

**News release to recognize your participation  
in the *Health Rocks!* Train The Trainer Institute**

**\_\_\_\_\_ County youth  
learn teaching and decision making skills**

**(your name)** \_\_\_\_\_ of **(site or county name)** \_\_\_\_\_ County joined youth from across the nation in acquiring knowledge and skills as a teacher and trainer during the *Health Rocks!* train the trainer institute held at the Arkansas 4-H Center in Little Rock, Arkansas sponsored by Mississippi State University Extension Service and National 4-H Council.

During the institute, teams of youth and adults participated in workshops including decision-making, identifying risks, stress management and youth-adult partnerships. Here in **(your county)** \_\_\_\_\_ County **(your site name)** \_\_\_\_\_ is providing the training for area youth. The programs teach life 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 institutue 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.

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

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

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