***Health Problems and concerns among adolescents Web Quest***

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**Introduction**

Having questions about our bodies is normal and healthy. People of all ages should be able to ask questions without feeling embarrassed and they need to know where to go for answers. For young people who are going through physical, emotional and other changes in puberty this is particularly important.

In this Web Quest, you will be asked to create a poster in teacher assigned small groups that will encourage and promote healthy living for other kids your age. This poster will be published online and you will have the opportunity to present it to the class. Good luck and have fun!

**Task**

Using [Poster Maker](http://hrsbstaff.ednet.ns.ca/robertson/webquest.htm#Step 3:) create a poster that incorporates important messages that you wish to send out to kids your age regarding problems and concerns related to adolescent development. Your poster will include an image made by you using Microsoft Paint with a title, a written definition and links to the websites you found most useful to help create your poster. When ready, your poster will be posted online. You will then present your poster to the class using a data projector in an oral presentation setting.

**Process/ Resources**

Step 1: Browse the given websites to get a feel for the topic you are assigned to focus in on for your poster board project.

Step 2: Using PAINT, design a picture with a message that relates to and promotes your given topic on an adolescent health concern.

[Step 3](http://hrsbstaff.ednet.ns.ca/robertson/webquest.htm#Step 3:) :Create a poster that meets the given criteria.

[Step 4](http://hrsbstaff.ednet.ns.ca/robertson/webquest.htm#Step 4)  :Present your online poster to the class.

Step 5: Complete the [completion survey](http://hrsbstaff.ednet.ns.ca/robertson/feedback.htm) and submit it to your teacher.

Step 1:Getting Started:Browse the given websites to get a feel for the area you would like to focus in on for your poster board project.  Choose from one of the following broad topics:

* [Causes and Prevention of Diseases](http://hrsbstaff.ednet.ns.ca/robertson/webquest.htm#Causes and Prevention of Diseases:)
* [Personal Hygiene](http://hrsbstaff.ednet.ns.ca/robertson/webquest.htm#Personal Hygiene)
* [The Importance of a Healthy Diet](http://hrsbstaff.ednet.ns.ca/robertson/webquest.htm#The Importance of a Healthy Diet)
* [Heath-related Fitness](http://hrsbstaff.ednet.ns.ca/robertson/webquest.htm#Heath-related Fitness)
* [Banishing Bad Breath- How to Keep your Teeth Clean](http://www.kidshealth.org/kid/stay_healthy/body/bad_breath.html)
* [Puberty-Weight gain is a normal part of Puberty](http://www.kidshealth.org/kid/grow/body_stuff/puberty_p2.html)
* [Why Do I Need to Wash My Hands?](http://www.kidshealth.org/kid/talk/qa/wash_hands.html)
* [Taking Care of your Skin](http://www.kidshealth.org/kid/stay_healthy/body/skin_care.html)
* [Taking Care of Your Teeth](http://www.kidshealth.org/kid/stay_healthy/body/teeth.html)
* [How Can I Feel About My Body?](http://www.kidshealth.org/kid/talk/qa/feel_better_about_body.html)
* [Tips to Healthy Living and Physical Activity](http://www.nms.on.ca/Elementary/10_tips_to_healty_eating_and_phy.htm)
* [Be a Fit Kid](http://www.kidshealth.org/kid/exercise/fit/fit_kid.html)
* [Healthy In and Out](http://www.nms.on.ca/Elementary/healthy_in__out.htm)
* [Getting Muscles](http://www.kidshealth.org/kid/exercise/fit/getting_muscles.html)
* [It's Time To Play](http://www.kidshealth.org/kid/exercise/fit/what_time.html)

Step 2:Open the PAINT program under accessories of your start menu. Design a picture with a message that relates to and promotes healthy living in the area you have chosen to focus on. Save this image as a jpeg file. You will need it in step #3!

Step 3: Create a poster to promote healthy living. It will be posted online after you finish your Quest. The teacher will show an example of a completed poster board from the given website. To create your own poster, get your own poster maker code from your teacher then follow the steps in the "Students: Build a Poster" section of the website. <http://poster.4teachers.org/index.php>

Step 4: Using the data projector in your classroom, you will present your online poster to the class. You will also need to submit your poster board on-line through the “submit” icon at the top of the page.

Step 5: Complete the [completion survey](http://hrsbstaff.ednet.ns.ca/robertson/feedback.htm) and submit it to your teacher.

**Evaluation**

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| Rubric Level 4=highest | 4 | 3 | 2 | 1 |
| Obtaining information from a website. | Poster message reflects strong understanding of ideas from websites read. | Poster message reflects a good understanding of ideas from websites read. | Poster message reflects some understanding of ideas from websites read. | Poster message reflects little or no understanding of ideas from websites read. |
| Written message | Messages on poster indicate strong ability to create key messages with strong supporting information. | Messages on poster indicate ability to create key messages with good supporting information. | Messages on poster indicate ability to create key messages with some supporting information. | Little or no evidence of message on poster or message does not have any supporting information. |
| “Paint” and poster design | Eye catching and effective terms of attractiveness and message strongly promotes healthy living ideas. | Quite attractive and effective in terms of message portrayed- promotes healthy living ideas. | Poster design contains some elements of effectiveness to attract others and promote healthy living. | Little or no elements of attractiveness present or poster does not promote healthy living. |
| Supporting information | Includes website link(s) along with detailed message ideas written in students own words. | Includes website link(s) along with message ideas written in students own words. | May or may not include website link(s) and has some supporting information written in students own words. | May or may not include website link(s) and has little or no supporting information or information is not written in students own words. |
| Project presentation | Oral presentation showed strong understanding and conveyance of ideas. | Oral presentation showed good understanding and conveyance of ideas. | Oral presentation showed some understanding and conveyance of ideas. | Oral presentation showed little or no understanding and conveyance of ideas. |

**Conclusion**

As a class, reflect and respond to the main question asked in the Web Quest "Are kids making healthy living choices, and what types of issues and concerns do adolescents have about their bodies and changes we go through?" As a class share valuable messages learned from creation and sharing of posters. Display printed copies of posters on the class bulletin board after presenting them to the class. As an extension, the class may wish to create a kid Healthy Living Calendar using the Paint pictures as the artwork. Please follow the following link to fill out a short survey about this Web Quest <http://www.surveymonkey.com/s/T36RPN6>.

**Credits**

* Graphics and animations courtesy of: ([Microsoft Office Online](http://dgl.microsoft.com/?DPC=%7b40280409-6000-11D3-8CFE-0050048383C9%7d&DCC=%7bF8119365-D2DA-11D3-8631-00500483860A%7d&AppName=Microsoft%20FrontPage&CLCID=1033&HelpLCID=1033))
* This Web Quest is based on ideas from: ([Bernie Dodge'sWebQuest Page](http://webquest.sdsu.edu)) and ([Design Templates](http://webquest.sdsu.edu/designpatterns/all.htm))
* Poster Project: ([http://poster.4teachers.org](http://poster.4teachers.org/index.php))