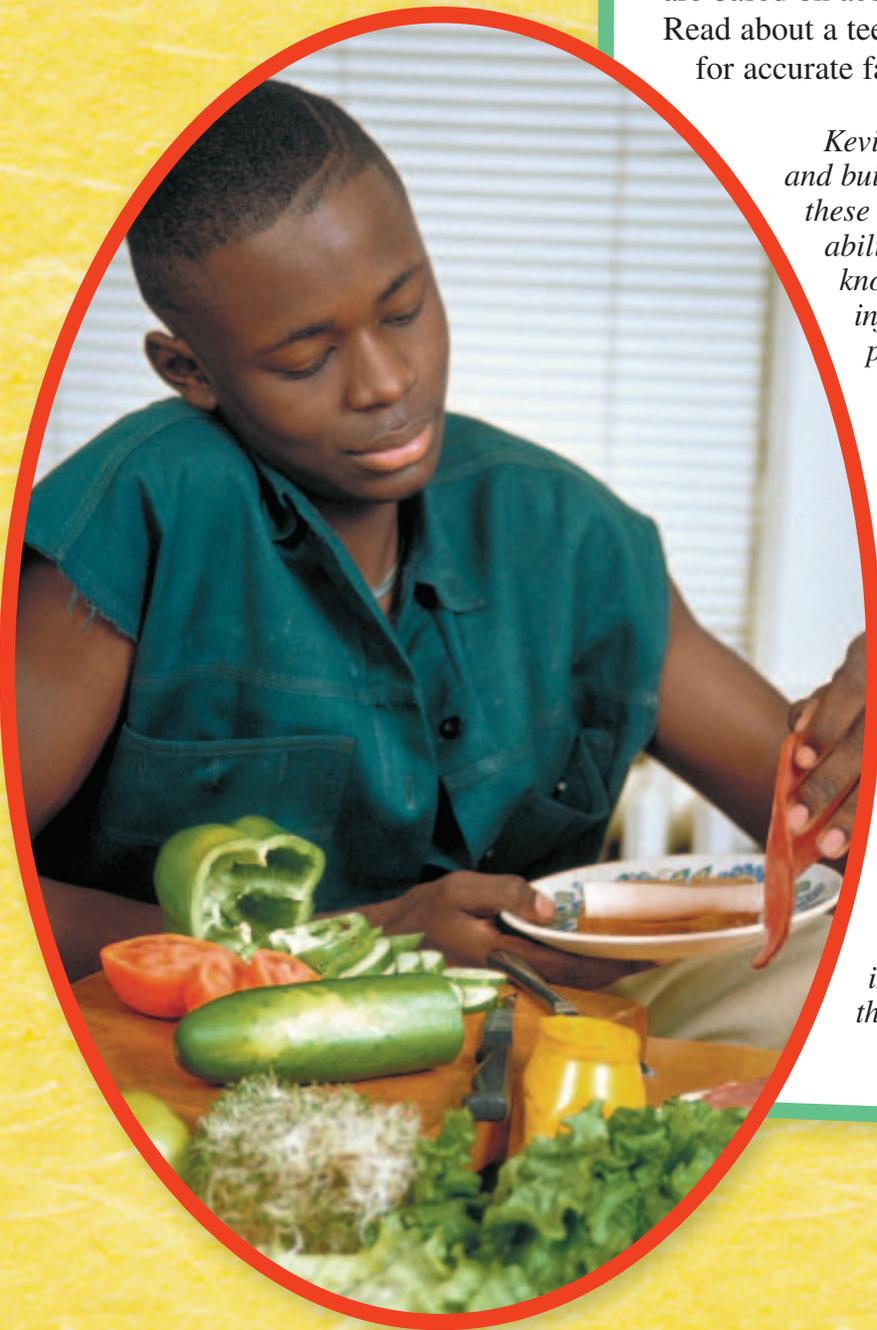


**JUDGE FOR YOURSELF****Model**

During your teen years, you will make many choices that affect your health. The best choices are based on accurate, reliable information. Read about a teen named Kevin, who is looking for accurate facts about weight management.

*Kevin would like to gain some weight and build up his upper body. He believes these changes will improve his athletic ability as well as his body image. He knows that he will need accurate information to make sure that he puts on weight in a healthy way.*

*Kevin starts by making a list of his questions. Then he looks for reliable sources of information. He consults health magazines and medical sites on the Internet to find general information about weight gain and building muscle. To confirm this information, he talks to knowledgeable adults, such as his health teacher and his coach. Finally, he visits his doctor, who recommends some exercises and a healthful eating plan that will give Kevin the calories his body needs to grow and stay strong. With all this information, Kevin feels confident that he can meet his goal.*



## Practice

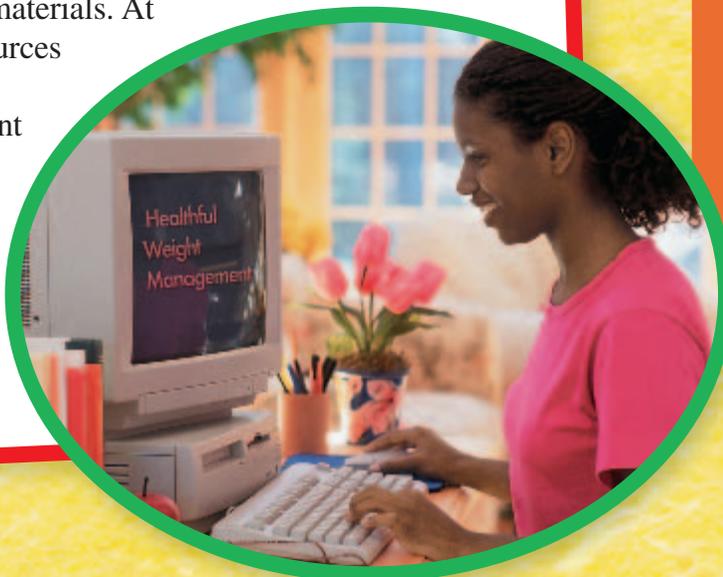
Read about Jordan, a teen who is thinking about a change that could affect her health. Then answer the questions.

*Jordan is thinking about trying to lose a few pounds. She reads an article in a teen magazine about the “No-Carbo Diet.” It says that one of Jordan’s favorite recording artists lost 10 pounds in one month on this diet. Jordan wonders whether the No-Carbo Diet would be a good idea for her.*

1. Is this article a good source of health information? Why or why not?
2. Where could Jordan go to find reliable information about weight management?
3. How can she be sure the information she finds is accurate and unbiased?
4. Why does she need accurate information?

## Apply/Assess

Working on your own, find sources of reliable information about weight management. You may find general information, or you may choose to focus on a specific issue, such as the risks of a sedentary lifestyle or the use of steroids to develop muscles. Begin by explaining why it is important to find accurate information about your chosen health issue. Then find at least three reliable sources of information, using such resources as reliable Internet sites, books, and printed materials. At least one of your sources should be a trusted adult, such as a parent or teacher. Present the results of your research orally to the class. Explain why your sources are reliable and accurate.



## Accessing Information

Using the skill of accessing information involves

- understanding reasons for getting information.
- seeking information from a variety of sources.
- checking the reliability and accuracy of the sources.

## Self-Check

- Did I explain why it is important to find accurate information about my health issue?
- Did I use at least three reliable sources?
- Was one source a trusted adult?