you will present

- + If you are presenting to a group, work with the leaders to choose a few modules to present.
- + If you organized your own group, ask them what health issues they want to talk about.
- + Pick a module from the I CHOOSE to be Healthy Modules.

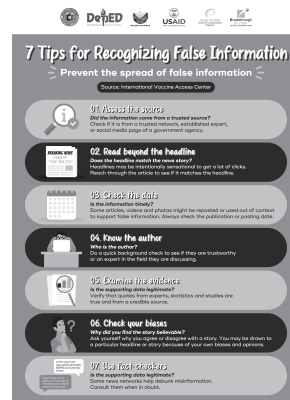
Prepare the materials

- + After choosing a topic, you can start preparing the materials you'll need for your session.
- + Each activity in the module has a list of materials you need to prepare.
- + Be resourceful when preparing the materials. Use what you already have. For example, instead of buying new sets of meta cards, you can cutout and recycle available cartolinas and manila papers.
- + Know ahead of time if the internet or a computer is available at the venue. Will you have speakers, a laptop, and a projector? If these are not available, you can prepare printouts of the slides. If it's a small group, you can also use your phone to show the slides to your audience.

Posters



Mental Health Continuum



False Information