

Health Messenger Activation Guide

Being a Health Messenger is more than just completing a training. It is very important to put in practice what you learned in the training. This is called **activation.**

You should be activated at least one time in the year after completing your training as a new Health Messenger. If you are not activated during the first year, SOI will not consider you eligible for activation by SOI after that time.

**Planning Your Activation**

Planning your activation is a required part of the training for new Health Messengers. You should work with your mentor and someone from your Special Olympics Program to come up with ideas. The following page has some examples of how you might want to be activated as a Health Messenger. These are just examples. Work with your mentor and your Special Olympics Program staff to come up with other ideas that suit you!

**Reporting Your Activation**

Don’t forget – you have to be activated and report it to SOI within 1 year of your training to stay active as a Health Messenger!

After you’ve completed your activation, fill out [this form](https://app.smartsheet.com/b/form/793040a8ee0d450d8b912939494ee9d8) to report it.

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| **If you like** | **You might want to** |
| **Motivating your teammates** | Make a 5-minute lesson on the health topic of your choice that you can share with other athletes. Give a motivational speech to other athletes on how fitness can help them as an athlete and how they can use Fit 5 to live a healthy life. Make a plan to - * start a fitness or walking club in your community.
* get your teammates to use Fit 5 goals and the Athlete Tracker tool to get in shape for competitions.
* get more athletes to Healthy Athletes

help your teammates set—and reach—personal health goalsSend healthy social media messages or create a health and wellness social media group. |
| **If you like** | **You might want to** |
| **Talking to people in the community about why they should support Special Olympics** | Talk to your Special Olympics Program about opportunities to be involved in recruiting Healthy Athletes volunteers, training health care and fitness professionals, and more. Join your Special Olympics Program in meetings with possible sponsor/funder to explain why they should get involved in Special Olympics health and how their support could help athletes become healthier. Use your social media or another media opportunity to share about Special Olympics has helped you be healthier. |
| **If you like** | **You might want to** |
| **Advocating for health systems to include people with intellectual disabilities** | Talk to your Special Olympics Program about opportunities to be involved in training health care and fitness professionals, meeting with officials from governments, universities, and other important organizations, and more. Write a speech about access to health for people with intellectual disabilities where you live. To do this, you might want to get to know your fellow athletes and some of their health stories. A health story can be about bad experiences and how they could have been better, or what made good experiences good. Try to also look up data about the health of people with intellectual disabilities where you live. You might want to talk in your speech about a specific health need in your community, like malaria, clean water, or vaccines.Keep track a law or policy where you live that would affect the health of people with intellectual disabilities. Think about if people with intellectual disabilities and their needs are being considered. Make a plan for how you might like take action in that process and talk about it with your Special Olympics Program. |

**Health Messenger**

**Activation Planning Worksheet**



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| **HEALTH MESSENGER INFORMATION** |
| **Name of Health Messenger:**       |
| **Email Address:**       |
| **Phone Number:**       |
| **Name of Mentor:**       |
| **Email Address of Mentor:**       |
| **Phone Number of Mentor:**       |
| **SO Program:**       |
| **Date:**       |

**Who do you want to reach with your activation?**

(Examples: athletes on your team, government officials, gyms and fitness professionals)

**What activity will you do?**

(Examples: help your fellow athletes set and follow through with personal health goals, write and give a speech, carry out a social media campaign)

**What do you want to achieve with this activity?**

(Examples: # of athletes that you help achieve their personal health goal, speak to 2 officials at the Ministry of Health, make # of posts)

**When and where will you do this activity?**

Is there already something planned that you can join? For example, an upcoming sports practice, Healthy Athletes event, meeting with a partner, or media opportunity? Your Special Olympics Program can help identify and create opportunities for your activation.

**What resources will you need and use?**

(Examples:

**Describe any other steps you will need to take to complete the project:**

**Other comments (optional):**



**Don’t forget – you have to be activated and report it to SOI within 1 year of your training to stay active as a Health Messenger!**

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 **What happens after you complete your activation?**

1. Go to <https://bit.ly/3QTYf5O> (or scan the QR code) to report it your activation.
2. Celebrate and feel proud of yourself!
3. Stay engaged with your Special Olympics Program and all of the health opportunities it offers!