



STAGE 5 PDHPE – REMOTE LEARNING TERM 3 2021 Workbook 2

Miss Wrightson

Dear Students and Parents,

This term, students will be learning about media literacy and the importance of understanding media to make informed decisions about health.

If you require any assistance, please email Miss Wrightson
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Key terms glossary

coercion the action or practice of persuading someone to do something by using force or threats

confidentiality a patient's right to have the information they have given to their health professional kept private

credentials a qualification, achievement, quality, or aspect of a person's background, especially when used to indicate their suitability for something

critical literacy the ability to read critically to determine the meaning of information, understand why the information has been created and analyse how it has been presented

culture the ideas, customs and social behaviour of a society

general practitioners a doctor trained to deal with a wide range of health problems and issues

health consumer a person who accesses a healthcare provider or service or who purchases health-related products

informed consent the considered decision you make about your health treatment — it requires that you are fully informed about all treatment options and risks before making a decision

media television, newspapers, radio, film and the internet that are used to communicate with large numbers of people

social media the online media used for social networking, such as emailing, blogging or tweeting over the internet

socioeconomic status a person's overall social position or standing

Health information, services and support

Health consumerism

Find more information in subtopic 9.2.

There are many essential strategies for overcoming uncertainty and becoming a smart health consumer. The most important strategy is being able to read material and understand the most relevant information in it.

The importance of literacy skills

The first step in becoming a discerning consumer is to develop critical literacy skills.

What are critical literacy skills?

What are some of the issues with the health information that is delivered through media such as television, newspapers and magazines?

Who are ‘health consumers’?

What does GP stand for?

Analysing websites

Critical literacy skills can be particularly useful for examining the quality, authority and accuracy of information accessed through websites, where anyone can publish and promote a point of view, product or service.

What are some questions you should ask when analysing websites?

Define the term ‘credentials’.

Influences on selecting health products and services

Find more information in subtopic 9.3.

Your selection of health products is influenced by many factors including health professionals, family, friends, media and even your culture.

Medical professionals

Your particular health issue will influence the type of health product and health professional you choose.

Match the health issue with the most appropriate health professional to deal with that issue.

You are anaemic	General Practitioner (GP)
You are experiencing problems with cannabis	Dietitian
You are unsure what the issue is	Drug counsellor

Media

The media can have both a **positive** and **negative** influence on people’s health decisions.

Make a list of each below.

Positive influences	Negative influences

Celebrities can have a positive influence on young people.

Are there any celebrities that influence your health decisions? If so, who are they and in what way do they influence you?

Culture and status

Define the following terms.

Culture

Socioeconomic status

Your rights and responsibilities as a health consumer

Find more information in subtopic 9.4.

As a health consumer you have rights such as access and fair treatment without harassment or discrimination. You also have responsibilities, which help ensure you receive the most appropriate treatment for any health concerns.

Your health rights

Rights and responsibilities work in tandem. Being aware of your rights and responsibilities in matters relating to health is important.

Explain the difference between a right and a responsibility.

Identify whether the following are rights or responsibilities by ticking the correct box.

	Right	Responsibility
Being able to see qualified health personnel accompanied by a support person should you choose to do so.		
Being treated with dignity and respect.		
Know your medical history and inform your doctor about any medication or herbal treatments you are using or allergies that you have.		
Take medication according to the instructions provided by your doctor and follow the treatment plan that is developed for you.		
Services that are free from physical and mental abuse, coercion, harassment and discrimination on the grounds of age, gender, race, family status, sexual orientation or disability.		
Do your own research by asking your doctor for reading material or by accessing information through reliable websites or at the local library.		
Be honest and open in your answers even though you may feel embarrassed or uncomfortable discussing things such as drug use or your sexual orientation.		
Free emergency treatment at a public hospital.		
Services that account for your cultural, religious, social and ethnic needs, values and beliefs.		

Accessing health products and services

Find more information in subtopic 9.5.

Issues relating to trust, confidentiality, knowledge, availability and personal skills are important in influencing your access to health products and services.

Challenges with accessing health products and services

Why is it difficult for some people to access health products and services?

