

Advocacy: Informing others about health practices and encouraging healthy behaviors.

PURPOSE: Advocacy also includes warning people about possible risks and sharing knowledge of positive health behaviors. *For this activity, it will be your job to research a health topic and create a statement to raise the awareness of your health issue or concern.*

Choose one of the following to Read:

YOUR CHOICE: _____

- | | | |
|--------------------|---|--------------|
| 1. Managing Stress | = | pgs. 63-68 |
| 2. Conflicts | = | pgs. 154-163 |
| 3. Body Image | = | pgs. 260-265 |
| 4. Alcohol | = | pgs. 282-290 |
| 5. Nutrition | = | pgs. 243-251 |
| 6. First-Aid | = | pgs. 554-562 |

- READ the section you have chosen.
- After reading the section, choose 5-7 MAIN IDEAS and write them below. (5 points)

- 1.
- 2.
- 3.
- 4.
- 5.

Advocacy Awareness

- Create a 10 sentence paragraph about your health topic on the back of this sheet.
- You will be sharing this paragraph with at least 5 people (2 adults). You will be raising awareness about a health topic that is of concern to you.
- You must have the 5 people (2 adults) sign after your statement.

Paragraph: (20 Points)

Signatures: (5 points)

- | | | |
|----|---------------------------|------------------------|
| 1. | _____ | _____ |
| | <i>Adult printed name</i> | <i>Adult signature</i> |
| 2. | _____ | _____ |
| | <i>Adult printed name</i> | <i>Adult signature</i> |
| 3. | _____ | _____ |
| | <i>Printed name</i> | <i>Signature</i> |
| 4. | _____ | _____ |
| | <i>Printed name</i> | <i>Signature</i> |
| 5. | _____ | _____ |
| | <i>Printed name</i> | <i>Signature</i> |