

Regarding nutrition and fitness, here are some types of presentations that I think may be useful to adolescents and compliment existing curricula (though I don't have a working knowledge of such curricula...yet). (*) indicates the ones that I could possibly facilitate.

1. View movie "SuperSize Me" with discussion to follow.*
2. Presentation on new physical activity and nutrition recommendations, with assessment of what they currently eat and how much they move relating to new recommendations. Plus lots of discussion on how these new policies are impacting them, i.e., no or reduced access to soda pop at school.*
3. Marketing: a presentation/discussion about the significant amount of marketing adolescents are targeted with and how this influences the choices they make.*
4. How to read food labels.
5. Demonstrations on portion sizes and what's exactly in the foods we eat (i.e., how much sugar in a can of soda).
6. Coaching tips on how to be more physically active throughout the day/eat healthier.*

I'd also like begin formalizing presentations on specific aspects of behavior change that would help students (and adults) understand better the concepts around stages/readiness to change as well as coaching tips to successfully achieve goals (not necessarily identify goals, but the HOW to achieve them).

Regarding tattooing:

As discussed on the phone, I'm not sure why this would be a topic covered unless it was connected to body piercing, branding, carving, and cutting. One point in the discussion would be to help identify when "creative expression" (i.e, tattoos, piercing, branding) crosses the line into self-harm (cutting, etc.). Also, info. on how to help a friend would be important and/or where to go for help.