





## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Exploring the Surf

#### Objectives:

Students will:

- Learn to evaluate Internet sites
- Analyze a variety of health-related websites for credibility

#### Materials:

- Exploring the Surf handout (available at: [KidsHealth.org/personal/growing/health\\_media\\_literacy\\_handout1.pdf](http://KidsHealth.org/personal/growing/health_media_literacy_handout1.pdf))
- Computer with Internet access
- Pencil or pen

#### Class Time:

2 hours

#### Activity:

Information about your health is everywhere you turn – on TV, on websites, in magazines and newspapers, on billboards and in school. Many people turn to the Internet with health-related questions. Unfortunately, not all information on the Internet is accurate. So how do you determine which websites are reliable? How do you know who to trust? Read the articles at KidsHealth to gain a better understanding about reliable information and credible sources. Next, use the Exploring the Surf handout to analyze five health-related websites. Once you've evaluated the websites, reflect upon your findings. What surprised you about the websites you examined? Will your findings affect how you use the Internet to look for information in the future?

#### Extensions:

1. Your doctor, the nurse at school, and your health teachers are reliable sources of health-related information, but you might feel embarrassed to talk to them about certain topics. With a partner, role-play a conversation you might have with your doctor about an issue that concerns you.
2. Find an article in a newspaper or magazine that addresses a health-related issue. Based on what you've read at KidsHealth, do you think the article is reliable? Write a brief paragraph explaining your opinion.

## Reproducible Materials

#### Handout: Exploring the Surf

[KidsHealth.org/classroom/6to8/personal/growing/media\\_literacy\\_health\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/media_literacy_health_handout1.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

Instructions: The Internet can be a great resource for information about health-related issues. But not all websites are reliable sources. Review four websites that appear in a web search for a health-related issue.

1

Website name and URL:

Publisher or organization that operates the site:

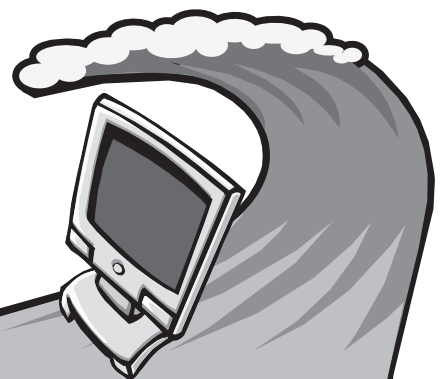
Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

2

Website name and URL:

Publisher or organization that operates the site:

Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

3

Website name and URL:

Publisher or organization that operates the site:

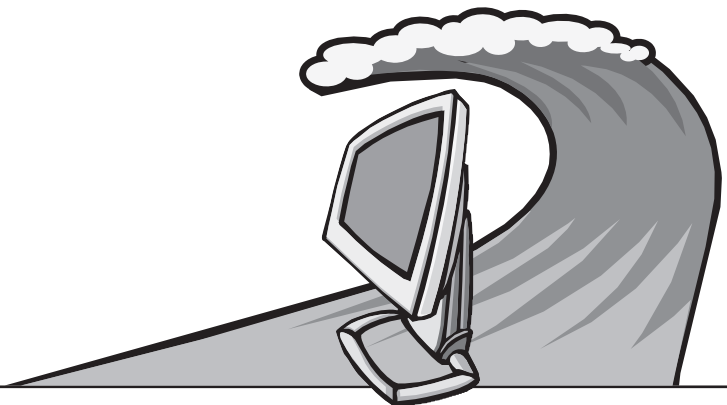
Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

4

Website name and URL:

Publisher or organization that operates the site:

Is it reviewed by a doctor or medical expert?

Is the site current? When was it last updated?

Is there advertising on the site? If yes, how might this influence the information on the site?

Is the information on the website documented?

Are the links relevant and functioning?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring the Surf

Review your answers, then write a paragraph on your findings. These questions can help you get started:

- Which site or sites appear to be good sources of health-related information?
- Which site or sites do not appear to be good sources of health-related information?
- Did anything surprise you as you reviewed the sites?
- Will this study affect how you use the Internet in the future? If so, how?

A stylized illustration of a laptop computer riding a large, curling wave. The wave is depicted with gray and white tones, suggesting motion and water. The laptop is shown from a three-quarter perspective, appearing to be surfing on the crest of the wave.