



Actual Size

Outreach

Service

Patch Program

Quick Overview of Requirements

Visit LiveYouthStrong.com for complete requirements.

Complete the Advocate patch for each of the five sections to earn your Outreach Advocate patch:

Nutrition • Shelter • Education
Wellbeing • Wellness



NUTRITION

HELPER



- 1: Make It!**
Do an art or craft activity to get excited about doing a healthy food project.
- 2: Learn It!**
Watch the video to learn about healthy eating.
- 3: Do It!**
Choose and complete one of the suggested age-appropriate service projects for helping to make healthy food.
- 4: Earn it!**
Receive the Healthy Food Helper Patch.

FRIEND



- 1: Learn It!**
Learn why having a supply of healthy food is important, especially to those in need.
- 2: See It!**
Visit a local food pantry and think about what you can contribute to it.
- 3: Do It!**
Choose and complete one of the suggested food drive projects.
- 4: Review It!**
Review your project. Optional review worksheet is provided for younger achievers.

VOLUNTEER



- 1: Research It!**
Learn how hunger and poor nutrition affect people in your community and across the country.
- 2: See It!**
Visit a local soup kitchen and find out if they are a good fit for you.
- 3: Do It!**
Make a commitment to improve the community by participating in a feeding the hungry volunteer project.
- 4: Review It!**
Review your project.

ADVOCATE



- 1: Research It!**
Use the provided links to learn about why people suffer from poor nutrition and how they can eat healthier.
- 2: Do It!**
Plan and complete one of the suggested advocacy programs to help improve nutrition in your community.
- 3: Review It!**
Review your experience advocating for good nutrition and thank those who helped.

DELEGATE



- 1: Choose It!**
Use the provided links to choose a topic for your nutrition action project.
- 2: Plan It!**
Use the tools provided to learn how to plan and organize your project including fundraising and outreach.
- 3: Do It!**
Join in during your project to supervise and provide assistance at all levels.

SHELTER

HELPER



1: Make It!

Do an art or craft activity to get excited about doing a clothes project.

2: Learn It!

Watch the video to learn how to take care of your clothes.

3: Do It!

Choose and complete one of the suggested service projects for helping take care of clothes.

4: Earn it!

Receive the Clothes Helper Patch.

FRIEND



1: Learn It!

Learn how poverty makes it hard for families to afford basic needs like clothes.

2: See It!

Visit a secondhand store and think about how you can help families in need of clothing.

3: Do It!

Choose and complete one of the suggested clothing drive projects.

4: Review It!

Review your project.

VOLUNTEER



1: Research It!

Find a local homeless shelter to volunteer for and think about how you can help.

2: See It!

Visit local shelters and find one that is a good fit for you.

3: Do It!

Make a commitment to improve the community by participating in a homelessness volunteer project.

4: Review It!

Review your project.

ADVOCATE



1: Research It!

Use the provided links to learn about the struggles facing the homeless.

2: Do It!

Plan and complete one of the suggested advocacy programs to help promote shelter conditions in your community.

3: Review It!

Review your experience advocating for proper shelter and thank those who helped.

DELEGATE



1: Choose It!

Use the provided links to choose a topic for your shelter action project.

2: Plan It!

Use the tools provided to learn how to plan and organize your project including fundraising and outreach.

3: Do It!

Join in during your project to supervise and provide assistance at all levels.

EDUCATION

HELPER



1: Make It!

Do an art or craft activity to get excited about doing a school project.

2: Learn It!

Watch the video to learn about school.

3: Do It!

Choose and complete one of the suggested age-appropriate service projects for helping someone with school.

4: Earn it!

Receive the School Helper Patch.

FRIEND



1: Learn It!

Learn why schools across the country are in need of supplies.

2: See It!

Visit a local store and think about what you can get to donate to schools.

3: Do It!

Choose and complete one of the suggested school supply drive projects.

4: Review It!

Review your project. Optional review worksheet is provided for younger achievers.

VOLUNTEER



1: Research It!

