



## Knox County Health Department

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### **KCHD's Service Spotlight: My Body My Future Program** *Highlighting October's Let's Talk Month*

*Knoxville, Tenn.*— October is Let's Talk Month! Throughout this month, Knox County Health Department's My Body My Future program encourages a conversation between parents or trusted adults and their kids about risks, choices and values.

Parents and trusted adults play a vital role in a child's life and having an open and honest line of communication is key. Starting age-appropriate conversations early can help your child succeed in making educated and healthy decisions in his/her life. To help facilitate these conversations, check the MBMF website at [mybodymyfuture.com](http://mybodymyfuture.com) where you can get some helpful tips, as well as a printable Let's Talk Month game.

"A unique component of My Body My Future is that it provides resources for both parents and teenagers," said Reantha Pillay, Public Health Educator at KCHD. "We have multiple youth-serving agencies that come together to provide resources and programming for Knox County teens. It is really a community effort that strives to promote positive youth development."

In addition to parents and guardians getting involved, My Body My Future invites middle and high school students to create a public service announcement about mental health! The PSA submissions should focus on two topics: What students wish they knew about mental health and tools to help them thrive and build a path for recovery. The deadline for submission is November 24, 2021. The top three PSAs will be aired on WBIR-TV for the public to view and vote for the winner. Visit [mybodymyfuture.com](http://mybodymyfuture.com) to learn more about the guidelines, rules and prizes.

#### **About Knox County Health Department**

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. As a chief health strategist for the community and with more than 240 team members, KCHD's broad scope of work includes convening partners to improve community health, identifying community health threats, investigating disease outbreaks, conducting extensive outreach and education, preparing for public health emergencies, providing and connecting the public with medical care, enforcing food safety and air quality laws, and more. For more information, visit [www.knoxcounty.org/health](http://www.knoxcounty.org/health).

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