

Lesson activity: Advocating health at home

Outcomes:

5.7 A student analyses influences on health decision-making and develops strategies to promote health and safe behaviours.

5.11 adapts and evaluates communication skills and strategies to justify opinions, ideas and feelings in increasingly complex situations

5.16 predicts potential problems and develops, justifies and evaluates solutions

Learn to:

- **influences on health decision-making and risk behaviours**
 - individual factors, eg values and attitudes
 - socio cultural factors, eg family, peers, gender, culture
 - political factors, eg laws and regulations
 - economic factors, eg personal and community
 - environmental factors, eg pollution, weather, built environment
- **empowering individuals and communities**
 - individual action
 - community action
 - developing personal skills, eg advocacy
 - developing supportive environments

Duration: Two lessons

Resources:

- 1 male Gold book per student
- 1 female Gold book per student
- Internet access for students

Learn about:

- recognise that health decisions and risk behaviours are not simply an individual responsibility but are shaped by a range of influences
- analyse the range of influences that impact on an individual's ability to behave in healthy and safe ways in relation to:
 - mental health
 - healthy food habits
 - drug use
 - sexual health
 - road use
 - personal safety
 - physical activity
 - accessing support services
- propose and evaluate strategies that take into account influences on health decision-making, and support young people to behave in healthy and safe ways

Lesson instructions:

1. Ensure all resources are ready and that students have access to the internet.
2. As a class read through an age page and explain the content of the age page. Ensuring to define the health issues and preventative measures needed to ensure a healthy lifestyle.
3. Assign each student one case study (Mum/Dad/Grandma/Grandad) from the 'for students' section on the www.gold-book.net site.
4. Using the Gold book as a guide for the age of the case study person, ask students to identify the health issues in their assigned case study and create a table with the following:

| Health Issue | Preventative strategies | Screening tests |
|-------------------------|---|--------------------------|
| Eg. Late onset Diabetes | Nutritious diet and regular physical activity | Diabetes risk assessment |

5. Encourage students to read out their findings.
6. Ask students to find their parents age page and create a table with the following:

| Health Issue | Preventative strategies | Screening tests |
|-------------------------|---|--------------------------|
| Eg. Late onset Diabetes | Nutritious diet and regular physical activity | Diabetes risk assessment |

7. Have students use the information in the table to write a letter (in a Word document) to their parents asking them to practice healthy preventative strategies and have regular screening tests. Encourage students to personalise their message with lifestyle behaviours from their parents.
8. Have students create a www.Voki.com account and create an avatar that will deliver their message to their parents.
9. Copy the previously written letter into the dialogue box for the avatar
10. Have students email you and their parents a copy of the Avatar message.

Future class discussions:

- Encourage students to share about their conversations.
- Ask students what preventative strategies they will follow to ensure good health