Lesson Plan 5: Fixing the Problem of Media and Social Norms in Health Behaviors

Description

The purpose of this lesson is to focus on the health problems created by the media and social norms, with an emphasis on practical solutions.

In this lesson, students will encounter issues such as body dysmorphia, anorexia, bulimia, smoking, and other negative health habits that have been partly created by media influence and social norms. They will research media influence and social norms for health on the internet and find negative health examples in the media using YouTube. Lastly, they will compile the information gathered and create a Prezi to summarize their findings and suggest practical solutions.

Students will work in groups of four. This lesson is intended for students in the seventh grade studying health.

Technology Integration

Students will use computers and the internet to research how messages from the media influence health behaviors and how changes in social norms impact healthy and unhealthy behavior. They will access YouTube to find negative health examples presented by the media. They will present their findings, along with practical solutions, using Prezi.

Prerequisite Experience

Students should know how to use computers, the internet, YouTube, and Prezi. They should also know have a basic understanding of social norms, health issues, and eating disorders.

Learning Objectives

Students will create a Prezi with at least two practical solutions to the negative impact of social norms and media influence on health using information gathered from the internet and YouTube.

Guiding Question

How does the media negatively influence and portray health? How do social norms impact health habits? How can we change how the media portrays health and healthy behaviors? How can we create social norms that encourage healthy habits?

Materials

Computers, Internet, YouTube, Prezi

Procedures

1. Students will be briefed on the project, including being shown a brief clip from the movie *Reviving Ophelia* found at <http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=303>. They will then be divided into groups of four.
2. Students will find negative examples of media influence on health using YouTube.
3. Students will research the impact social norms on health using the internet.
4. Students will brainstorm practical solutions that will encourage the media to portray healthy behaviors and create social norms that boost healthy habits.
5. Students will create a Prezi to summarize their findings and suggest practical solutions to decrease negative media and social norm effects on health.

Assessment

Students will be assessed on two aspects:

1. Completion of all steps in the project
2. Their Prezi summarizing their findings and suggesting practical solutions.

Answer Key or Rubric

The students’ Prezi will be grades on the following rubric:

Excellent: At least two practical solutions to the negative influence of social norms and the media on health are suggested. Includes at least one video illustrating the negative media influence on health. Includes at least three pictures illustrating negative social norms and media influence on health.

Satisfactory: Includes only one practical solution to the negative influence of social norms and the media on health. Includes either one or no videos illustrating the negative media influence on health. Includes at least one, but less than three pictures illustrating negative social norms and media influence on health.

Needs improvement: Includes only one practical solution to the negative influence of social norms and the media on health. Does not include videos illustrating the negative media influence on health. Does not include any pictures illustrating negative social norms and media influence on health.

Standards

[HE.7.C.2.5: Analyze how messages from media influence health behaviors.](javascript:setId(2283))

[HE.7.C.2.7: Evaluate how changes in social norms impact healthy and unhealthy behavior.](javascript:setId(2285))