

MO PROJECT Youth Convening

Youth Visions for Health

MO Project is an interactive, culturally relevant, skill-building workshop that trains youth to use media as a way to advocate for healthy eating and physical activity in their community. The one-day convenings are carefully designed for youth from communities of color and are youth-led, hands-on, empowering and most important, fun.

In the convenings, youth gain leadership skills and an understanding of food systems, policy change, built environments and how to use media as a tool for change.

The six-hour convening consists of four unique, interactive sessions:

- **Advocacy** - A group discussion that highlights how to make environmental changes in local communities and brings awareness to participants about marketing to youth in low income communities and communities of color. Through youth-led activities, this session draws out youth opinions and the challenges that deeply affect young people in the community.
- **Spoken Word** - A nationally acclaimed spoken-word artist facilitates an interactive session on developing spoken word/poetry relating to the food and physical activity environments that surround youth. Inspiring spoken-word pieces are created real-time and shared.
- **Peer-to-Peer Filmmaking** - A youth film team provides hands-on, peer-to-peer training on making and editing video. In groups, participants create a video that is screened at the end of the training. They then take their video either to use immediately or to edit later for a community's advocacy efforts.
- **Optional: Parent 'Youth Engagement' Session** - Designed specifically for adults, this session focuses on the importance of adult involvement and support with youth advocacy activities to ensure successful youth projects and form successful youth-adult partnerships. Available in English and Spanish.

MO Project gets youth engaged in community efforts to build healthier communities. The workshop provides peer support, networking opportunities, and skill-building in nutrition, physical activity, built environments, communication, messaging and advocacy.

Watch youth videos and spoken word pieces at: www.moproject.com. Want to get MO Project in your community? Contact CANFIT at (510) 644-1533 or info@canfit.org.

Interested in our training? E-mail info@canfit.org or call us at (510) 644-1533.

Ask us for ideas on how to incorporate workshop costs into grant proposals. View more CANFIT workshops and trainings at www.canfit.org.