

Ask each interviewee at least 10 questions about health. You can make up your interview format or use this as a starter, but make sure you include all of that important information!

Interviewee Name:

Age:

Gender:

Job:

Date and Time of interview:

What are some major health concerns that you have?

Are there ways that you know you can monitor and prevent these health concerns (or other concerns like obesity)?

How do family members influence your health?

If you need to find out more about a specific health issue, what do you do? Please be specific. (Don't let them say "look on the internet", because we have already learned that not everything on the internet is reliable! They should tell you a specific site if they use the internet as a source.)

What do you think is the biggest health concern facing our country?

What are some things that you do to help monitor your health?

How would you help get the word out about this major health concern?

How do you think the media influences what concerns we have for our health?

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 safely, and using seatbelts; and maintain 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:

What is the purpose of your media message? (to inform or persuade)

What type of medium is it? (commercial, advertisement, or teacher approved)

Who is your intended audience?

What is the message? (main idea or main points)

What information can be omitted?

What techniques are you going to use to get attention?