

Teens Health  
Webquest

Directions: Go to the following website: [www.kidshhealth.org/teen](http://www.kidshhealth.org/teen). Answer the questions below. The questions will cover many of the topics we will discuss in Health class this semester. This webquest is designed to give you a jump start on what you can expect to learn and discuss throughout the semester.

1. Find the "Hot Topics" section on the main page. Select a topic of your choice. Answer the questions below:
  - a. Hot Topic you chose \_\_\_\_\_
  - b. Give a 2-3 sentence summary of this topic:  
\_\_\_\_\_
  - c. What was something new you learned from this topic?
  
2. Continue with the "Hot Topics" section on the main page. Select a second topic of your choice. Answer the questions below:
  - a. Hot Topic you chose \_\_\_\_\_
  - b. Give a 2-3 sentence summary of this topic:  
\_\_\_\_\_
  - c. What was something new you learned from this topic?
  
3. Find the "Quiz" section on the main page. Answer the question.
  - a. What is the correct answer?
  - b. Did you get it correct on your first try? Yes or No (circle one)
  - c. Click "Find out More" and write 2-3 sentences on good information from this section below.

4. Click on the "Your Mind" button on the left. Then click "Mental Health." Choose a topic of your choice.

a. Topic: \_\_\_\_\_

b. Write a brief summary of what your topic is all about: (2-3 sentences)

c. What is one cause of why this happens to people?

5. Click on the "Drugs and Alcohol" button on the left.

a. Click on "Tobacco." What is Secondhand Smoke?

b. Click on "Smokeless Tobacco." List some statistics about Who Chews?

c. Click on "Drugs." Click "Caffeine". List 3 different beverages and the amount of caffeine they contain.

What is your favorite caffeinated beverage?

d. Click on "Drugs." Click "Marijuana". List the four short-term effects marijuana users may experience.

e. What types of things to do you like to do where these effects could make the activity risky or dangerous? (for example, driving a car) List at least 3:

6. Click on "Food and Fitness" on the left. Click on "Healthy Weight." Scroll down and click on "How Much Food Should I Eat?"

a. How big were bagels 20 years ago?

How many calories?

b. How big are they today?

How many calories?

c. List the 6 groups that the MyPyramid is divided into:

7. Continue with "Food and Fitness." Click on "Sports." Choose a topic of your choice.
  - a. Write a brief summary of the topic you chose (2-3 sentences):
  - b. What was something new you learned about this topic?
8. Continue with "Food and Fitness." Click on "Problems with Food and Exercise."
  - a. Why are Self-Esteem and Body Image important?
  - b. List at least 3 things that influence a person's self-esteem:

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9. Click on "Infections" on the left. Click on "Common Infections." Then Click "Flu Facts."
  - a. What is the flu?
  - b. When is the peak time for flu outbreaks?
  - c. What are some flu symptoms?
10. Continue with "Infections" on the left. Click "Sexually Transmitted Diseases." Click "About Sexually Transmitted Diseases (STDs)."
  - a. What does STI stand for?
  - b. List three things that increase a person's chance of getting an STD:
11. Continue with "Infections" on the left. Click on "HIV and AIDS."
  - a. What does HIV stand for?
  - b. What does AIDS stand for?

12. Choose a topic from the left of your choice.

- a. What topic did you choose?
- b. Write a 2-3 sentence summary of the topic.

13. What is one area of health that you would like to see covered in class this semester?

14. Reflect on your own health.

a. What is one aspect of your health that you are proud of? Why?

b. What is one aspect of your health that needs improvement?

c. What are some steps you can take to improve this area of health for yourself?