How to Make an Outreach Program:

Step 1: Check out the new Preconception Health Peer Educator Toolkit on the New DHMIC Website.

Step 2: Choose a topic – one that’s actually interesting to you!

Some Possibilities (If you have a new idea, let me know!)

* + Healthy Nutrition
		- Folic Acid
		- How to read a nutrition label
		- Portion sizes, etc.
	+ Exercise and Physical Activity
		- Safe places to exercise
		- Ideas for exercise
	+ Early pregnancy
		- Fetal Alcohol Syndrome
		- Teratogens
	+ Responsible Fatherhood
	+ Immunizations/Screenings
	+ Safe/Healthy relationships
	+ Dating Violence/Sexual Assault
	+ Bullying
	+ Health Equity in the Community
	+ Lifeplanning
	+ Self-Esteem Building
	+ Mental Health
	+ Goal Setting
	+ Effective Communication
	+ Teen pregnancy
		- Prevention
		- Interconception (after/between pregnancy care)
		- Involving teen males in teen pregnancy prevention
	+ Contraception
	+ STD/STI’s

All of these topics should be “geared” towards a certain population. For example, “Healthy Nutrition for Teens”, “Lifeplanning for Young Men”, or “STD Education for the Community” may be possible titles.

Step 3: Decide what type of outreach you would like to create. For example:

* + Powerpoint
	+ Discussion – small group and/or large group
	+ Games/Activities
	+ Worksheets
	+ Factsheets
	+ Video to show and discuss afterwards
	+ Table at a health fair

Step 4: Use the toolkit to compile the resources you need to perform your outreach idea (factsheets, discussions, activities, etc.)

Step 5: Create a typed (one page is plenty!) word document of how a PPE or a group of PPE’s could perform a possible outreach.

Step 6: Share your Outreach idea with your PPE group, the DHMIC, and any other community partners.

Step 7: Go out into the community and spread your message!