

Instructions

Below are some activities and questions designed to help you think about ways to reduce or prevent health problems and injuries in adolescents. Take your time to complete each task thoughtfully!

Activity 1: Identify Risks

List three common health problems or injuries that adolescents might face. For each one, describe one way to prevent it.

- **Health Problem/Injury 1:** _____
Prevention Method: _____
- **Health Problem/Injury 2:** _____
Prevention Method: _____
- **Health Problem/Injury 3:** _____
Prevention Method: _____

Activity 2: Research and Report

Research one health issue relevant to adolescents, such as obesity, mental health, or sports injuries. Write a short paragraph including the following:

- What the issue is.
- Statistics or facts about the issue.
- One strategy to help prevent this problem.

Your Report:

Activity 3: Create a Healthy Lifestyle Plan

Think about your own lifestyle. Create a simple plan that includes:

- One new healthy food you will try to eat.
- One physical activity you will include in your weekly routine.
- One way to manage stress or relax.

Your Healthy Lifestyle Plan:

- **Healthy Food:** _____
- **Physical Activity:** _____
- **Stress Management Technique:** _____

Reflection Questions

Answer the following questions to reflect on what you have learned:

- What is one new thing you learned about preventing health issues?

- How can you share this information with your friends or family?

Bonus Challenge

Plan a small activity or event that promotes health awareness in your community or school. Describe your idea:

Be sure to complete each activity and think critically about how you can be proactive in maintaining a healthy lifestyle!