

## Reducing the Risks

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

### Teaching Objectives

- Encourage others to make healthful choices.
- Support a position with relevant information.

### Teaching Strategies

- Review Chapter 1, highlighting the health triangle, the six risk behaviors (CDC), and *Healthy People 2010*.
- Divide the class into six groups, assigning each group one of the six CDC risk behaviors that account for most of the deaths among young people under the age of 24.
- Give each group two 8½" × 11" sheets of paper, and instruct them to complete steps 1, 2, and 3.
- Have students present their posters and findings to the class.
- Help students write letters to the school or local newspaper advocating for others to make healthful choices.

### Assessment

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

- ✓ Supports the position with relevant information
- ✓ Exhibits awareness of audience
- ✓ Encourages others to make healthful choices
- ✓ Communicates a clear, health-enhancing message

# Hands-On **HEALTH**

## Activity Reducing the Risks

This activity encourages you to advocate for healthy change. Your group will research one of the top six risk behaviors that result in death of people under age 24. Risks include: alcohol and drug use, injury and violence, tobacco use, nutrition, physical inactivity, and sexual activity.

### What You'll Need

- 2 sheets of 8½" × 11" paper
- poster board
- markers or paints

### What You'll Do

#### Step 1

Research and identify six ways that one of the risk behaviors can affect physical, mental/emotional, and social health.

#### Step 2

Using your research, list ten lifestyle choices that could reduce the risk. Write your list on the second sheet of paper. Create a poster presenting your findings.

#### Step 3

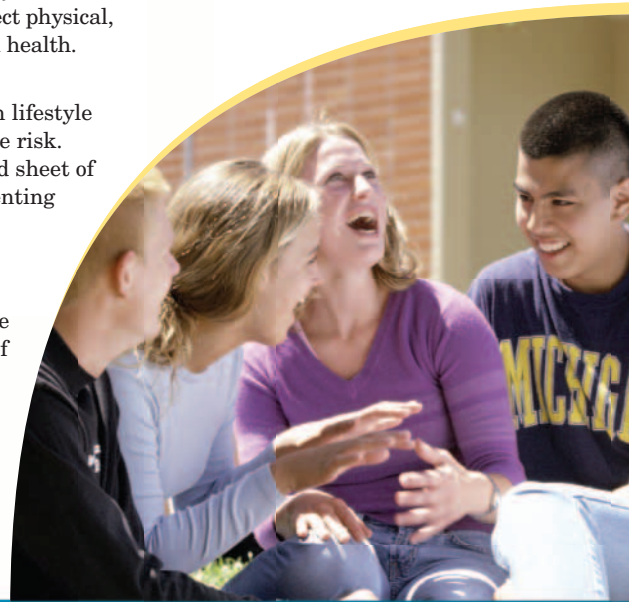
Present your poster to the class. Urge the class to make healthy choices in support of *Healthy People 2010*.

### Apply and Conclude

Advocate for reducing risk behaviors. Write a letter to the editor encouraging others to make healthful choices.

### Checklist: Advocacy

- ✓ Did we take a clear, health-enhancing stand?
- ✓ Can we support our position with reliable sources?
- ✓ Did we demonstrate an awareness of our target audience?
- ✓ Did we deliver the message with enough passion and conviction?



## Writing Strategy

**Journal Writing** Ask students to write a private journal entry reflecting on their own risk behavior(s). Students should reflect on the risk behaviors in which they engage and reasons why they engage in those behaviors. Encourage students to use posters from the Hands-On Health activity to list

lifestyle choices they could make to reduce or avoid their risk behaviors. If students do not engage in any of the top six risk behaviors, encourage them to write about other behaviors that they could change to enhance their health.