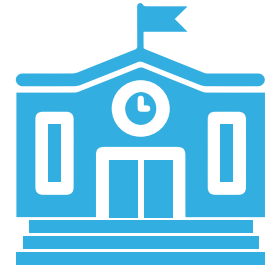


PREP GUIDE FOR VOLUNTEERS



The Future Well™ Kids program 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 organizations (partners) to deliver a fun and engaging curriculum to students, teaching them healthy habits that can last a lifetime.

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

WE ALL HAVE A ROLE TO PLAY

We all have a special role to play in helping students gain the knowledge and skills they need to lead fuller and healthier lives. Preparing for your time in a school may look different depending on which volunteer role you hold. Whether you are a regional champion or a volunteer champion, you can use the suggestions below to make the best out of the time you spend communicating, visiting, training, and presenting with Future Well™ Kids. Good luck and thank you!

- **Regional Champions**

- Keys to Success:
 - Ensure site coordinators have the resources and understanding to train volunteer champions.
 - Assist site coordinators with recruitment needs.
- First Steps:
 - Prepare site coordinators with an overview to present to partners.
 - Give site coordinators tips and next steps for engaging volunteer champions.
 - Provide moral and tangible support for volunteer recruitment and retention.

- **Site Coordinators**

- Keys to Success:
 - Ensure your partner understands the mission of Future Well™ Kids 2.0 and is familiar with the progression of required activities.
 - Train volunteer champions on program delivery and provide tips and suggestions for successful visits.



- First Steps:

- Discuss the importance of the approach of Future Well™ Kids with partners and volunteer champions. Consider using some or all of the following language:

We want to ensure students easily receive the information presented in the activities and retain the knowledge and skills that they learn. It has been recommended by Abbott experts in noncommunicable diseases to deliver lessons within select targeted options. This approach is designed to help inspire students to take charge of their health while ensuring they are receiving the required recommendations to help decrease their risk of developing certain noncommunicable diseases.

Abbott volunteer champions will select lessons to present from a list of required core nutrition and physical activity lessons. They will then collaborate with you to choose which elective option, from a carefully curated list, works best. Together, we can make a difference in the health of your students.

- **Volunteer Champions**

- Keys to Success:

- Follow the required visit progression.
- Present students with engaging lessons to ensure that they receive the knowledge and skills they need to reduce their risk of developing certain noncommunicable diseases.

- First Steps:

- Familiarize yourself with the activities so you gain an understanding of the material, allowing you flexibility in how you deliver lessons to students.
- Attend volunteer leader and site coordinator meetings to gain ideas and learn strategies, so it can make your delivery fun for both you and the students.

PLANNING YOUR VISITS

The first three visits for any volunteer include presenting the required core nutrition and core physical activity lessons. Some volunteers may conclude their visits at this time, while others may choose to present one or more elective activities during subsequent visits.

Any visits past the first three are elective, and volunteers can choose from a list of curated activities to further engage students in living fuller and healthier lives. Volunteers should not deviate from the designated elective activities without prior approval from the Global Citizenship program manager.

Whether students encounter elective lessons or not, they should be proficient in the Core Key Takeaways at the conclusion of their time interacting with the Future Well™ Kids program. These are provided for you in the Lessons Review Guide.

VISIT #1

- Pre-Student Surveys
 - Evaluate current understanding of NCDs
- Required lesson:
 - *What's the Difference?*

VISIT #2

- **Nutrition** Core Lesson
- Choose 1:
 - *Nutritious Alternatives*
 - *Planning for a Healthier You*

VISIT #3

- **Physical Activity** Core Lesson
- Choose 1:
 - *Get Moving*
 - *Keep It Movin'*

VISIT #4 AND BEYOND

Choose from 9 Elective Lessons

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> ● Nutrition Focus <ul style="list-style-type: none"> ○ <i>The Mystery of the Hidden Sugars (Kit)</i> ○ <i>Supermarket Smart</i> ○ <i>Design Innovation (Kit)</i> | <ul style="list-style-type: none"> ● Physical Activity Focus <ul style="list-style-type: none"> ○ <i>NCDs Ninja</i> ○ <i>Heart Pumping Theater</i> ○ <i>Staying Healthy While Staying Connected</i> | <ul style="list-style-type: none"> ● Other Health Topics <ul style="list-style-type: none"> ○ <i>Stress Out</i> ○ <i>Bedtime!</i> ○ <i>Keep Your Heart Pumping (Kit)</i> |
|---|---|--|

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:

- Be sure to bring your photo ID and any other information the partner requires.
- Arrive early to allow time for parking and front office check in.
- Check in at the front office and go to the designated meeting spot for your group.
- 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, if time allows.



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:** During your prep meeting or call, decide as a group how you will introduce yourselves to the students. Try to make this information fun, engaging, and relevant to 10–13-year-olds. Also, don't forget to explain that you are there on behalf of the Future Well™ Kids program, and you are excited to help teach them healthy habits that they will be able to use for their entire lives.
- **Dive into the lesson:** This is the fun part! You're not just teaching kids about NCDs 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 cognizant 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 **Dos** and **Don'ts** for handling these situations.

- **Do** encourage students to share relevant personal experiences.
- **Do** remind students that your learning space is a "judgment-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 program.

