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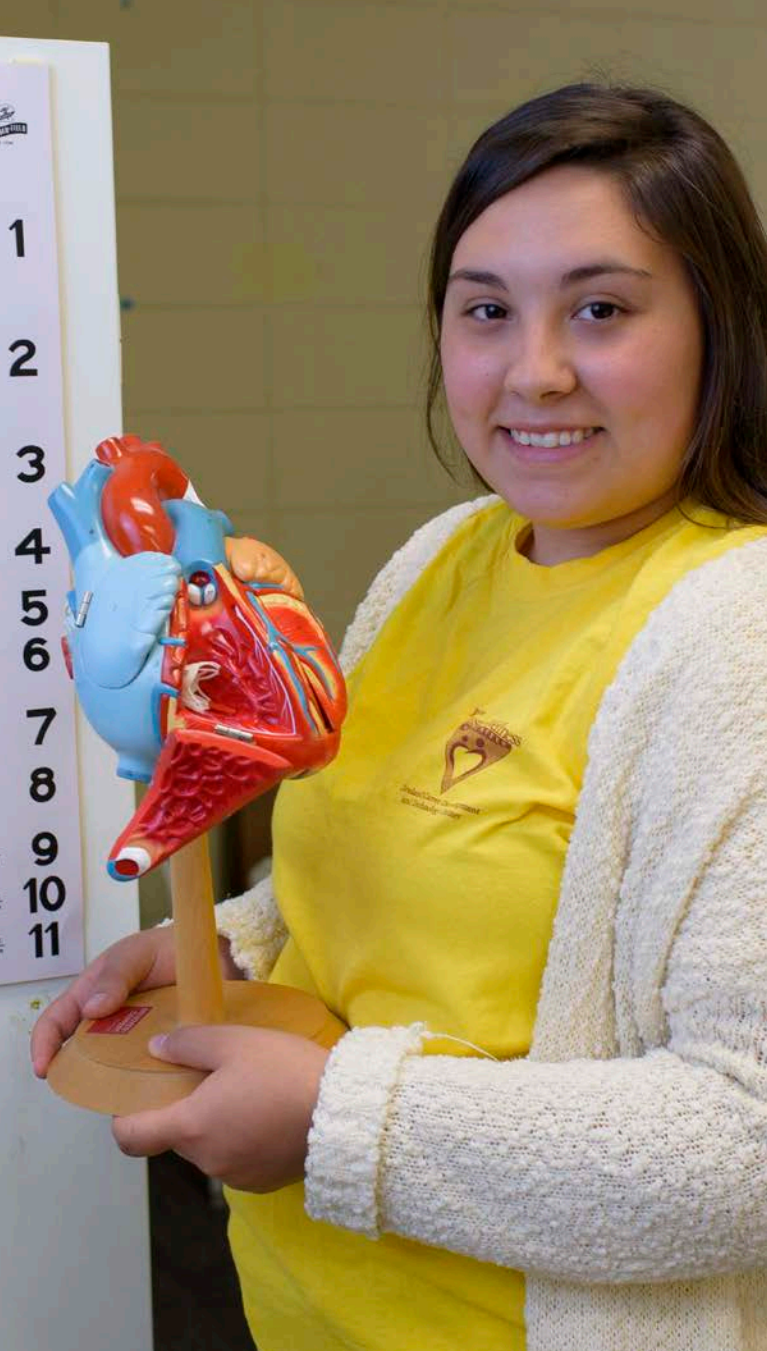


# JUNIOR MASTER WELLNESS VOLUNTEERS

Increasing healthy living through community connections







*The Junior Master Wellness Volunteer curriculum serves as a tool for sharing health messages in your community and enhances students' classroom and lab experiences.*

## WHAT IS THE JUNIOR MASTER WELLNESS VOLUNTEER PROGRAM?

A community health education and volunteer-leader training program offered through the Mississippi State University Extension 4-H program, in partnership with the University of Mississippi Medical Center and the UMMC Myrlie Evers-Williams Institute.

## WHO ARE THE JUNIOR MASTER WELLNESS VOLUNTEERS?

Students in various disciplines, including Health Science (Allied Health Science), Family and Consumer Sciences, 4-H clubs, and other clubs or organizations, who receive training and deliver health messages in communities.

Junior Master Wellness Volunteers are compassionate teenagers, ages 14 to 18.

Junior Master Wellness Volunteers are teens who care about

- serving their communities.
- enhancing their leadership skills.
- improving health for kids, adults, and seniors.
- advocating for their communities.
- extending wellness knowledge.
- serving as role models.
- improving health literacy.
- increasing healthy lifestyle choices.

## WHAT JUNIOR MASTER WELLNESS VOLUNTEERS ARE GIVING

Supporting communities' ongoing and new wellness programs.

Providing health promotion to improve community health understanding.

Encouraging others to make healthier lifestyle choices.

## WHAT JUNIOR MASTER WELLNESS VOLUNTEERS ARE GAINING

Improved leadership and team-building skills.

Increased knowledge of health issues.

Improved social skills.

Opportunities for recognition.

Opportunities for connection to community.

Increased self-efficacy.

Increased knowledge of career choices.

Enhanced résumé for college and job opportunities.

## HEALTH TOPICS COVERED

Health literacy	Cultural competency
Hypertension	Oral health
Diabetes	Health screenings
Hypoglycemia	Stress management
Obesity	Sun safety and skin cancer prevention
Portion control	Asthma awareness and prevention
Healthy eating tips	Bullying prevention
Interpreting prescriptions	Mental health awareness
Communicating with health professionals	Substance misuse prevention
Tobacco use and intervention	

## COMMUNITY SERVICE HOURS

After receiving training from the local Extension agent, teens are required to give back 24 hours of community service over the school year. These hours can range from delivering health messages in one-on-one or group settings to carrying out group projects that promote health and wellness in the community.