

Ignite Your Spark: CYD Youth Ambassador Video Series

Video 1. Health & Wellness - [click here to watch the video](#) (running time 1:15)

Appropriate for grades 7-12 (context based on high school student perspective)

Your personal health and wellness are key foundations for [building your spark](#). A spark is what you are really passionate about doing, an activity that unleashes your energy and joy, one that may allow you to express yourself and make your own unique contributions to the world. Why consider health and wellness to ignite your spark? You have control over your well-being. Consider what decisions you are making now and where you can take steps in the future to thrive.

Discussion Questions

After viewing *Video 1. Health & Wellness*, use the following questions for reflection, discussion, and personal planning.

- 1. School can be stressful. List the three tips CYD Youth Ambassadors shared for maintaining your health and wellness.**

Tip 1: -----

Tip 2: -----

Tip 3: -----

- 2. What's something that you struggle with that affects your mental or physical health?**

- 3. What's the first step you can take to overcome this struggle?**

- 4. Where would you like to be in six months with your health and wellness? What is something you could change over the next 30 days that would help move you towards your goal?**

Think about who or what will help you reach your goal.

Council for Youth Development Bartholomew County integrates Search Institute's Developmental Assets® framework as an asset-based approach to youth prevention efforts. This [Ignite Your Spark - CYD Youth Ambassador video series](#) content combines Developmental Asset® principles with Communities That Care - Foundation For Youth's Botvin LifeSkills® prevention curriculum. Video 1 - High School/Lesson 2 - Decision Making for Health Goals and Objectives.

This handout may be reproduced for educational, noncommercial uses only (with this copyright line). Copyright © 2020 by Council for Youth Development Bartholomew County®, Columbus, Indiana, www.cydbartholomew.org. All rights reserved.



**Council for
Youth Development**
Bartholomew County

Visit www.cydbartholomew.org for more videos and resources.

Video 1 created by: [CYD Youth Ambassadors 2020-2021](#)