



Media Projects

Having students create their own health media is a great way to educate their peers and others in the community about teen health issues. You can help teens spread positive 5-2-1-0 messages by working with them and community organizations to create various types of media. 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.
- Students will become comfortable using modern technology.
- Students will explore the way media is used as a tool to spread health messages.
- Students will create a product that can be shared, assessed, and utilized.

Consider having students create:

- 5-2-1-0 commercials or ads (post them on 'YouTube'!)
- 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

Be sure to share your students' creations.

You never know, a new 5210 public service announcement could come from you!

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Children is adapted from Let's Go! www.letsgo.org.