

Stay Informed

NHES Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.

Teaching Objectives

- Demonstrate the ability to understand the health risks and benefits of medicines.
- Advocate for proper use of medicines by developing an informative pamphlet or poster.

Teaching Strategies

- Divide students into teams of four or five and supply them with index cards and paper bags.
- When all cards are completed, have teams exchange bags. Have teams compete in matching terms with definitions until one team matches all cards in their bag correctly.
- Discuss with the class their ideas for creating a pamphlet or poster. Ask volunteers to suggest ways to focus their resource for a specific audience. For example, a poster might be more appropriate for younger audiences, a pamphlet for more mature groups.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Clear, health-enhancing stand
- ✓ Support for the position with relevant information
- ✓ Awareness of the audience
- ✓ Encouragement of others to make healthful choices

Activity Stay Informed

Medicines can treat many health problems. If they're taken improperly, however, the same medicines can cause health problems. Working in teams of four or five, compete to determine which team can better define medicine terms. Then, create an informative pamphlet or poster on how to use medicines wisely.

What You'll Need

- textbook for each student
- six index cards per student
- pens or pencils
- small paper bag, one per team
- markers, paints, and poster board

What You'll Do

Step 1

Form teams of four or five. Write each vocabulary term on an index card and the definition of each term on a different index card.

Step 2

Place all the cards into a bag.

Step 3

At your teacher's signal, exchange bags with another team and match each term with the correct definition.

Apply and Conclude

Create a poster or pamphlet listing medicine facts. Persuade others to make positive health choices regarding the use of medicines.

Checklist: Advocacy

- ✓ Clear, health-enhancing message
- ✓ Support for the position with relevant information
- ✓ Awareness of the audience
- ✓ Encouragement of others to make healthful choices



Health Literacy

Medicine Safety Some students may want to include safety tips about taking medicines on their posters. Here are several tips for using medicines safely:

- When you buy a medicine, make sure the package is tightly sealed and has never been opened.
- When you pick up a prescription, make sure it's the right medicine. For example, if you've taken a pill before, check to see that the prescription contains pills of the same size, shape, and color.
- Ask your doctor or pharmacist whether taking a medicine will affect everyday activities, such as concentrating at school or driving a car.