**Schools Health Literacy Project Part 1. Appraising Information Lesson Plan**

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| Slide no. | Time | Cumulative time | Subject | Trainers Input | Activity |
| 1 | 1 min | 1 min | Introduce self |  |  |
| 2 | 1 min | 2 mins | Explain why involved in health literacy |  |  |
| 3 | 5 mins | 7 mins | What do you think health literacy is? | Introduce exercise and facilitate discussion | Group discussion:  What do **you** think “Health Literacy” means?  Alternatively use service such as Slido, Padlet, Whiteboard to discuss virtually. See screenshots at end of document for example. |
| 4 | 2 mins | 9 mins | Definition of health literacy – | Talk through definition emphasise appraising information – mention using services will be in next lesson.  You can check your local authority health literacy level at: <http://healthliteracy.geodata.uk/> |  |
| 5 | 3 mins | 12 mins | Health literacy exercise - statistics | Facilitate vote and/or discussion | The doctor tells you:   * “In the next ten years you have a 1 in 10 chance of developing heart disease and a 1 in 20 chance of developing diabetes. * Which disease do you have a higher risk of getting?   Vote.  Alternatively use service such as Slido, Padlet, Whiteboard to discuss virtually. See screenshots at end of document for example. |
| 6 | 2 mins | 14 mins | Interpreting information | Explain difficulties with numbers. Talk about people who leave school early or speak English as a second language. |  |
| 7 | 5 mins | 19 mins | Benefits of health literacy | Introduce exercise and facilitate discussion | Face to face group discussion:  What could be the benefits of a good level of health literacy?  Alternatively use service such as Slido, Padlet, Whiteboard to discuss virtually. |
| 8 | 2 mins | 21 mins | Benefits of health literacy | Talk through PHE slide |  |
| 9 | 1 min | 22 mins | Evaluating Information | Evaluating info a key skill – refer back to WHO slide |  |
| 10 | 3 mins | 25 mins | Fake (Health) News? | Explain exercise - Did President Trump say that people should inject themselves with bleach to cure Covid-19 – or is this fake news? | Vote |
|  |  |  | An alternative exercise may be to select something from a fact checking website and see if the students believe the story or not and then show them the facts. | | |
| 11 | 2 mins | 27 mins | Fake (Health) News? | Talk about bias and fact checking – Discuss why you might be influenced to be believe something may be true. |  |
| 12 | 2 mins | 29 mins | Fake (Health) News? | Fact checking sites, being sceptical  Talk through slide. |  |
| 13 | 2 mins | 31 mins | Health information | Trusted websites Talk through slide |  |
| 14 | 2 mins | 33 mins | Health information | Trusted org Logos Talk through slide |  |
| 15 | 4 mins | 37 mins | CRAAP test – alternatives could be SIFT (Stop, Investigate, Find, Trace) More info at: <https://www.notion.so/checkpleasecc/Check-Please-Starter-Course-ae34d043575e42828dc2964437ea4eed>  Or Trash or treasure. | May need to use own judgement. Introduce video   * Currency * Relevance * Authority * Accuracy * Purpose   Show YouTube video   * <https://youtu.be/3B2UCdmzZpM>   (Hidden slides 16-20 go through the CRAAP test in case YouTube doesn’t work) |  |
| 15 (cont’d) | 2 mins | 39 mins | CRAAP test | Any questions?  Explain we are going to look at slides of 2 websites – will allow time for reading then discuss if they pass the CRAAP test |  |
| 21 | 15 mins | 54 mins | CRAAP test – screen grabs of website. | Schoolhouse website | Allow time to read  Discussion  Reveal assessment at the end (slide animation) |
| 22 |  |  | CRAAP test | NHS website | Allow time to read  Discussion Reveal assessment at the end (slide animation) |
|  |  |  | Alternative websites you may want to evaluate are:  [Sleep Advice for Teenagers - The Sleep Council](https://sleepcouncil.org.uk/advice-support/sleep-advice/common-sleep-scenarios/sleep-advice-for-teenagers/)  Some funding from the National Federation for Bed Manufacturers – although they are independent.  [Sleep tips for teenagers - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/)  [Six sleeps myths you need to stop believing - Optalert](https://www.optalert.com/six-sleeps-myths-you-need-to-stop-believing/)  Optalert is an innovative medtech company and leader in the field of Drowsiness and Wakefulness detection and monitoring.  [Do teenagers really need more sleep? (avogel.co.uk)](https://www.avogel.co.uk/health/sleep/do-teenagers-really-need-more-sleep/)  Avogel is a health brand selling supplements. There is an advert for a sleep related product at the end of the text.  An alternative activity may be to ask the students to search for a health topic themselves and then evaluate the websites they find using the CRAAP test and share their evaluations | | |
| 23 | 3 mins | 57 mins | Framework | Discussion in around how useful the framework is. | Class discussion |
| 24 | 2 | 59 mins | Libguide | Point out some highlights  Remind how to reach |  |
| 25 | 1 | 60 mins | Summary | Summary of content. What can you remember? What will you take away? | Discuss highlights that they can remember |

Screenshots of the original Slido activities:

Graphical user interface, text, application

Description automatically generated

Graphical user interface, application, website

Description automatically generated

Graphical user interface, application

Description automatically generated