



MY THRIVING COMMUNITY Toolkit

Are you looking for tools to help youth:

- Explore community influences on health and well-being?
- Learn about their community?
- Embrace their power to engage in positive change?

My Thriving Community is a collection of lessons, activities, and resources to guide youth in appreciating the impact of community conditions on health and well-being, while also embracing their power to engage in making positive change.

Who can use this toolkit?

- Teachers
 - health education, social studies, civics
 - high-school (adaptable for middle-school)
 - after-school club coaches
- Community Program Leaders
 - leadership development
 - community service



Visit our [website](#) to learn more and access the online toolkit.

Introducing students to the Vital Conditions framework through engaging, student-centered activities.

My Thriving Community Toolkit

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Healthy Communities Delaware

Reflections from Educators

"Students engaged meaningfully with the idea that health is influenced by more than just individual choices—it's also shaped by the environments we live in. Using real-life examples from their neighborhoods, they demonstrated an ability to think critically about issues such as food access, safe housing, mental health support, and the importance of strong social connections. The use of small group discussions allowed students to share personal observations and broaden their understanding through peer experiences."

– School-based Educator

"We had great conversations and I learned a lot about them and I learned a lot about what's meaningful to them in their community. And I think that in itself makes it worth it right there."

– School-based Educator