

Facilitator's Agenda

Welcome 10 min

For tips on how to conduct introductions with different sized groups, visit "Facilitator Tips" in the online resources. <http://www.communitycommons.org/wotn-facilitator-tips>

- Welcome and thank everyone for being present
- Invite attendees to briefly introduce themselves
- Review meeting goals and objectives
- Share any existing and/or emerging youth-focused health initiatives in your community (and invite attendees to add to the list)
- Distribute and go over the Screening to Action Handout

Part 1: Watch 25 min

- Introduce the film
- Provide a brief introduction of the film you've selected for the screening event.

The Great Cafeteria Takeover follows a group of youth in New Orleans that were determined to make an impact in their community during the post-Hurricane Katrina recovery and rebuilding period. They eventually succeeded in changing their school lunch menus to include healthier options.

Kebreeya's Salad Days is the story of 17-year-old Kebreeya Lewis, whose fierce persistence allowed her to achieve her goal of having a salad bar to serve all of the students in her high school cafeteria in North Carolina.

Quiz Ed! is a documentary-style quiz show that polls young people, ranging from 10 to 18 years of age, using riddles about the food and activity factors that are contributing to the obesity epidemic. Everyone can play the game as the film unfolds, and some answers will come as a surprise.

- Watch the film

Part 2: Talk 25 min

- Divide participants evenly into small groups (5-6 people per group). Try to have diverse representation in each group; this will add to the richness of the conversation. To get started, invite the groups to take about 15 minutes to respond to and discuss the following questions:
- What intrigued or surprised you most?
- How are similar issues impacting your school or community?
- What ideas came to mind after watching the film for improving the food and/or physical activity environments in your school or community?

Facilitator's Agenda, *continued*

Part 2: Talk *continued*

Encourage youth to actively participate in the discussion. Ask them to serve as spokespersons for their respective groups when it is time to report out.

- Here are some additional questions to help guide your discussion based on the film you selected for the screening.

The Great Cafeteria Takeover

- What can we learn from this film (or from our own experiences) about how youth and adults can work together effectively to impact institutional decisions and policies about the food available in our schools?
- What student organizations exist in your school or community that can support increased access to healthy food options?
- How can adults support kids organize activities that address youth obesity?

Kebreeya's Salad Days

- Who are the potential "Kebreeyas" in your organization or community?
- What does the film say about the power of an individual to effect change?
- What types of changes might be accomplished more effectively by people and groups working together?

Quiz Ed!

- What areas in your community can be better utilized to promote physical activity?
 - What are some other ways outside of sports leagues that kids can maintain physical activity away from school?
 - What are some innovative ways to incorporate the use of technology to encourage kids to become more physically active?
- After about 15 minutes, ask groups to develop a list of two or three ideas that your organization or community can begin working on to address youth obesity. Participants can jot their ideas down on the Screening to Action Handout. After the exercise is complete, ask each group to share their responses aloud.

Stretch Break ~5 min

- Consider providing locally grown produce or other fresh fruits and vegetables as a snack
- End the break with a simple physical exercise (e.g. 10 arm rotations, march in place for 20 seconds, stretching, etc.)

Facilitator's Agenda, *continued*

Part 3: Moving to Action 25 min

- Reassemble as a large group and remind attendees that they may want to record any new ideas or responses for the following activities on their Screening to Action Handout.
- Invite participants to take a few moments to assess the action ideas and determine which ones they are most enthusiastic about pursuing further. Recall any other youth-focused health initiatives in your community and identify if there are any potential opportunities to join pre-existing opportunities. Here are a few questions to get the conversation started:
 - What strategies seem most promising?
 - Do any of the ideas fit well with existing and/or emerging youth-focused health initiatives in your community?
 - As a group, what do you see as the top two or three ideas?
- After the top two or three ideas have been selected it will be important to begin planning your next steps in order to bring these ideas to life. Ask what next steps the group can take:
 - What are your thoughts and feelings about the selected strategies? Can you see yourself joining an effort to make one or more of these options happen?
 - Who needs to be involved? What resources are needed?
 - What individual and/or collective next steps need to take place?
 - Make plans to meet again as a group.

Closing 10 min

- Provide a brief summary of the event.
- Discuss next steps and let attendees know how and when the organizing team will follow-up. If a post-event meeting has been scheduled, invite participants to attend.
- Ask if participants are interested in (a) hosting this type of event with other groups and/or (b) hosting another screening event that focuses on other related topics or strategies.
- Thank everyone for participating and inform them that there may be opportunities to seek out organizations or join e-mailing lists to get involved in other ways locally.
- Enjoy the next step, Moving to Action!

For related topics or strategy information, visit "The Weight of the Nation for Kids Film Overviews and Strategies" in the online resources. <http://www.communitycommons.org/wotn-overview-strategies/>