Confidentiality and trust in healthcare

Complete the following paragraph using the words provided.

personal GPs risk privacy practitioner age law safety

Confidentiality refers to someone respecting your _____ by keeping secret whatever you tell them. Being able to speak openly about your _____ problems and concerns is a very important part of your relationship with your health _____.

Health professionals, such as _____ and counsellors, are required by _____ to keep most issues that you discuss with them confidential. They must, however, pass on information they have been told when they believe your _____ or the safety of other people is at serious _____. Your _____ may make a difference to whether the health professional needs to report what you have said.

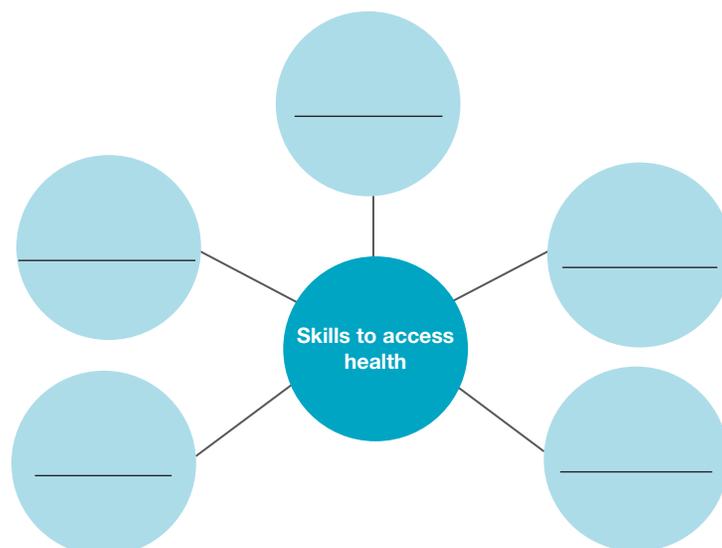
How to find health services

In major cities and towns, a range of health agencies are generally accessible to provide support for both general and specific health problems.

List some places where you could obtain information about health services.

Skills to access health

A number of skills are linked to our capacity to and likelihood of accessing health services. What are they?



Worksheet 9.3 Where can I find accurate health information?

Work in groups and visit any of these locations, or other appropriate health agencies in your local area, to collect information about the following health issues and concerns. Indicate on the table where you were able to find the information and how the information was presented (for example, as a pamphlet, factsheet or newsletter).

Health issue	Chemist	General practitioner	Youth health centre	Women's health centre	Community health centre	Other (explain)
Asthma						
Sexually transmitted infections						
Depression						
Stress						
Relationship problems						
Hepatitis						
Cannabis use						
Sexual assault						
Quitting smoking						
Contraception						

1. Did you find the task easy or difficult to complete? Explain your answer.
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Worksheet 9.3

