Health behaviours

Suggested year level
Years 9 and 10

Prepare yourself (teacher)
View the UV. It all adds up clip and familiarise yourself with the ideas presented.

Class resources
• Computer, data projector and screen to show the UV. It all adds up clip.

Estimated time required
2 periods

The activity
View the video clip UV. It all adds up and complete the following questions.

1 Susceptibility is defined as – am I at risk of getting the disease? Why might young people think they are not susceptible to skin cancer?

1 Mark

2 Severity is defined as – is the problem very serious? Come up with one way to get young people to understand the potential severity of skin cancer.

1 Mark

3 The UV. It all adds up campaign aims to increase the use of sun protection among 15–29 year olds. How well do you think the campaign achieved its aim? Give reasons for your answer.

2 Marks
4 Health behaviours are defined as actions taken by a person to maintain health or avoid disease, e.g. exercising, not smoking, brushing teeth, etc. List all of the health behaviours you can see being shown in the campaign.

5 The campaign aims to change young people’s knowledge, practices and attitudes about using sun protection. What changes is the campaign trying to make in each of those areas?

- Knowledge
- Practices
- Attitudes

6 Behaviour does not always reflect knowledge. Discuss what is meant by this statement. Give an example of this.
7 List 5 factors that might influence the health decisions we make?


5 Marks

8 Decisions about health can sometimes be influenced by ‘normative’ behaviour – what is seen as the popular choice that everyone else is doing. Give an example of how a normative behaviour could positively influence someone to make a healthy decision.


2 Marks

9 People are more likely to make the healthy choice when it’s the easy choice, e.g. having fruit on display near the supermarket checkout for hungry shoppers to pick up on their way out. List 5 ways this could be achieved with regards to sun protection.


5 Marks
For individuals to continue making the healthy choice, they need to feel that the healthy choice is socially acceptable. Come up with one way to make using sun protection measures (hat, clothing, sunscreen, shade and sunglasses) more socially acceptable.

1 Mark

Often there is a cue that triggers a change in health behaviours. This can be internal (e.g. appearance of symptoms) or external (e.g. a friend gets sick). Describe an internal and external cue that might convince someone to start using sun protection measures.

• Internal cue

• External cue

2 Marks
Use the example you’ve written about to complete the following diagram.

**Internal clues**
- 
- 
- 

**External clues**
- 
- 
- 

**Intention**
Start using sun protection measures

**Enablers**
- 
- 
- 

**Barriers**
- 
- 
- 

**Choice**

10 Marks

Total ________ /42
Extend yourself

The best intentions are not always reflected in behaviours. Write a journal article about a health example in your own life and reasons why you sometimes override your good intentions.

Teacher assessment advice

To assess, use the allocated marking scheme.