



SERVICE LEARNING AND CIVIC ENGAGEMENT THROUGH HIGHER EDUCATION

## **JASMINE HARRIS-SPEIGHT | MISSISSIPPI STATE UNIVERSITY**

### **EQUIPPING YOUTH FOR LIFELONG LEARNING AND HEALTH LITERACY THROUGH THE JUNIOR MASTER WELLNESS VOLUNTEER (JMWV) PROGRAM**

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#### **ABSTRACT:**

Mississippi State University Extension is addressing health literacy limitations among youth through a 4-H program designed to improve health literacy and healthy lifestyle choices. The Junior Master Wellness Volunteer program is shaping healthy living principles for youth through mental health wellness, health literacy, bullying prevention, and other health-related topics. This program helps participants receive accurate research-based health information to improve their health and well-being and those around them.

#### **THEMATIC FOCUS: LISTENING CLOSELY | LEARNING THE CHORDS**

#### **BIO(S):**

##### **JASMINE HARRIS-SPEIGHT**

Jasmine Harris-Speight, MS is an Extension Instructor for Mississippi State University Extension Service in the Department of Biochemistry, Nutrition, and Health Promotion. As an Extension Instructor for the Extension Service, Jasmine assists with coordinating several Family and Consumer Science and 4-H Programs. She provides support to MSU ES Agents and other faculty and staff through programming and instruction.