



# Access Valid & Reliable Resources Grades 6-8

## Language of Health Literacy:

One situation that requires valid and reliable (information/services/products) is \_\_\_\_ because \_\_\_\_.

### Step 1

I can trust information that has \_\_\_\_ because \_\_\_\_.  
It is important that (information/services/products) related to my health has \_\_\_\_ because \_\_\_\_.

### Step 2

Where did you get information about \_\_\_\_?  
Tell me more 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?

At (home/school/community), I can find \_\_\_\_.  
A question I have after (reading/hearing) \_\_\_\_ is \_\_\_\_.  
To find more information about \_\_\_\_, I looked at \_\_\_\_.  
I searched for \_\_\_\_ because \_\_\_\_.  
Using \_\_\_\_, I found additional information about \_\_\_\_.

### Step 3

A reliable resource is \_\_\_\_.  
In order for a resource to be reliable, it needs to \_\_\_\_.  
A barrier someone could face is \_\_\_\_.  
In order to access \_\_\_\_, I must \_\_\_\_.

### Step 4



## Step 1: Identify When You Need Help & Information



## Step 2: Analyze the Validity of Help & Information

### Sub Skills:

- Define criteria for valid resource
- Use a checklist to evaluate the validity of a resource
- Analyze information from people



## Step 3: Locate Valid Help & Information

### Sub Skills:

- Know "go-to" resources
- Ask resource questions
- Locate resources



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

### Sub Skills:

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