

Healthy Cabarrus Teen Task Force 2004 – 2005 Accomplishments

- * **“Take a Stand. Lend a Hand. Stop Bullying Now!” – Bullying awareness campaign**
The Teen Task Force completed the yearlong project of creating and implementing bullying awareness campaigns in the high schools. Banners were hung in the schools and were filled with handprints of students who pledged “I will not use my hands or words for hurting myself or others.” Bright green awareness ribbons were distributed to the students along with bullying information. Information about how to address bullying among teens was also provided to school staff and resource officers. Students were encouraged to participate with chances to win sandwich coupons donated by Chick-fil-A!
- * ***Be Real! Be Healthy! Week***
The Teen Task Force created a *new* campaign during National Eating Awareness Disorders Week that featured messages about good nutrition, healthy exercise, and healthy body image. During the week of February 28 – March 4, members of the task force displayed information and posters, and distributed neon colored, woven bracelets with nutrition, exercise and body image messages attached to every bracelet. *Be Real! Be Healthy!* messages were also shared through the daily announcements at the schools and supplemental teaching materials were shared with health/PE teachers, coaches, and school nurses.
- * **Support for the Teen Tobacco Use Prevention Grant Application**
At the March 2005 meeting, task force members participated in a focus group discussing teen tobacco use and ideas for teen tobacco use prevention and cessation. The purpose was to assist Cabarrus Health Alliance in applying for a grant to begin a Teen Tobacco Use Prevention and Cessation program in our schools. Task Force members also signed a letter addressed to the Health and Wellness Trust Fund, stating their support for and involvement in the program if it is funded.
- * **Central Cabarrus High School Health Fair**
Students and teachers each had health fairs on March 17 at Central Cabarrus High. The Teen Task Force participated in the student health fair with a display of the many activities sponsored throughout the year and information about membership in the Teen Task Force. Bullying awareness ribbons and *Be Real! Be Healthy!* bracelets were distributed.
- * **Support for Healthy Cabarrus recertification**
Teen Task Force members wrote and signed a joint letter of support, and individual members wrote letters of support for the recertification of Healthy Cabarrus as a Healthy Carolinians Partnership.
- * **Mt. Pleasant Elementary – “Make a Difference Day” Health Fair**
Teen Task Force members joined the Rimer 4-H Club in presenting a health fair as part of National Make a Difference Day in October, 2004. Held at Mt. Pleasant Elementary School, task force members promoted bullying awareness by talking to kids about bullying and asking them to pledge with their handprint and signature to not hurt others with their hands or words. The health fair received national recognition in the Sunday, April 17, 2005 “Make a Difference Day” edition of USA Weekend!
- * **Teen Scene 2004**
The Teen Task Force hosted Teen Scene 2004 during Concord’s Glory Days Festival on Saturday, September 25th from Noon – 3 PM. Students from Cabarrus County were showcased in twenty-three talent acts – singing and dancing on center stage. Teen Task Force members recruited talent acts, publicized the event, registered participants and served as emcees on the stage. They also provided face painting for kids!
- * **Teen Talk – telephone health information service – 1-800-650-TEEN**
Teen Talk continues to receive 300-500 hundred calls each month. 16,000 brochures were distributed this school year to all middle and high school students. www.callteentalk.com