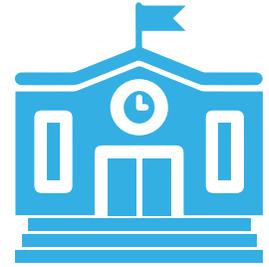


# PREP GUIDE FOR VOLUNTEERS



The Future Well Kids programme is a hands-on way for students aged 10–13 to learn how to increase their chances of living a life without noncommunicable diseases (NCDs). That’s where YOU come in. During the school year, you will go into local schools or community organisations (“partners”) to deliver a fun and engaging curriculum to students, teaching them healthy habits that can last a lifetime.

The goal is to empower children around the world—tomorrow’s change-makers—to increase their likelihood of living a fuller, healthier life without noncommunicable conditions, like type 2 diabetes and cardiovascular disease. This Prep Guide is all about helping YOU bring Future Well Kids to your local partner site, so let’s get started.

## PREPARING FOR YOUR VISIT

Below is a checklist of the most important things you’ll need to do before your visit.

- ❑ Complete and submit your background check if required by the partner.

*Ask your Volunteer Champion if this is required for the Future Well Kids partner you will be visiting*

- ❑ Attend the prep meeting or call that is scheduled by your Volunteer Champion for your partner visit.

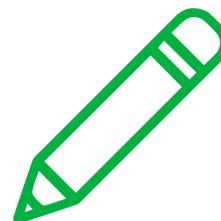
*During this meeting or call, your group will decide how to divide up the curriculum, ways to introduce yourselves to the students, how to arrange the room, and methods for delivering the curriculum in a fun and engaging way. You will also discuss whether your team will be able to do a dry run before the event, what supplies or materials are needed for your visit, and next steps. If your curriculum is digital, you may also discuss how the technology will be accessed and a backup option in case the technology is not working.*

- ❑ Watch for emails from the Abbott Volunteer website and/or your Volunteer Champion reminding you about the day, time, and meeting place for your partner visit.
- ❑ The day before the event, review the curriculum and walk through your assigned responsibilities so you’re prepared for the visit.

## DAY OF YOUR VISIT

To help make sure your visit runs smoothly:

- Arrive early to allow time for parking and front office check in.



- Check in at the front office or desk and go to the designated meeting spot for your group.
- Be sure to bring your photo ID and any other information the partner requires.
- Remember that some partner sites require visitors to sign in and out at the main office and to wear a visitor pass while in the building.
- Change into your Future Well Kids t-shirt (your Volunteer Champion will bring yours, if you don't already have one).
- Begin working with your group to arrange the room and complete a dry run of the curriculum.



## PRESENTING TO STUDENTS

You don't need teaching experience or a PhD to be part of Future Well Kids. But these tips on presenting to students will help you feel like a pro when you're in front of the class..

- **Introductions:** Decide as a group during your prep meeting or call how you will introduce yourselves to the students. Try to make this information fun, engaging, and relevant to 10–13-year-olds. Also, explain that you are there on behalf of the Future Well Kids programme and you are excited to help teach healthy habits that the students will be able to use for their entire lives
- **Then dive into the lesson:** This is the fun part! You're not just teaching kids about noncommunicable diseases and how to reduce the risk of developing them, you're getting them excited about creating healthy habits that can last a lifetime. Here are some tips on how to share this information:



- Speak slowly and clearly.
- Remember to pause for questions.
- Engage with students when they are working in small groups or stations.
- Find opportunities to share real-life stories that make connections to the topic you're discussing.

## KNOW YOUR AUDIENCE

You're going to be working with students aged 10 to 13—adolescent learners. Here's some general information on this age group that could be helpful as you decide how to present the curriculum:

- Students will learn at different times and levels, especially at this age. It is okay if the students do not finish the activities on time.
- These students are often very curious and enjoy interacting with peers during learning activities. However, their interactions can quickly become social, so be cognisant and bring students back to the task at hand if their attention wanders.
- While they also tend to be active learners, which means they enjoy engaging with the teacher as active participants in the lesson, they can also be reluctant to engage in or show excitement about non-preferred tasks. Try to engage them in the topic with relevant stories and connections but be patient if they just don't seem interested.
- Proximity is a great tool. Students this age lose interest when being lectured to, so move around the room, sit with them during small group work, etc. Interacting with them in these ways can help keep them engaged.

- And remember, they're still experimenting with different ways of talking and acting as they learn and grow.

It's possible that students might ask some personal health questions during your session. Check out these **Do's** and **Don'ts** for handling these situations.

- **Do** encourage students to share relevant personal experiences
- **Do** remind students that your learning space is a “judgement-free zone,” and that together you want to create “a safe space for learning.”
- **Don't** make comments about body types or physical appearance.
- **Do** understand that there might be factors outside students' control that impact their health, such as family income or living in a food desert.
- **Do** acknowledge and respect all questions that students ask.
- **Don't** answer questions about personal health topics that make you feel uncomfortable.
- **Do** encourage students to ask these questions to a trusted adult.
- **Do** check with your Volunteer Champion or classroom teacher about the rules on reporting evidence or suspicion of abuse.

Most importantly, have fun!

This is a valuable opportunity for you to reach and inspire students in your community and beyond. We hope you find it rewarding, and we thank you for your time and interest in being a vital part of this programme.

