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 _____.

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?

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

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 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 accessing valid help and information?
• What actions did I take to access valid help and information? Were these the right actions for me?