Engage

Assess

Environment

Implement

Strategies

Complete

Survey

Celebrate

Resources

Having students create their own health media is a great way to educate them, their peers, and others in the community about teen health issues. You can help them spread positive 5-2-1-0 messages by working with them and community organizations to create various types of media projects. Teens will have great ideas for catchy media campaigns and will be excited to create ads that will appeal to their peers.

Objectives:
Students will:
• Experience team work and collaboration.
• Explore the way media is used as a tool to spread health messages.
• Create a product that can be shared, assessed, and utilized.
• Gain knowledge on current teen health issues.

Consider having students create:
• 5-2-1-0 commercials or ads (post them on YouTube, Facebook, and other social media outlets!)
• 5-2-1-0 songs, raps, or poems (see if a local radio station will air them!)
• 5-2-1-0 flyers, posters, or brochures (make it a poster contest!)

Or, send students on a photo scavenger hunt to capture people in the ‘act’ of a healthy behavior. Who can capture the best image that represents the 5 message? The 2 message? 1? 0? Encourage creativity and thinking outside the box!

Creation of any of the above projects could be a:
• Homework assignment
• Class project
• Family project
• Community service project