

## ACTIVE LIFE JUNIOR HEALTH EDUCATOR

### ***What is the Junior Health Educator Program?***

The Junior Health Educator training and certificate program was co-created by ACTIVE Life Movement and the Coastal Area Health Education Center and is offered to anybody under the age of 18 years. It is offered in both English and Spanish.

This simple and easy-to-complete free, online training equips youth with the tools, skills, and knowledge needed to become grass roots advocates for health among their peers and in their community.

Besides being an excellent resume builder, by becoming a Junior Health Educator, certified participants will experience what it's like to work in the field of health promotion, begin developing essential individual skills and begin networking for higher education and a career.



### ***Who Can Get Certified?***

Anybody who is under 18 years of age and is passionate about improving the health of their community and/or developing their personal skills is invited to participate.

### ***What Will You Learn?***

The training is a series of interactive online videos and a downloadable workbook that can be done over time. The training is broken down into eight video lessons that consist of speakers and vignettes. Participants will complete a pre-test to start and will answer questions at the end of each video lesson in order to progress. After completion, participants will receive their formal Junior Health Educator Certificate! Lesson topics are:

- Interpersonal Skills
- Basic Health Knowledge
- Communication Skills
- Service Coordination Skills
- Capacity-building Skills
- Advocacy Skills
- Teaching Skills
- Organizational Skills

### ***How Can You Take the Training?***

It's easy! Go to ACTIVE Life Movement's website at [www.activelifemovement.org](http://www.activelifemovement.org) and sign up for Team AL. Then click on your account manager and go to the Team AL tab. Here you'll find a Train tab where you can access all of the lessons and tests for the training. If you're already a part of the Community Challenge, you can find it in the Community Challenge section on it's Train tab.

### ***Questions?***

Contact Liz Guernsey at ACTIVE Life Movement.  
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