



Lesson 1

Journal entry

Explain what you think people mean when they use the phrase **common sense**, and give an example.



Class Agreements

Having a set of agreements can help people talk about certain topics.

With your partner, think about what could help everyone feel more comfortable when talking about sexuality in this class.

Come up with 2 guidelines that could help everyone feel comfortable, safe and respected.



Healthy behavior

Getting accurate and reliable information to help keep your body healthy.



By the end of this lesson, you will be able to...

1. **Explain how positive health behaviors can benefit people throughout their life span.**
2. **Identify sources of accurate information for help with personal health issues and concerns.**
3. **List questions to ask when evaluating the reliability of online information about personal health.**



Common Sense

Describes information, beliefs or actions that most people would agree are useful, reasonable, true or good to do.

Includes ideas that are simple to understand and remember because they are shared by many people.



**Make a list of
things you can do
to stay healthy
that are based on
common sense.**



Slide 1E

**What do you think
will happen to a person
who starts doing these
healthy behaviors while
they are young?**



Slide 1F

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Getting Information

Accurate =

Based on proven facts.

Reliable =

You can count on the source to give you correct information.



Looking for Health Information Online



Some websites try to sell things.

Some online health information is false or wrong.

Some products or services may not be safe or healthy.

Know how to evaluate a health website to decide if you can trust the information, services or products you find there.

Who created the website?

- **What does the address (URL) tell you?**

.com = commercial company

.gov = government agency

.edu = university or school

.org = nonprofit organization

- **Are the people who supply the information experts?**



What's the website's point of view?



Is it someone's opinion or backed up by facts?

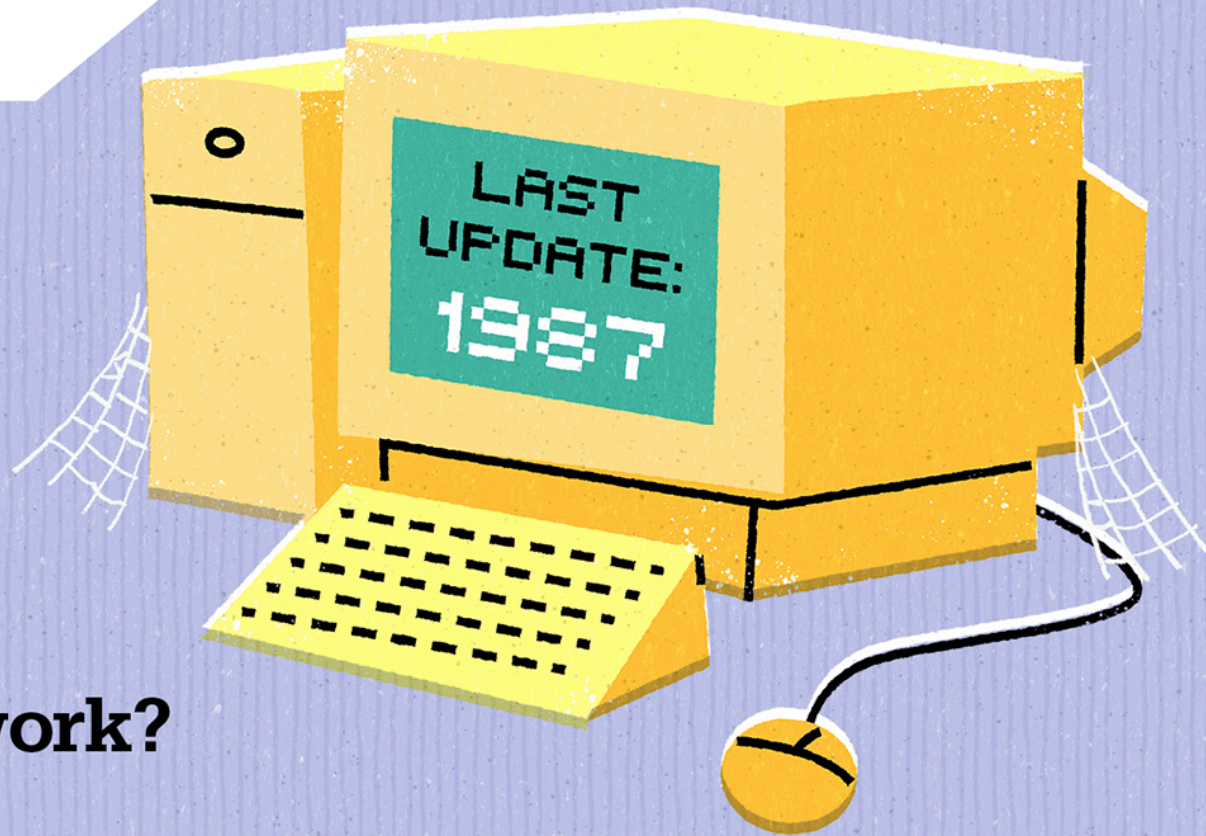
Where does the information come from?

Are there links to sources?

Is the website trying to get people to believe, do or buy something?

When was the website created or updated?

- How new is the information?
- Has the website been updated recently?
- Do the links still work?



Whom is the website for?

- **Does this website meet your needs?**
- **Is the information meant for...**
 - Teens?
 - Adults?
 - The general public?
 - Professionals?



Is the website trying to sell something?

- Would you be taking any risks by following the advice or using the products?
- Who benefits the most from the information?



Getting Good Information About Health

Directions: Think about what you learned today and answer the questions.

① Name at least 4 common-sense ways to help yourself stay healthy.

1. _____
2. _____
3. _____
4. _____

② How can doing these things to stay healthy benefit you both now and later? Give at least 1 specific example.

③ Name at least 3 sources where you can get accurate information about health and explain how you know each source is reliable.

1. _____
2. _____
3. _____

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How might you adapt the questions to help you evaluate other types of resources, such as books or magazine articles about health?

