



HEALTHY YOUNG PEOPLE EMPOWERMENT



## WHAT IS THE HYPE PROJECT?

The Healthy Young People Empowerment (HYPE) Project® is a curriculum-based youth engagement program that builds the skills of youth to become a greater voice in their communities. While the curriculum focuses on the policy, system, and environmental change process as it relates to healthy eating and active living, youth are encouraged to use the skills they learn to be lifelong champions of positive change.

## FIVE PHASES OF THE HYPE PROJECT

**THINK.** Youth become engaged in the critical thinking process that builds awareness and interest in policy, systems, and environmental change. They think beyond the individual level and consider the impacts of community and environmental influences on health.

**LEARN.** Adult advisors help youth build skills by providing them with culturally- and age-appropriate training to be effective champions for change. Youth learn about healthy eating and active living, what it means to be a champion for change, and how to plan a HYPE project.

**ACT.** Youth identify, plan, and engage in a grassroots, youth-led project to create policy, systems, and environmental change. Together they identify a problem theme; conduct and analyze a community assessment; identify the focus of their project; and take put their project into action.

**SHARE.** Youth build their public speaking skills by presenting their completed project and results to their stakeholders, peers, and communities.

**EVALUATE.** Youth evaluate the process and outcomes of their project to ensure all goals were met.

## WHO SHOULD BE INVOLVED?

**YOUTH PARTICIPANTS.** Most HYPE teams consist of 10-20 youth, ages 12-17. A parent or guardian must consent to the youth's participation. They must be able to occasionally leave the meeting site, and commit to attending trainings and action planning sessions.

**ADULT ADVISORS.** All adults must consent to a background check.

**WHOLESPIRE STAFF.** Staff members will provide support and monitor the project progress.

## HOW DOES IT WORK?

Youth and adult advisors are trained on The HYPE Project where they complete the Think and Learn Phases of the curriculum. Youth continue to meet on a regular basis to plan and implement their identified project. This can take up to six months, depending on the HYPE team. The ultimate goal is for the youth to continue to be engaged in community efforts beyond their HYPE projects.

**ASK ABOUT OUR HYBRID, VIRTUAL, OR IN-PERSON TRAINING OPTIONS!**

## WHAT ARE THE BENEFITS?

The benefits of The HYPE Project are endless in that the skills acquired can be used throughout a lifetime to positively impact change.

### FOR COMMUNITIES:

Consider youth as resources for community change.  
Encourage youth to make positive health changes in the community.

### FOR YOUTH PARTICIPANTS:

Acquire basic knowledge and awareness of healthy eating and active living.  
Acquire new knowledge and skills that can help for future education and employment goals.  
Experience fun in and out of school.  
Meet new people and have opportunities to connect with peers on a statewide level.  
Develop personally and socially.  
Build meaningful relationship with adults.

## WHAT KIND OF SUPPORT IS OFFERED?

Wholespire staff provide HYPE teams with a variety of support. Examples include: additional training for youth and adult advisors related to any of the topics in the curriculum, capacity building, budgeting, marketing, action planning, and other aspects of project implementation.

## FOLLOW THE HYPE PROJECT ON SOCIAL MEDIA



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