

**Health Fair**

**Advocating for Health**

**and Well-Being**

**Big Idea:** Advocating for health and well-being of others connects us to our community.

**Purpose:** To research the importance of health and wellness, advocate for your passion and positively influence your peers.

**Who:** Groups of 2-3

**Keywords:** Food/nutrition, fitness, wellness, relationships

**Topics for Inquiry:**

1. Effects of different types of physical activity on the body
2. Healthy sexual decision making
3. Consequences of bullying, stereotyping, and discrimination
4. Physical, emotional, and social aspects of psychoactive substance use and addictive behaviours
5. Influences of physical, emotional, and social changes on identifies and relationships
6. Importance of nutrition, sleep, and exercise

**Questions for Inquiry:**

1. What is your health topic? Why is it important to your and to your peers? (Provide detailed information)
2. How do we advocate and promote health and well-being?
3. What are the short and long term consequences of healthy decisions related to your topic? (ex. nutrition, protection from STIs, sleep routine)
4. What is some relevant information regarding your topic?
5. How can you present strategies for others to protect themselves from: potential abuse, exploitation, harm in a variety of settings, medical issues related to your topic
6. What are strategies we can implement your healthy living choice into our daily lives? What is the short and long term plan?

**You Will Need**:

1. Strong and reliable sources of health information (professional documents, health and fitness magazines, professional websites)
2. To investigate your topic and provide clear information on what it is and why it is important
3. Propose healthy choices that support lifelong health and well-being for self and others

**Your Booth Will Have:**

1. What you are advocating for and why? Why is this important to you and your peers?
2. What should your peers know about this topic?
3. How can they implement this information into their own lives/understanding?
4. Provide examples/resources (something peers can take away)

**What You Will Hand In:**

1. ALL research pertaining to your health topic
2. A WRITTEN reflection (500 words)
	1. Why is this health topic important to you?
	2. What did your learn from your research?
	3. How did you share and advocate for your health topic?
	4. How are you going to plan for better health and wellness?
	5. How do you intend to positively influence others to do the same?
	6. Any other thoughts.

**\*\*\*Detach and return to Mr. Veeken**

**Health Topic:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Group Members**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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