

Want to help youth become more health literate?

Join HEAT Corps and engage in crucial educational dialogue, providing children the trustworthy information they need to make decisions regarding their health!



■ About HEAT:

The Johns Hopkins Health Education and Training (HEAT) Corps collaborates with K-12 classroom teachers throughout Baltimore, across the country and abroad, to convey essential public health messages.

Each virtual session is 45 minutes long, consisting of a 30-minute interactive presentation and 15 minutes of Q&A between our HEAT Corps instructors and K-12 students. This Fall, we will offer sessions on “Mental Health & Wellness” and “Water & Health”. “Conflict Resolution” sessions will be introduced in the near future.

Learn more about HEAT Corps and apply to be a volunteer by visiting our website: heatcorps.jhu.edu or by scanning the QR code below!

■ Volunteer Requirements

Volunteers are supported by JHU SOURCE, the community engagement and service-learning center for the JHU health professional schools. To become a HEAT Corps volunteer, Johns Hopkins students must commit to:

- Serving 4-8 hours per month
- Completing all volunteer training activities
- Communicating with the HEAT Corps team in a timely manner
- Using Hopkins Engage to register for sessions and report all program outcomes
- Spanish speakers desired
(Not a requirement, but also seeking volunteers with this language skillset)

Questions: SOURCE@Jhu.edu

Application: heatcorps.jhu.edu/volunteer
OR scan the QR code! →





TOPICS OFFERED FOR VIRTUAL SESSIONS:



Mental Health & Wellness

Available to: Elementary, Middle & High School Students

Description: The Mental Health & Wellness lesson explores how to identify symptoms of stress, depression, and anxiety while addressing the stigma surrounding mental health issues. It emphasizes the importance of seeking support and examines the long-term effects of harmful behaviors and toxic coping mechanisms, such as vaping, on overall health and well-being. Additionally, it offers practical resources and strategies for developing healthy coping mechanisms to enhance mental health and wellness.



Conflict Resolution *Coming Soon*

Available to: Elementary, Middle & High School Students

Description: The Conflict Resolution lesson focuses on effective strategies for resolving conflicts, with an emphasis on addressing bullying, peer violence, and online harassment. It explores the spectrum of violence, including various forms of abuse, and offers guidance on recognizing, diffusing, and resolving conflicts. The curriculum also provides valuable resources for violence prevention and trauma-informed care, equipping students with the tools to handle and mitigate conflict in a constructive manner.



Water & Health

Available to: Elementary, Middle & High School Students

Description: The Water and Health lesson delves into how drinking water is a key driver for protecting public health, including the principles of environmental justice. It covers critical topics such as water infrastructure, climate change and factors affecting water safety, with a focus on the health impacts of lead exposure in children. Additionally, the lesson addresses environmental racism and highlights the importance of sustainability as a public health priority. Practical measures for adopting sustainable practices in daily life will also be discussed, emphasizing how these actions can contribute to healthier living.

MENTORING OPPORTUNITIES:



Work alongside faculty and staff from across Johns Hopkins!

Our team includes experts in fields such as public health, education, community engagement, and environmental science.

By volunteering with us, you'll have the unique opportunity to receive mentorship from these esteemed professionals, collaborate across disciplines, and contribute to meaningful community work!

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