



Steve M. Tietjen, Ed.D. | County Superintendent of Schools

632 WEST 13TH STREET | MERCED, CA 95341 | (209) 381-6600 | WWW.MCOE.ORG

Healthy Heroes Club

Empowering Youth to Lead Tobacco-Free Futures

Healthy Heroes is a youth leadership club designed for students who want to make a positive impact on their school community. Members learn about the dangers and health risks of smoking and vaping—and then become peer educators who inspire others to make healthy choices.

What Healthy Heroes Do

- **Develop leadership skills** while promoting wellness on campus.
- **Learn factual, age-appropriate information** about the harms of smoking and vaping.
- **Educate classmates** through peer-to-peer presentations and activities.
- **Create positive change** by raising awareness and promoting healthy habits.
- **Host tabling events and school-wide activities** to spread their message.

What Schools Receive

Merced County Office of Education provides full support to help your site launch and sustain a Healthy Heroes club, including:

- **Curriculum** for vaping and tobacco education.
- **Training and guidance** for club leaders.
- **Activity ideas and event planning support.**
- **Educational materials and supplies** available for youth members to borrow.

What Schools Need

To participate, each site must designate an **educator or staff member** to serve as the club lead. This adult advisor will:

- Guide and support student leaders.
- Coordinate with County Office of Education staff.
- Assist in planning meetings and activities.

Why Start a Healthy Heroes Club?

- Builds strong youth leadership.
- Creates a healthier school culture.
- Supports wellness, prevention, and student empowerment.
- Engage students in meaningful service and advocacy.

Ready to Bring Healthy Heroes to Your School?

For more information or to get started, contact your **MCOE TUPE Advisor:**

Lucia Garcia-Mendoza

lmendoza@mcoe.org

(209) 381-4046