
Health Project

It is important to maintain a healthy mind and body. Your health behaviors and the individual decisions you make can have a profound effect on your health and the health of those around you. Reflect on what you have learned throughout the module. Review the milestones you completed in previous lessons.

Your project needs to focus on comparing aspects of health that we can control and those that we cannot control. Focus your project on the risky behaviors and what you can do to help prevent certain unhealthy or unsafe problems. Create a group that advocates, or fights for, preventing risky behaviors. How can you and your peers be good influences on other peers who may be making poor choices?

Choose a healthy behavior and develop a positive health media message.

- TV commercial
- Radio commercial
- Magazine ad
- Internet popup ad
- Teacher approved idea

Examples of healthy behaviors would include abstaining from drug/alcohol use, getting help for eating disorders, combating obesity, using firearm safety, using seatbelts, and maintaining good oral hygiene, healthy food selection, and activities that promote positive self-image.

You will present a message to influence your target audience to make positive health choices. Your message can be presented as a video or by using a Web 2.0 tool such as Weebly or Jing.

Your presentation will

- Focus on preventing risky behaviors.
- Persuade people to choose a healthy behavior

Answer the following questions to help you get started on your project:

1. What is the purpose of your media message? (to inform or persuade)
 2. What type of medium is it? (commercial, advertisement, or teacher approved)
 3. Who is your intended audience?
 4. What is the message? (main idea or main points)
 5. What information can be omitted?
 6. What techniques are you going to use to get attention?
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