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# Session 3

## POLICY GAME INSTRUCTIONS

USE THE OUTLINE ON THE FOLLOWING PAGES TO DEVELOP YOUR ADVOCACY PLAN.

### 1. PICK A PROBLEM AND FIND A SOLUTION

- a. Review the results of the neighborhood assessment(s).**
  - i. Responses on the assessment forms
  - ii. Photographs
  - iii. The teams' experiences and impressions of the neighborhood
- b. Make a list of the problems found. A number of methods could be used, including the following:**
  - i. Each team reviews the assessment forms it completed and reports on the problems found
  - ii. Each team reviews a different topic of assessment and reports on the problems found
  - iii. Assessment forms are divided among participants, and each person reviews some of the forms and reports on the problems found
- c. Brainstorm to find solutions to the problems.**
  - i. Here are some questions to help you begin:
    1. What characteristics of the neighborhood need the most urgent attention?
    2. What will make the biggest impact on making healthy food and physical activity choices?
    3. Which solution will help the most people?
    4. Which solution has the best chance of working; that is, which would be most acceptable to decision-makers, least expensive, and/or most quickly done?
    5. Which solutions do you like the best and would have the most fun working on?
- d. Vote to prioritize the problems and solutions that will be the focus of your project.**

## 2. IDENTIFY THE POLICY PLAYERS

- a. **Familiarize yourself with the local government structure and your city, county, and school representatives.**
- b. **Work with other interested organizations and people in the neighborhood. Partnering often helps organizations accomplish more than they could alone. Some suggestions include:**
  - i. Parks and Recreation Department
  - ii. Community Services Department
  - iii. Chamber of Commerce
  - iv. Schools
  - v. Local businesses
  - vi. Hospitals or other health-related organizations

## 3. BUILD YOUR ACTION PLAN

- a. **Designate one team member to keep track of your action plan**
- b. **Decide on the steps in your action plan:**
  - i. What needs to be done?
  - ii. Who will do it?
  - iii. When should it be done? (Remember, it could take lots of time to achieve a policy change.)