**News release to recognize your participation**

**in the *Health Rocks!* Train The Trainer**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ County youth**

**learn teaching and decision making skills**

Youth and adult leaders from 15 states gathered at the National 4-H Youth Conference Center in Chevy Chase, Maryland to learn the skills needed to lead Healthy Lifestyle initiatives in their home states. **(your name)** of **(city, town, county)**  was selected from across **(your state)\_\_\_\_\_\_\_\_\_\_** to join other 4-H youth and adults in acquiring knowledge and skills as a teacher and trainer during the *Health Rocks!* train the trainer workshop.

During the training, teams of youth and adults worked as partners to gain the skills needed to teach others about decision-making, identifying risks, stress management and action planning. **(your name)**  from **(your county)**  County will help lead the **(your state)** team in providing the training for area youth and adult teams. Youth ages 10 – 15 will be taught *Health Rocks!* and will learn skills such as critical thinking and communication as well as ways to avoid peer pressure.

The *Health Rocks!* Curriculum targets the area of making wise choices through a youth-adult partnership. Research indicates that youth who have positive social skills and competencies are more likely to be successful in their local communities. The *Health Rocks!* training workshop was designed to help teens gain teaching skills through a train-the-trainer model. The program works to bring youth and adults together as partners in developing strategies that prepare youth to make healthy choices.

If you are interested in learning more about how you can become involved with the 4-H *Health Rocks!* program please contact **(local office)** .

Provided by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_