

Media-Smart Youth Training

Every day, 11 to 13 year-olds spend nearly 7 hours using media, including television, computers and video games. They encounter a barrage of marketing and advertising messages – up to 40,000 per year – that focus primarily on candy, cereal and fast food.

Media-Smart Youth: Eat, Think and Be Active! is an interactive after-school education program that helps youth understand the complex media world around them, and how it can influence their health. The National Institute of Child Health and Human Development created **Media-Smart Youth** to empower young people to think critically about media and make thoughtful decisions about nutrition and physical activity.

This eight-hour training will focus on media analysis, media production, nutrition and physical activity. Through hands-on workshop activities, participants will learn how to implement and facilitate the program with young people in their community. The program also covers lesson structure, resources, teaching methods, strategies and tips. Snacks and action breaks throughout the day will model the use of such breaks in the curriculum.

Date: Friday, October 10, 2008 **Time:** 8:30 AM – 4:30 PM

Location: CASEE Center Room 206, Vancouver, WA

Cost: \$35.00 includes notebook, lunch, and breaks

Who Should Attend: Food Sense and EFNEP faculty & staff
Youth Development faculty, staff, volunteers and teen leaders
Afterschool Program Directors & Lead Staff

Questions: Contact Tony Dell at adell@wsu.edu or 253-445-4583

Co Sponsored by: WSU 4-H and a grant from MetLife Foundation
8 STARS CREDITS AVAILABLE

Registration: required by Wednesday October 1

Name _____

Organization _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Checks made payable to: Washington State 4-H Foundation

We can also accept: VISA, MasterCard, Money Order, or Purchase Order.

Please call for more information.

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