



# FCCLA Planning Process Summary Page Template



*(This template may be modified, but all headings must be used in the correct order. The FCCLA logo, STAR Events logo, and Planning Process graphics are encouraged but not required.)*

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## IDENTIFY CONCERNS



My concern is the misconception of various nicotine products and the associated health, wellness and safety issues that they produce.  
I am also concerned how this will impact my peers and community.

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## SET A GOAL



My goal is to develop an impactful digital story about how various nicotine products could negatively influence the well being of individuals and families in my community and society as a whole.

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## FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



Who: Laci Ipock  
What: Develop a digital story for change to transform my community, one action at a time. My action is to educate my peers, families and community about the negative effects of nicotine and how that impacts us as a society.  
When: 2019-2020 school year  
Where: Seymour School FCCLA Website  
How: Posting a digital story directly linked to Seymour School website.  
Cost: The cost is the health and wellness of family and community.  
Resources: Takingdowntobacco.org, CVS, National Institute on Drug Abuse for Teens.  
Evaluation: I plan to track views, set up a virtual pledge wall and start a Facebook page.

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## ACT



I have a personal passion about educating individuals and my community about the negative aspects of nicotine and how the new forms of products are targeting peers my age. It is with this passion I decided to create a digital story "Igniting a Change". I brainstormed a scenario and researched my facts, used experiences from my school and put it together to inform about the effects of these products. This topic focused directly to FCS Standard 7.4.1 Investigate health, wellness and safety issues of individuals and families with a variety of conditions that could influence their well being. My hope is this digital story will ignite a change and show the truth about nicotine and nicotine products.

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## FOLLOW UP



This project brought into focus the negative impact that nicotine has on teens and how that impacts families and communities. This project has had a positive impact on my life because of the number of people I have reached and the opportunity I have had and will continue to have to serve the people in my community and school. I plan to follow up with classroom presentations at my school and start a Facebook page.