

Healthy Texas Youth Ambassadors



Empowering Youth, Inspiring Health!



What is it all about?

This program is designed for high school age youth who have a passion for health and wellness. Youth will be trained at the local & regional level to become youth health experts who can motivate others to make changes in their lifestyle and improve overall health. More importantly, ambassadors will assist local county extension agents with program efforts, project activities, and much more!

Why choose us?

- Become a trained student assistant to Texas A&M AgriLife Extension agents, helping to provide leadership with programs.
- Become knowledgeable and skilled in the healthy lifestyles subject matter.
- Learn to coordinate and present educational events that will encourage better health in your community.
- Give 40 hours of service to improve the health of your community.

For more information, please contact your local county extension agent or visit:

TEXAS4-H.TAMU.EDU/AMBASSADORS

WHO CAN JOIN?

Membership is open to all youth entering at least 9th grade regardless of socioeconomic level, race, color, sex, national origin or disability. Ambassadorship is a 12-month commitment, beginning June 2026 to May 2027.



WHEN IS TRAINING?

During the summer, ambassadors will attend a state-wide "Building Healthy Youth to Build a Healthy Texas" Summit. This Summit will lay the foundation for ambassadors to implement health, wellness, nutrition, and safety programs across the state.



WHERE WILL YOU SERVE?

Once training is complete, youth ambassadors will provide 40 hours of service to their community. Hours can be earned through peer-to-peer education, school programs, community programs, and service learning opportunities.