

# **My Way Texting Program**

## **Directions for Teen Health Center Staff**

### **INTRODUCTION**

My Way is a texting for health program developed by University of Washington students with help of Teen Health Center staff. Teens who sign up will receive text messages targeted to Ballard High School students about nutrition, physical activity, stress, sleep, and/or drugs and alcohol depending on what they select. They will receive up to 3 messages a week from November 17 through the end of January.

### **YOUR ROLE**

Tell students about the program and encourage them to sign up. Give them a flyer or tell them the short code to facilitate sign up. We are hoping to sign up 100+ students in the program.

### **MATERIALS**

My Way flyers can be placed on the front desk and given to students during appointments. I have provided a full flyer to make additional copies if necessary. I've also supplied larger flyers for announcement boards.

### **QUESTIONS?**

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