2. Do you think health agencies and services are a good source of health information? Why or why not?

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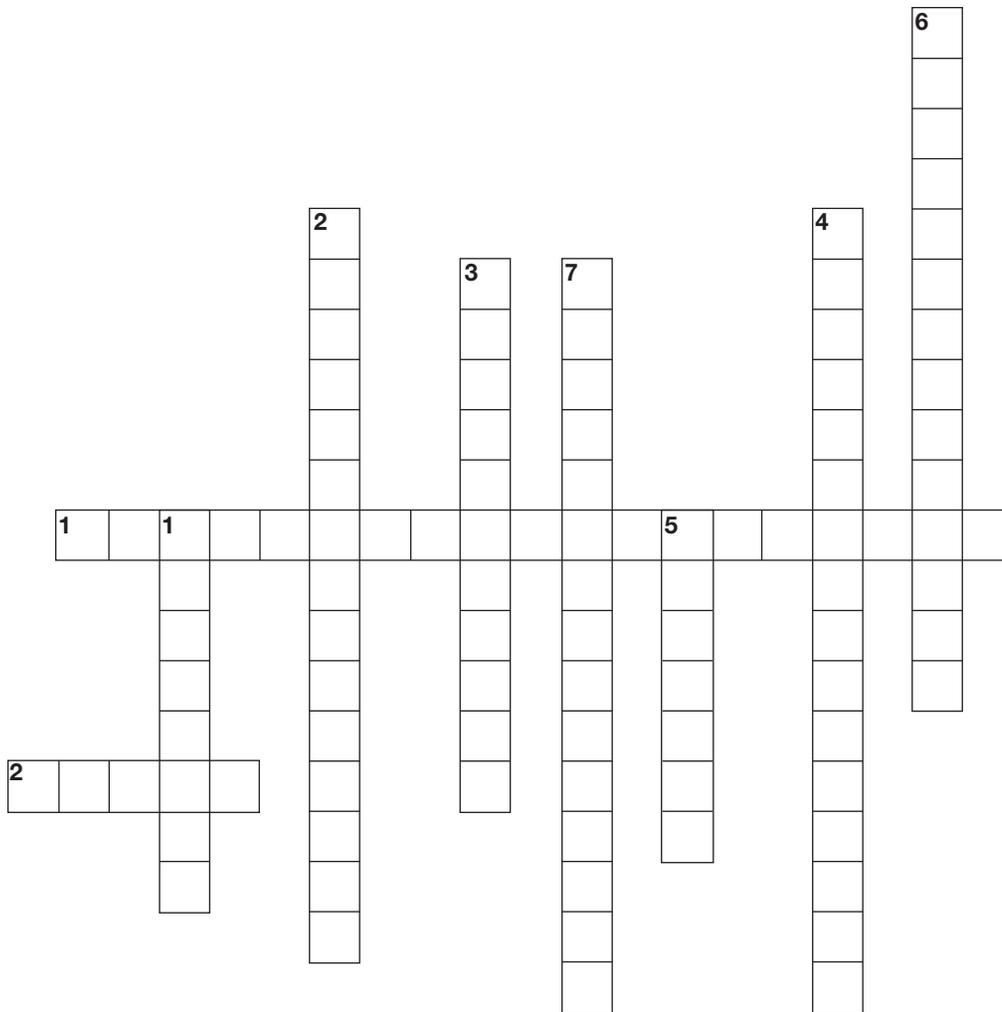
3. Did you find the collected information easy to read and understand? Explain your answer.

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4. Were there any health issues about which it was difficult to get information? Outline possible reasons.

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Complete the following crossword using key terms from this topic.



Across

1 A person’s overall social position or standing

2 Television, newspapers, radio, film and the internet that are used to communicate with large numbers of people

4 The ability to read critically to determine the meaning of information, understand why the information has been created and analyse how it has been presented

5 The ideas, customs and social behaviour of a society

Down

1 The action or practice of persuading someone to do something by using force or threats

2 A patient’s right to have the information they have given to their health professional kept private

3 A qualification, achievement, quality, or aspect of a person’s background, especially when used to indicate their suitability for something

6 A person who accesses a healthcare provider or service or who purchases health-related products

7 The considered decision you make about your health treatment — it requires that you are fully informed about all treatment options and risks before making a decision

TOPIC 9: Health information, services and support

Worksheet 9.6 Key terms quiz

Select the correct words from the list below to complete the sentences. Not all words will be used.

culture	media	general	informed	socioeconomic	confidentiality
critical literacy	coercion	credentials	uninformed	popularity	
	specialised	consumer	secrecy		

- The ability to determine the meaning of information, understand why the information has been created and analyse how it has been presented is called _____.
- The _____ is television, newspapers, radio, film and the internet that are used to communicate with large numbers of people.
- _____ is the action or practice of persuading someone to do something by using force or threats.
- The ideas, customs and social behaviour of a society is known as _____.
- _____ consent is the considered decision you make about your health treatment.
- A person's overall social position or standing is known as their _____ status.
- A _____ practitioner is a doctor trained to deal with a wide range of health problems and issues.
- A health _____ is a person who accesses a healthcare provider or service or who purchases health-related products.
- A person's _____ are any qualifications, achievements or qualities that might indicate their suitability for something.
- _____ refers to a patient's right to have the information they have given to their health professional kept private.

MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2021

Stage 5 PDHPE – R WRIGHTSON

Task Number: 3

Notification Date: Term 3, Week 4 Fri 6/8/21 (P5)

Weight: 20%

Due Date: Term 3, Week 8 Thu 2/9/21 (3.20pm)



CAMPAIGNING FOR CHANGE

OUTCOMES ASSESSED

PD5-2 researches and appraises the effectiveness of health information and support services available in the community

PD5-6 critiques contextual factors, attitudes and behaviours to effectively promote health, safety, wellbeing and participation in physical activity

PD5-9 assesses and applies self-management skills to effectively manage complex situations

TASK DESCRIPTION

Imagine you are a local youth worker who wants to raise the self-esteem of young people in the community.

Read the following ReachOut articles (Hard copies will also be provided):

- “what is body image”? <https://au.reachout.com/articles/what-is-body-image>
- “How to build self-confidence” https://au.reachout.com/articles/how-to-build-self-confidence?gclid=EAlaIqobChMIgrGw5fTe8QIVGzErCh0qLgBMEAAAYASAAEgJLCvD_BwE
<https://au.reachout.com/articles/what-is-body-image>
- “10 tips for improving your self-esteem” <https://au.reachout.com/articles/10-tips-for-improving-your-self-esteem>
- “How to challenge negative thoughts” <https://au.reachout.com/articles/how-to-challenge-negative-thoughts>

Choose one of the topics above. Create a resource to encourage others to implement one of the areas from the ReachOut articles. The resource can be a poster, infographic, presentation, billboard, Instagram post or advertisement.

Useful programs to create your resource: Canva, Prezi, Publisher

TASK INSTRUCTIONS

Research

Students:

1. Research other reliable sources (include all research in a bibliography) of information to support your understanding of the chosen areas and raising the self esteem of young people.

Design

Your resource should include:

1. a relevant and engaging title
2. a key message for the audience that directly encourages individuals to adopt a healthy strategy to enhance personal wellbeing.
3. a catchy slogan that promotes the importance of positive wellbeing
4. images that illustrate and reinforce the key message you want to convey.

Your resource should be creative, meaningful and stimulating. The aim is to grab the attention of the targeted audience and deliver your message.

Peer assessment

You will then collect 3 peer assessments of your resource from any stage 5 student. Questions to ask peers, must include:

- How reliable and detailed is the information provided?
- Does it encourage individuals to adopt a healthy strategy to enhance personal wellbeing? How?
- How could it be improved?

Teacher's signature:	_____	Miss R Wrightson
Head Teacher's signature:	_____	Mrs A Lawrence
Deputy Principal's signature:	_____	Mrs R Ferguson

MARKING CRITERIA

<ul style="list-style-type: none"> • Successfully designs a complete, detailed and engaging podcast, website, infographic or any other similar product that can be shared among young people. • Products meets all of the design requirements. • Provides 3 completed peer assessments that includes the 3 peer assessment questions. • Sites sources used in bibliography (at least 3 reliable sources used) • Assessment is completed in a sophisticated manner and submitted by the due date and time. 	17-20
<ul style="list-style-type: none"> • Designs a complete and engaging podcast, website, infographic or any other similar product that can be shared among young people. • Products meets more of the design requirements. • Provides 3 peer assessments that includes the 3 peer assessment questions. • Sites sources used in bibliography (at least 3 reliable sources used) • Assessment is completed and submitted by the due date and time. 	13-16
<ul style="list-style-type: none"> • Designs a complete podcast, website, infographic or any other similar product that can be shared among young people. • Product meets some of the design requirements. • Provides 3 or less peer assessments that includes the some of the peer assessment questions. • Sites sources used in bibliography (at least 3 reliable sources used) • Assessment is completed and submitted by the due date and time. 	9-12
<ul style="list-style-type: none"> • Designs an incomplete podcast, website, infographic or any other similar product that can be shared among young people. • Products meets one or two design requirements. • Provides 3 or less peer assessments that includes the some of the peer assessment questions. • Sites some sources used in bibliography • Assessment is incomplete. Submitted by the due date and time. 	5-8
<ul style="list-style-type: none"> • Designs an incomplete, basic resource that can be shared among young people. • Products does not meet the design requirements. • Does not provide peer assessment questions. • Does not provide a bibliography. • Assessment is incomplete. Submitted by the due date and time. 	1-4
<ul style="list-style-type: none"> • Non completion of task 	0

Feedback:

Teacher Signature: _____ Date: _____

Task Mark	Task Rank	Accumulative Rank