



FFORC

Food · Fitness · Opportunity
Research Collaborative



FAIRVIEW YOUTH IN ACTION

Fairview Youth in Action Internship project is a partnership with Habitat for Humanity, Fairview Community Watch, and the UNC FFORC team, and empowers youth to educate and advocate for safer built environments for physical activity. We sat down with the youth interns to learn about their experiences. This is what they shared was most significant to them.

PROGRAM EVOLUTION & IMPROVEMENT

Youth interns have experienced significant positive changes in the program, the mission of the program is clear and focused, and they are happy to have a safe, reliable space to host their meetings and activities.

"It's amazing how far this internship has come... seeing all the new accomplishments that will be done by the past and current interns and the future interns."

"It's nice having a meeting space that we have access to no matter the weather... 4-5 years ago we did not have any access to this space...It is a big step up for our community."

COMMUNITY AWARENESS

Interns gained a greater awareness of their community, its history, its assets, and how to make positive changes.

"I feel informed like every day I learn something new about the community I didn't know before."





DEVELOPING PERSONAL AND PROFESSIONAL SKILLS

Interns felt an increased sense of confidence and accomplishment being able to practice professional skills like goal setting, planning activities, research, public speaking, teamwork, and increased social skills.

“One change was my public speaking... I still get nervous but its not the same anymore because I want to do it and I know I can do it and I know that I am capable of doing it now.”

“From the beginning, we didn’t know how to work together...we just didn’t know how to and we had to figure it out. But we got more comfortable sharing ideas and we got really good at brainstorming stuff and figuring out what we wanted to do and how we wanted to do it and that felt good.”

GREATER SENSE OF SELF-EFFICACY AND ACHIEVEMENT

“We have all kinda found our voice.”

“I get to have a say in what changes are made, like my opinions are going to be heard and it can be implemented into our project for what is going to be done.”

GREATER SENSE OF COMMUNITY & A DESIRE TO GIVE BACK

“I am proud of what I am doing; we are part of the community and advocating for changes.”

“The food distribution was impactful because I got to give back to the community and everyone got to see the benefits of volunteering.”



“I have liked learning about different things I can do for the community. This program helped me do that a lot more.”