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!