

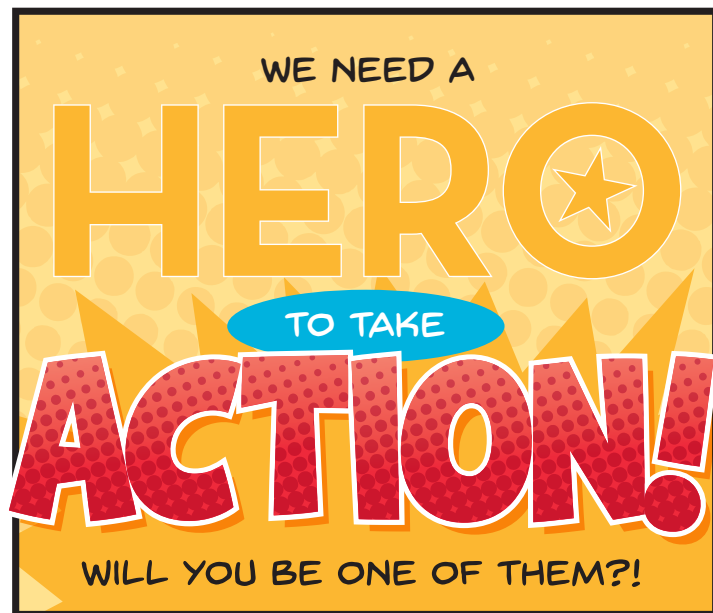
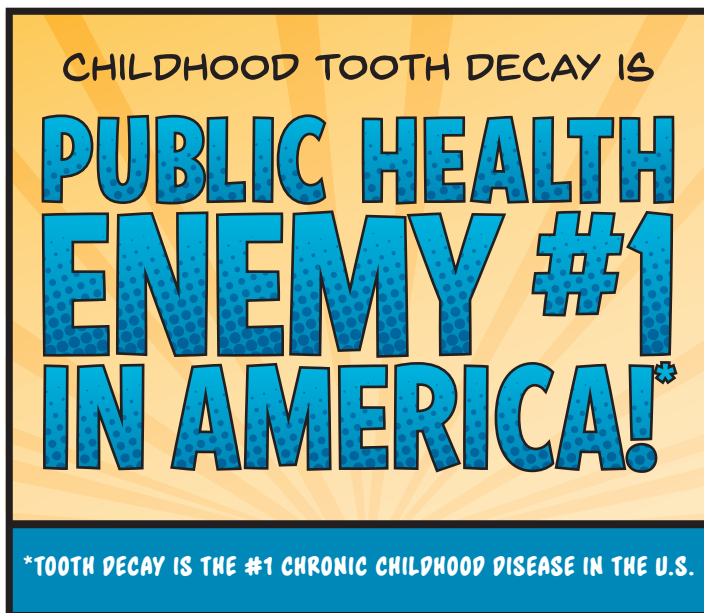
BE AN ORAL HEALTH

**ACTION**

**HERO**



BELIEVE ★ ACT ★ CHANGE



America's ToothFairy needs Scouts across America to be an Oral Health Action HERO in their home communities! You can be a HERO by joining our national campaign to increase awareness about the importance of oral health, and securing oral care products for children in your community. It's that simple!

Thanks to support from **DentaQuest**, America's ToothFairy will distribute a limited number of **NEW patches** to Scouts—provided at no cost!

To earn a patch, demonstrate that you have led three oral health projects that change the way we think about taking care of our mouths, empower children to change negative oral health behaviors, and remove barriers that challenge positive oral health habits.

### Follow these steps to earn your patch:

1. Select an oral health activity from each category (listed on the following page).
2. Troop leaders: **register** for the HERO challenge at [bit.ly/ScoutReg20](https://bit.ly/ScoutReg20).
3. Complete your three projects before 1/15/20.
4. **Submit** the Scout HERO project summary to share outcomes and photos in order for patches to be shipped. The submission form is located at [bit.ly/HEROReport](https://bit.ly/HEROReport).



Scout Patch shown smaller than actual size (3" x 3")

America's ToothFairy has additional resources to assist your projects. Visit [AmericasToothFairy.org](https://AmericasToothFairy.org) to learn more about how to apply for a Community Education Kit and to download educational materials and activity sheets.

# RISE TO THE TASK!

COMPLETE ALL 3 LEVELS TO HELP DEFEAT TOOTH DECAY IN YOUR COMMUNITY!

## LEVEL 1: EDUCATE!

FIND WAYS TO CHANGE THE WAY WE THINK ABOUT TAKING CARE OF OUR MOUTHS.

Understand the way we think about taking care of our oral health and any unique oral health challenges of your community.

- Interview 3 people about their own daily dental hygiene practices. What do your friends, family and neighbors know about oral health? Write a short report about what you learned.
- Visit a local dentist office for a lesson on the procedures dentists & dental hygienists do to ensure their patients have healthy mouths.
- Research and document if your community has fluoride in its water.

## LEVEL 2: TAKE ACTION!

EMPOWER CHILDREN TO CHANGE NEGATIVE ORAL HEALTH BEHAVIORS.

Motivate others to apply what they've learned about good oral hygiene habits.

- Conduct a water demonstration highlighting the benefits of water for oral health and wellness. Flavor the water naturally with fresh fruits and herbs.
- Create a healthy food demonstration in your community highlighting the impact of healthy food choices on oral health & wellness. Choose fruits & vegetables for your demonstration.
- Lead a lesson for younger children that shows how to properly brush and floss teeth.
- Start an anti-bullying campaign. (Children with poor dental health are often bullied.)

## LEVEL 3: CREATE CHANGE!

REMOVE A BARRIER THAT CHALLENGES POSITIVE ORAL HEALTH HABITS.

Across America, there are homes that lack the basic tools needed for healthy mouths. Help change that!

- Host a Smile Drive! Collect oral care products to give to children in your community. Visit [SmileDrive.org](http://SmileDrive.org) for more information, tools and fun contests to help you host a successful drive.

# CONTACT US

For any questions or assistance with your project email us at [programs@ncohf.org](mailto:programs@ncohf.org).

## REGISTRATION + RESOURCES

Sign up to participate in our HERO Program and access a full list of data and helpful information at [AmericasToothFairy.org/programs-resources/hero](https://AmericasToothFairy.org/programs-resources/hero)



Made possible with generous support from

**DentaQuest** 