

PEER HEALTH EXCHANGE

STEPS TO ADVOCATE

Steps	What does this mean?	Examples
1) Know your goal	Set a clear goal for what you want to accomplish.	“My school doesn’t offer any healthy options for lunch. I would like to have fresh fruit and vegetable options during meals.”
2) Build your facts	List your reasons to say “yes” and learn why someone might say “no.”	“Having processed or frozen foods does not give me enough energy or nutrition to sit through the school day and do other activities.” “Fresh fruits and vegetables are much more expensive, though.”
3) Pick your process	Find the right person/people to talk to (Targets) and decide how you are going to communicate with them (Tactics).	Target(s): Principal, Teachers Tactics: <ul style="list-style-type: none">• Collect written letters from other students to show it is important to everyone• Create a petition for teachers to sign and give to the principal
4) Make your case	Explain your goal and why it is important. Be prepared to hear “no” and compromise.	“I am asking for _____. This is important to me because _____.” “I understand why you are saying no. Could we start with something simple like a fruit or vegetable option for each meal instead of both?”

OTHER WAYS TO ADVOCATE

- Write a letter or email to local government leaders.
- Share messages on social media.
- Talk to a trusted adult.
- Share reliable resources with your community.
- Review accurate information with your peers.