



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Technology has made it so easy for people to get health-related information. But not all of the information is accurate. The following discussion questions and activities will help your students learn to evaluate health-related information so they can make healthy choices in their lives.

## Related KidsHealth Links

### Articles for Kids:

#### What Kids Say About Their Health

[KidsHealth.org/en/kids/poll-health-literacy.html](http://KidsHealth.org/en/kids/poll-health-literacy.html)

#### Safe Cyberspace Surfing

[KidsHealth.org/en/kids/internet-safety.html](http://KidsHealth.org/en/kids/internet-safety.html)

#### Going to the Doctor

[KidsHealth.org/en/kids/going-to-dr.html](http://KidsHealth.org/en/kids/going-to-dr.html)

### Articles for Teens:

#### Figuring Out Health News

[TeensHealth.org/en/teens/health-news.html](http://TeensHealth.org/en/teens/health-news.html)

#### Talking to Your Doctor

[TeensHealth.org/en/teens/talk-doctor.html](http://TeensHealth.org/en/teens/talk-doctor.html)

#### Questions to Ask Your Doctor

[TeensHealth.org/en/teens/questions-doctor.html](http://TeensHealth.org/en/teens/questions-doctor.html)

#### Online Safety

[TeensHealth.org/en/teens/internet-safety.html](http://TeensHealth.org/en/teens/internet-safety.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. When you want to get information about your health, where do you go? What are the best sources of factual information about health-related issues? What makes a source reliable or unreliable?
2. What influences the choices you make about your health – the way you eat, exercise, and how you take care of yourself? Make a list of those influences and rate how much they affect you.
3. How does advertising online, on TV and in magazines and newspapers, etc., affect the health choices you make in life? (Think about food, medicine, fitness, health care products, etc.) How do advertisements try to get you to eat a certain food or to live a certain way?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Exploring the Surf

#### Objectives:

Students will:

- Learn to evaluate Internet sites
- Analyze a variety of health-related websites for credibility

#### Materials:

- "Exploring the Surf" handout
- Computer with Internet access
- Pencil or pen

#### Class Time:

2 hours

#### Activity:

Information about your health is everywhere you turn – online, on TV, in magazines and newspapers, on billboards and in school. Many people turn to the Internet for answers to health-related questions. Unfortunately, not all information on the Internet is accurate. So how do you determine which websites are reliable and trustworthy? Read the KidsHealth.org articles to gain a better understanding about reliable information and credible sources. Next, use the "Exploring the Surf" handout to analyze four health-related websites. After you've evaluated the websites, write about your findings. What surprised you about the websites you examined? Will your findings affect how you use the Internet to look for information in the future?

#### Extensions:

1. Your health and PE teacher, the school nurse, the school counselor, and your doctor are reliable sources of health-related information, but you might feel embarrassed to talk to them about certain topics. With a partner, role-play a conversation you might have with one of these reliable sources about an issue that concerns you.
2. Find an article in a newspaper or magazine that addresses a health-related issue. Based on what you've read at KidsHealth, do you think the article is reliable? Write a brief paragraph explaining your opinion.

## Reproducible Materials

#### Handout: Exploring the Surf

[KidsHealth.org/classroom/6to8/personal/growing/media\\_literacy\\_health\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/media_literacy_health_handout1.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

Instructions: The Internet can be a great resource for information about health-related issues. But not all websites are reliable sources. Review four websites that appear in a web search for a health-related issue.

1

Website name and URL:

Publisher or organization that operates the site:

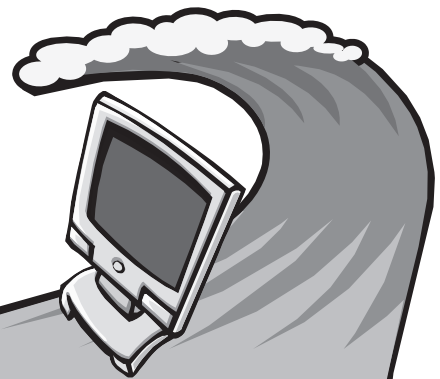
Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

2

Website name and URL:

Publisher or organization that operates the site:

Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

3

Website name and URL:

Publisher or organization that operates the site:

Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

4

Website name and URL:

Publisher or organization that operates the site:

Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

Review your answers, then write about your findings. These questions can help you get started:

- Which site or sites appear to be good sources of health-related information?
- Which site or sites do not appear to be good sources of health-related information?
- Did anything surprise you as you reviewed the sites?
- Will this study affect how you use the Internet in the future? If so, how?

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