



## SAMPLE LESSON PLANS

### Grade 6 – Health Promotion

#### Unit 3

#### **SOLs:**

6.3.J Analyze the reliability of health information.

#### **Title: Reliable Health Information**

**Objectives/ Goals:** Students will understand basic guidelines for accessing reputable health information.

#### **Materials:**

- Internet Access

#### **Procedure:**

- Have a discussion with students about the importance of getting health advice (advice about medications, behaviors, treatment etc.) from knowledgeable and credible sources. Just because a friend or an ad on TV or in a magazine gives health advice or promotes a health product does not necessarily mean it is good for you. Much of the health information (e.g., drug advertising, health gimmicks, diet and nutrition advice) provided through advertising is intended to convince people to buy products or services and is not necessarily reliable information.
- Encourage students to talk with their parents, trusted adults, school nurses and their family health providers to validate medical advice or information about drugs, medicines, diets etc. that they may receive from friends or see and hear in media.
- One of the first places people look for health information is the internet – but how can you be sure the information on a site is accurate? Many sites provide wrong or misleading information.
- To increase the chances of finding good health information on the internet, follow the following tips:
  1. Rely on websites of well-known health organizations such as hospitals, health departments, and universities (as an example, take students to local hospital websites).

2. Tell students to look for ".gov," ".edu," or ".org" in the web address. A ".gov" address means the site is run by a government agency. An ".edu" address is for an educational institution, and an ".org" address often means a professional organization runs the site. A ".com" address means a for-profit company runs the site. It may still have some good information, but the content may be biased
  3. Don't only use information from one website. Compare the information you find on a site with the information you find on other sites. Make sure other sites can back up the information you have found.
  4. Be cautious about trusting personal stories -just because someone claims that their personal health story is true, it does not mean that it is and it doesn't mean that what helped them will help you.
- Have the students visit the following sites that have ". gov," and ".org" in their web addresses as examples of sites with good health information for children:

KidsHealth.org <https://kidshealth.org/en/kids>

CDC.Gov BAM-Body and Mind <https://www.cdc.gov/bam/body/index.html>

GirlsHealth.Gov <https://www.girlshealth.gov>

Kids.Gov - General Health for Teens

<https://kids.usa.gov/teens/health-and-safety/general-health/index.shtml>

- Assign students a health topic (e.g. smoking, the flu) to research on at least two of the sites.
- Ask them to identify three facts on the topic from the first site and see whether they can confirm it on the second site.
- Discussion: Was the information on the sites similar? Do you think each site provided good advice or information? Why or Why Not?
- As an alternative, teachers may locate "bad" information in a magazine or on the Internet and then have students go to reputable sites to discredit the information.

## Assessment Ideas

- Did students visit the sites?
- Were they able to articulate three facts on the topic, confirm those facts, and discuss the differences between sites.

## References

- Iowa Children's Hospital – Online Health Information What Can You Trust <https://uichildrens.org/online-health-information-what-can-you-trust>
- Family Doctor.Org (American Association of Family Physicians) – Finding Reliable Health Information on the Web <https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true>
- Medline Plus - Evaluating Health Information <https://medlineplus.gov/evaluatinghealthinformation.html>
- Medline Plus - Guide to Healthy Web Surfing <https://medlineplus.gov/healthywebsurfing.html>