



How to Involve Your Community

Do you want to get important members of your community — such as public officials, local celebrities, business owners and neighbors — involved in your program? These tips will help you to talk about Fuel Up to Play 60 with people in your community and get them excited about joining your efforts.

Talk with your Program Advisor.

Meet with your team to decide the best way to introduce Fuel Up to Play 60 to members of your community.

Make a list of needs.

Think about what you are looking for from the community. Is it donations? Volunteers? Help in spreading the word about Fuel Up to Play 60? Find out whether any teachers or administrators know community members they can help you contact. The more, the merrier!

Make a plan.

Once your team agrees on the best way to reach out to community members, work together to plan what to say. Empower students to take the lead on some of these communications. Here are some things you should plan to include:

- **An Introduction:** Tell them about you (your name and school and why you decided to get involved in Fuel Up to Play 60). Tell them about Fuel Up to Play 60 (what is it, why it is important, what your team hopes to accomplish). Share with them the programs or events you have planned.
- **How They Can Help:** You've told them about Fuel Up to Play 60 and what's going on at your school. Now tell them how you think they can help. For instance, ask the mayor to show support by speaking at a school assembly. Invite your neighbors to participate as in a Recess Refresh activity. Ask your local news organization or newspapers to do a piece on your plans.
- **Why They Should Help:** Your community members may have limited time and resources, so be sure to explain why this is so important. Let them know that when they contribute to Fuel Up to Play 60, they will be supporting a positive and worthwhile cause that will greatly benefit the by improving health outcomes, helping with achievement, and supporting student leaders, like you!
- **Who They Can Contact:** Provide them with contact information so that they can follow up with any questions or let you know their decision.
- **A Thank You:** Finally, be sure to thank them for their time and consideration. Let them know you are excited about Fuel Up to Play 60 and the possibility that they may participate. You'd love to have them on board!