Find out why reading skills are important and ways to help children read.

2: See It!

Visit a local library or bookstore and think about how you can get the kids engaged in reading.

3: Do It!

Make a commitment to improve the community by participating in a volunteer project.

4: Review It!

Review your project.

ADVOCATE



1: Research It!

Use the provided links to learn about the challenges facing education in this country.

2: Do It!

Plan and complete one of the suggested advocacy programs to help improve education in your community.

3: Review It!

Review your experience advocating for education and thank those who helped.

DELEGATE



1: Choose It!

Use the provided links to choose a topic for your education action project.

2: Plan It!

Use the tools provided to learn how to plan and organize your action project including fundraising and outreach.

3: Do It!

Join in during your project to supervise and provide assistance at all levels.

WELLBEING

HELPER	FRIEND	VOLUNTEER	ADVOCATE	DELEGATE
 <p>1: Make It! Do an art or craft activity to get excited about doing a happiness project.</p> <p>2: Learn It! Watch the video to learn about feelings.</p> <p>3: Do It! Choose and complete one of the suggested age-appropriate service projects for helping someone feel better.</p> <p>4: Earn it! Receive the Happiness Helper Patch.</p>	 <p>1: Learn It! Learn how hospitalization can cause people to feel lonely.</p> <p>2: See It! Watch the provided video to see how a drawing or craft can help others feel better.</p> <p>3: Do It! Choose and complete one of the suggested crafting projects.</p> <p>4: Review It! Review your project. Optional review worksheet is provided for younger achievers.</p>	 <p>1: Research It! Watch the provided video to learn about loneliness.</p> <p>2: See It! Visit a local hospital and think about what you can do to volunteer to cheer up the patients/residents.</p> <p>3: Do It! Make a commitment to improve the community by participating in a companion volunteer project.</p> <p>4: Review It! Review your project.</p>	 <p>1: Research It! Use the provided links to learn about mental illness.</p> <p>2: Do It! Plan and complete one of the suggested advocacy programs to help improve wellbeing in your community.</p> <p>3: Review It! Review your experience advocating for wellbeing and thank those who helped.</p>	 <p>1: Choose It! Use the provided links to choose a topic for your wellbeing action project.</p> <p>2: Plan It! Use the tools provided to learn how to plan and organize your project including fundraising and outreach.</p> <p>3: Do It! Join in during your project to supervise and provide assistance at all levels.</p>

WELLNESS

HELPER	FRIEND	VOLUNTEER	ADVOCATE	DELEGATE
 <p>1: Make It! Do an art or craft activity to get excited about doing an exercise project.</p> <p>2: Learn It! Watch the video to learn about the importance of exercise.</p> <p>3: Do It! Choose and complete one of the suggested service projects for helping someone exercise.</p> <p>4: Earn it! Receive the Exercise Helper Patch.</p>	 <p>1: Learn It! Learn why exercising is important to wellness and how dancing is a good form of exercise.</p> <p>2: See It! Watch the provided video to see how dancing can be a fun way to exercise.</p> <p>3: Do It! Choose and complete one of the suggested dancing partner projects.</p> <p>4: Review It! Review your project.</p>	 <p>1: Research It! Find out why warming up before exercising is important.</p> <p>2: See It! Contact local centers and think about which ones could use volunteer help with exercising.</p> <p>3: Do It! Make a commitment to improve the community by participating in a fitness volunteer project.</p> <p>4: Review It! Review your project.</p>	 <p>1: Research It! Use the provided links to learn about the importance of physical fitness.</p> <p>2: Do It! Plan and complete one of the suggested advocacy programs to help improve wellness in your community.</p> <p>3: Review It! Review your experience advocating for wellness and thank those who helped.</p>	 <p>1: Choose It! Use the provided links to choose a topic for your wellness action project.</p> <p>2: Plan It! Use the tools provided to learn how to plan and organize your project including fundraising and outreach.</p> <p>3: Do It! Join in during your project to supervise and provide assistance at all levels.</p>