



# Expanding the Healthy NewsWorks Reach: Engaging Youth in Summer Health Workshops

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Academic Preceptors: Joan Gluch, PhD, RDH, PHDHP, University of Pennsylvania, School of Dental Medicine; Maria Hervada-Page, MSW, Thomas Jefferson University, Sidney Kimmel Medical College

Community Preceptors: Marian Uhlman, Executive Director and Cofounder, Healthy NewsWorks

## COMMUNITY PARTNER

Healthy NewsWorks is a nonprofit health media site dedicated to empowering elementary and middle school students to become writers, researchers and critical thinkers. The mission of Healthy NewsWorks is to work with students to advance their health education and literacy through factual publications and digital media.

## PROJECT SUMMARY

With the goal in mind of engaging youth in advancing their own health literacy, we worked to create opportunities in which students could think critically about their and their community members' health.

BTG Interns worked to gather contributions for a new health news service called **By Kids For Kids** created by HNW. BTG interns accomplished this by conducting community outreach to various organizations in the Philadelphia area holding summer programs or who may work with youth. The interns gathered potential organizations to conduct various health workshops in which they would present health information and guide students in a writing or illustration activity, with the opportunity for it to be published on the site.

## PROJECT DETAILS

Student interns, with the help of the community preceptor:

- identified 3 possible workshops with a diverse range of student groups, including both a middle school summer program and a youth group at the Nationalities Service Center
- created activity plans surrounding dental professions, sleep health, and self care

Below: Slides from workshop presentations, including activities used for publishing on By Kids For Kids

## REFLECTION

As students pursuing careers in the health professions with an interest in working in community settings, working with Healthy NewsWorks allowed us to explore and advance our skills in communicating health information. Teaching children that their voice and opinion matter is extremely important, and we are appreciative of the opportunity this summer gave us to work with an organization that focuses on kids and their understanding of health. Doing this work alongside a multidisciplinary team also allowed us to learn more about professions aside from our own.

We felt both challenged and supported, especially amidst the virtual nature of the workshops due to the pandemic. From the opportunity to talk about careers within dentistry in the Dental Professions workshop, to discussing methods to alleviate anxiety in the moments before we sleep, to participating in a yoga exercise with a group of young girls, we felt lucky to be a part of the growth of HNW and the youth we engaged with this summer. We hope to use this summer experience to continue working with children and empowering them to become health educators within their community.