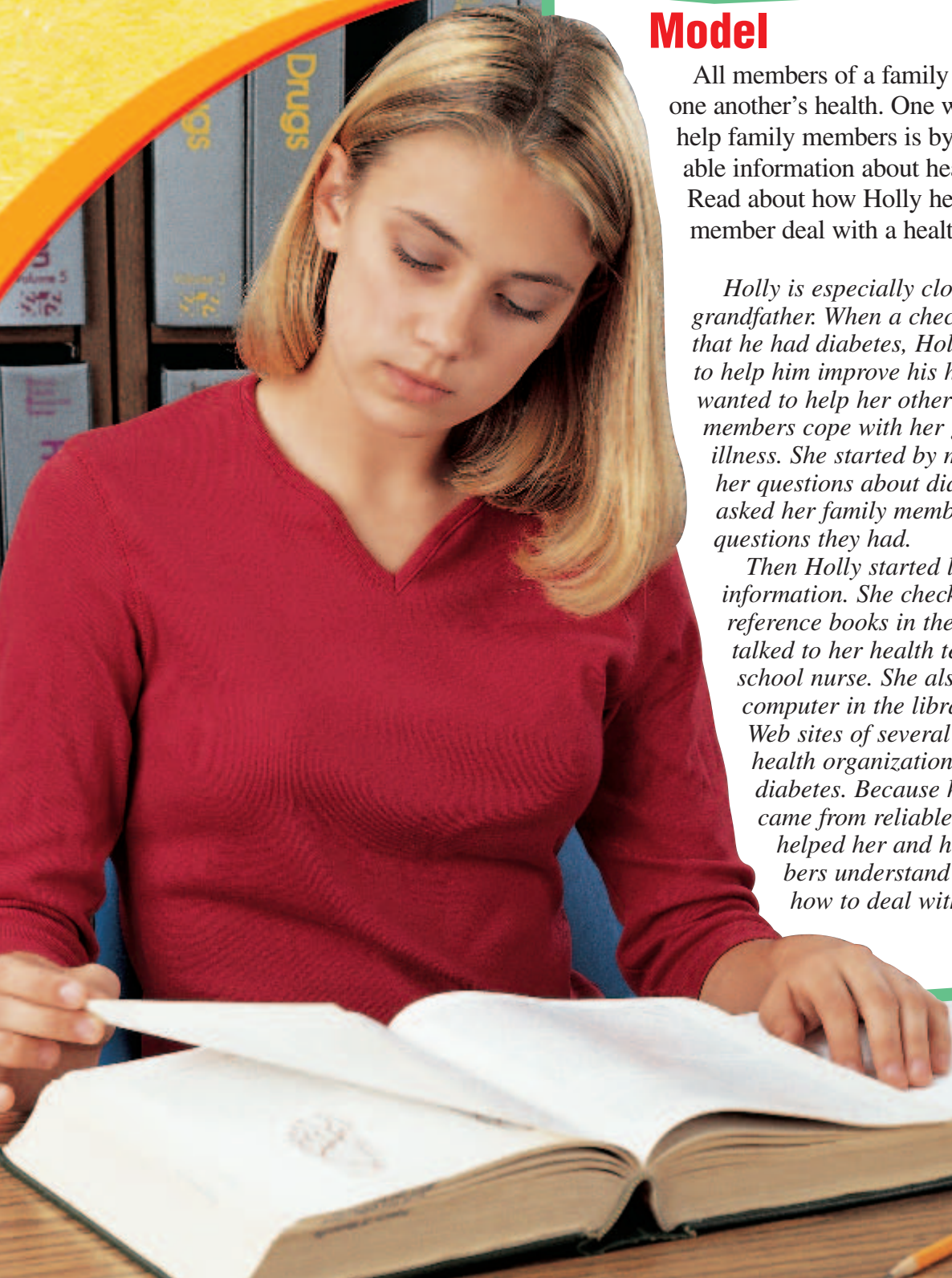


HELPING**FAMILY
MEMBERS****Model**

All members of a family contribute to one another's health. One way for teens to help family members is by finding reliable information about health issues. Read about how Holly helped a family member deal with a health problem.

Holly is especially close to her grandfather. When a checkup revealed that he had diabetes, Holly was eager to help him improve his health. She also wanted to help her other family members cope with her grandfather's illness. She started by making a list of her questions about diabetes. She also asked her family members what questions they had.

Then Holly started looking for information. She checked some reference books in the library. She talked to her health teacher and the school nurse. She also used the computer in the library to find the Web sites of several well-known health organizations that deal with diabetes. Because her information came from reliable sources, it helped her and her family members understand diabetes and how to deal with it.

Practice

Read about a situation in Miguel's family and answer the questions below.

Miguel's older brother, Caleb, is on the high school wrestling team. Recently, Miguel saw Caleb loading up on protein and herbal supplements that he said would help him be a better competitor. Miguel knows from his health class that these drinks and pills could lead to serious health problems. Miguel wants to help his brother, but he doesn't know what to tell him.

1. Where can Miguel go to find the reliable information he needs about the dangers of nutritional supplements?
2. How can he be sure that he is getting accurate information?

Apply/Assess

Think about a health concern that affects you or a family member. You can choose a physical, mental/emotional, or social health problem. Perhaps you want to help a family member who wants to quit smoking, or maybe you want to find out more about a new weight management program. Find accurate and reliable information about the health issue you have chosen.

Consult sources such as the Internet, newspapers, books, and other materials from recognized organizations. Trusted adults such as your parents, guardians, and teachers can also provide information. Try to find at least three different sources for your information. Organize your facts into a short report and present it to your class.



Accessing Information

The skill of accessing information involves

- seeking information from reliable sources.
- checking the accuracy of the sources that you use.

Self-Check

- Did I find accurate, reliable information?
- Did I use at least three different sources?
- Were my facts from recognized organizations?

