

# Life Skills: Express Lesson

BLIZZARD BAG # 1

## Using Community Resources

### LEARNING ABOUT YOUR LOCAL HEALTH DEPARTMENT

Your local public health department promotes personal and community health in a number of ways. Research your city or county health department, or pick up information pamphlets from your local public health clinic to learn the answers to the following questions.

1. What is the name of the agency?

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2. What services does the agency offer to those living in your area?

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\_\_\_\_\_  
\_\_\_\_\_

3. Does the agency have a particular focus?

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\_\_\_\_\_

4. What actions does the agency take to help prevent disease?

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\_\_\_\_\_  
\_\_\_\_\_  
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5. Brainstorm! How could you increase other teens' awareness of local health resources?

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Skills Worksheet

**Life Skills**

BLIZZARD BAG # 2

**Being a Wise Consumer**  
**COMPARING WEIGHT-CONTROL SERVICES**

Suppose you wish to lose weight sensibly, but you feel that you need help doing it. If so, you might consider researching weight-control services. USE ONLINE RESOURCES TO GATHER INFORMATION. Then answer the following questions.

	Service A:	Service B:	Service C:
1. What dieting guidelines does this service follow?	_____ _____ _____	_____ _____ _____	_____ _____ _____
2. What part does exercise play in its weight-loss plan?	_____ _____ _____	_____ _____ _____	_____ _____ _____
3. What type of counseling does this service offer?	_____ _____ _____	_____ _____ _____	_____ _____ _____
4. How much does this service cost?	_____ _____ _____	_____ _____ _____	_____ _____ _____
5. Is quick weight loss a priority of this program?	_____ _____ _____	_____ _____ _____	_____ _____ _____
6. Could this diet be followed in the long term?	_____ _____ _____	_____ _____ _____	_____ _____ _____

**Evaluating Media Messages**

**ADVERTISEMENTS AND A HEALTHY BODY IMAGE** OR ONLINE

Find two advertisements in a newspaper or magazine—one that might encourage an unhealthy body image for some males, and one that might encourage an unhealthy body image for some females.

1. Describe the first advertisement. What is the primary message of the advertisement? What is its emphasis? How might this advertisement encourage an unhealthy body image in some males?

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2. Describe the second advertisement. What is the primary message of the advertisement? What is its emphasis? How might this advertisement encourage an unhealthy body image in some females?

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3. Select one of the advertisements and redesign it so that it promotes a healthier body image for all males, or all females. Present your redesigned advertisement to the class, explaining why your advertisement promotes a healthier body image than did the original.