



Access Valid & Reliable Resources

Grades 9-12

Language of Health Literacy:

What do I do about ____?
____ is happening. What do I do about it?
I feel confident to handle ____ because ____.
I would want to seek additional help and/or information for ____ because ____.
I know I need more information or help when ____ because ____.

Step 1

I know information/a product/service is valid because ____.
The text features ____, which means ____.
Because the text has ____, it provides valid information because ____.
Where did you get information about ____?
When you say ____, what do you mean?
How has this advice, help, or information worked in your life?
Where could I look for more information about this?
How do you think this advice, help, or information would impact my health?

Step 2

To figure out ____, I located ____, ____, and ____.

Step 3

In order for a resource to be reliable, it needs to ____.
____ (resource) is more reliable than ____ resource because ____.
Because I do not have access to ____, it will be more difficult to ____.
To overcome ____, I must ____.
I do not have access to ____, however, I do have access to ____.

Step 4



Step 1: Identify When You Need Help & Information

Sub Skills:

- Identify health-related questions
- Determine when help and/or information is needed



Step 2: Evaluate the Validity of Help & Information

Sub Skills:

- Define criteria for valid resource
- Use a checklist to analyze the validity of a resource
- Ask questions to analyze information provided by people



Step 3: Locate Valid Help & Information

Sub Skills:

- Use a variety of resources
- Locate valid resources



Step 4: Make a Plan to Access Valid Help & Information

Sub Skills:

- Analyze reliability of resources
- Identify barriers to accessing valid resources
- Identify actions to access valid resources



Step 5: Reflect

Reflection Questions

- How did valid help and information enhance my health?
- How did invalid help and information get in the way of living a healthy life?
- What barriers did I encounter access valid help and information?
- What actions did I take to access valid help and information? Were these the right actions for me?