PLANNING 10 – ANALYZING HEALTH INFORMATION FOR VALIDITY AND PERSONAL RELEVANCE (C2) AND EVALUATING THE POTENTIAL EFFECTS OF AN INDIVIDUAL’S HEALTH-RELATED DECISIONS ON SELF, FAMILY, AND COMMUNITY (C5)

**INSTRUCTIONS**:  With a partner OR by yourself, research two websites and one magazine article from a database on ONE topic.

Through a powerpoint or Prezi **present both sides of the issue** **and your advice about the topic.**

TOPICS:

#1 – What are the pros and cons of texting?  Is excessive texting harmful?

#2 – What are the pros and cons of social media sites  eg. Facebook/ Instagram/

 Snapchat?  What is your advice to someone who is addicted to social media sites?

#3 – Does the excessive playing of violent videogames cause people to become violent?

#4 – Can excessive cell phone use have harmful effects on the brain – especially children

 and teenagers whose brains are still developing?

#5 – How do video game makers try to get users to play regularly? What are the signs of

 video addiction and what is your advice to those trying to break the addiction?

#6 – Is it worth it to spend money on multivitamins?

#7 – Should teenagers drink coffee?  What are the dangers?  The benefits?

#8 – What are the pros and cons of being a teen vegetarian? Is it a good idea?

#9 -   Is it worth paying more for organic food?

#10 – Is drinking too much diet pop harmful?

#11 – A Sanford University study found that most students are unable to tell fake news from real
 news. Do you agree or disagree with this? Explain the ways to be aware.

#12 - Can we be too clean?  i.e. Some argue that our obsession with cleansers and antibacterial gels
 is creating superbugs.

#13 -  What are the pros and cons of vaping for teenagers?

#14 – Should the government regulate the sale of energy drinks for children?
#15 – Is it safe to use creatine to try and build bulk?

#16 -  Why might antidepressants be dangerous to give teenagers?  Would you recommend it for a
 good friend who is depressed?

#17 – When trying to quit smoking, do Nicorette or the cessation patch work?

#18 – Do over-the-counter acne medications work?  What are the best ways of dealing with acne?

#19 - How can you safely listen to your ipod or MP3 player?

#20 – How do you know you are dealing with an online sexual predator?  How does he gain
 trust?  What are the best ways to protect yourself?

#21 – What are the dangers of date rape drugs? How can you protect yourself?

#22 – Why do you people sext?  If someone makes a mistake, what are the best ways to handle it?

#23 – Can watching too much porn be dangerous to teens?

#24 - Transgendered.  Bisexual.  Heterosexual. Homosexual.  Hermaphrodite. Define these terms
 and others if you come across them in your research.  Are we born with our sexuality and
 gender identities or does our environment shape us?

#25 -  A controversial health topic of your choice.  Check with your Planning 10 teacher.

## EVALUATION

Research Worksheets –     30 marks

Presentation –                    40 marks

Quiz –                                 20 marks

Participation (notes) –        10 marks

Unit Total                             100 marks