

Media-Smart Youth

Eat, Think, and Be Active!

An interactive after-school education program for youth ages 11 to 13



U.S. Department of Health and Human Services
National Institutes of Health
Eunice Kennedy Shriver National Institute of Child Health and Human Development

Media-Smart 

Youth  [®]



Devour the Sour
and get the Power

Be a **ZIP**
(ZOURS® Important Person)



NET WT 1.8 OZ













Media-Smart 
Youth

The Evaluation of the *Media-Smart Youth*[®] Curriculum

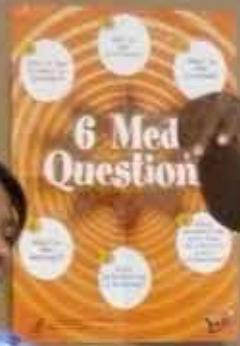


January 2009

Eunice Kennedy Shriver National Institute of Child
Health and Human Development (NICHD)
Office of Science Policy, Analysis and Communication (OSPAC)
National Institutes of Health (NIH)
Bethesda, Maryland 20892







21st Century

Community Learning Centers

Campfire Boys & Girls

Park and Rec Departments

Faith-based Organizations

4-H

Girl Scouts of the USA

After-school Programs

Community-based Organizations

YWCA

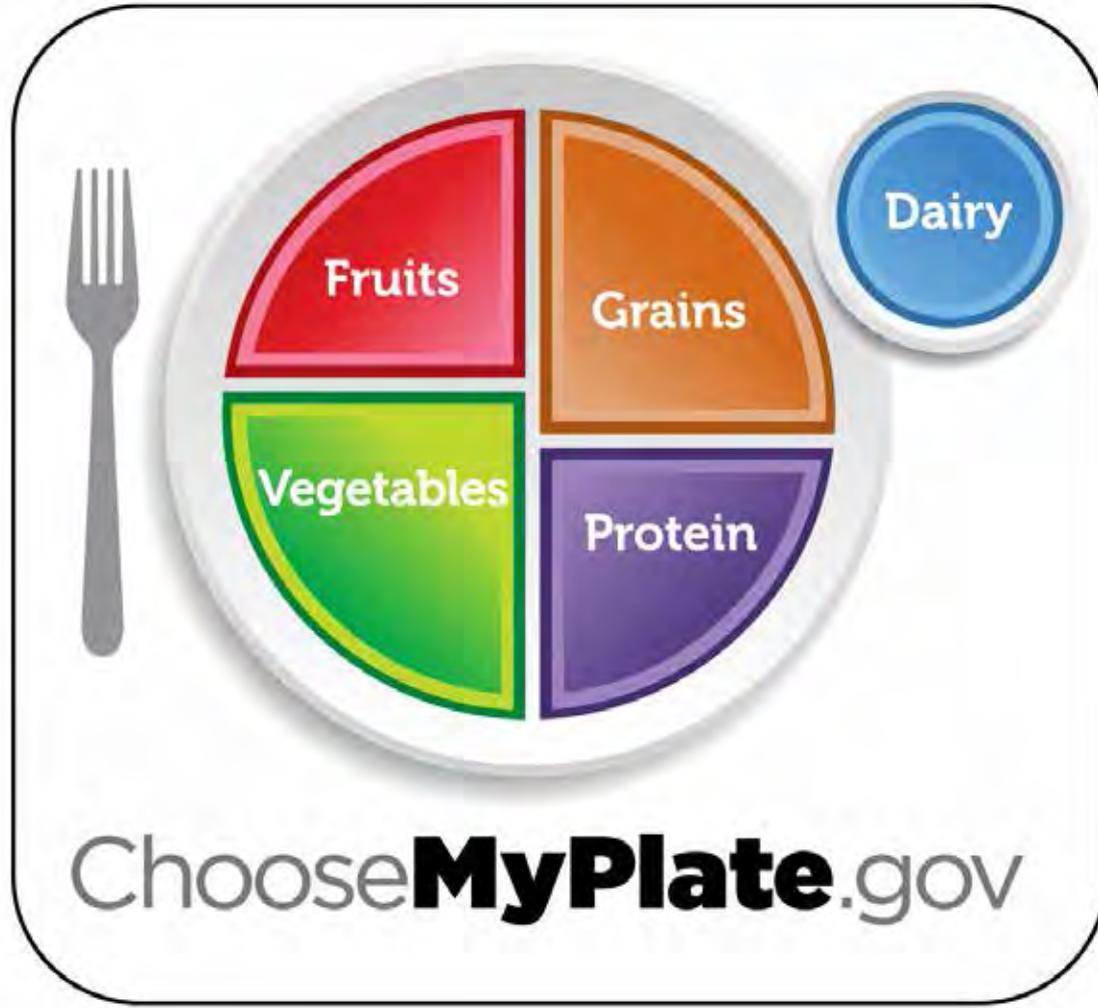
Health Departments

Summer Camps

Middle Schools

YMCA





| CONTENT STANDARDS | LESSONS | | | | | | | | | |
|--|---------|---|---|---|---|---|---|---|---|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Behavioral Studies | | | | | | | | | | |
| Understands that group and cultural influences contribute to human development, identity, and behavior | | ✓ | ✓ | | | | ✓ | | | |
| Health | | | | | | | | | | |
| Knows the availability and effective use of health services, products, and information | | ✓ | ✓ | | | ✓ | | ✓ | ✓ | |
| Knows environmental and external factors that affect individual and community health | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Understands the relationship of family health to individual health | | | | | | | | | ✓ | |
| Understands essential concepts about nutrition and diet | ✓ | ✓ | | ✓ | | ✓ | | ✓ | ✓ | |
| Knows how to maintain and promote personal health | | | | ✓ | ✓ | | | | ✓ | |
| Knows essential concepts about the prevention and control of disease | | | | | | | | ✓ | | |
| Understands the fundamental concepts of growth and development | | | | | | | | ✓ | | |
| Language Arts | | | | | | | | | | |
| Uses the general skills and strategies of the writing process | | ✓ | | | | | | | | ✓ |
| Uses reading skills and strategies to understand and interpret a variety of informational texts | | ✓ | ✓ | | | ✓ | ✓ | ✓ | | |
| Uses listening and speaking strategies for different purposes | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Uses viewing skills and strategies to understand and interpret visual media | | | ✓ | | | | ✓ | ✓ | | ✓ |
| Understands the characteristics and components of the media | | ✓ | ✓ | | | | ✓ | | | ✓ |
| Life Skills | | | | | | | | | | |
| Contributes to the overall effort of a group | ✓ | | | | | | | | | |
| Uses conflict resolution techniques | ✓ | | | | | | | | | |
| Physical Education | | | | | | | | | | |
| Understands the benefits and costs associated with participation in physical activity | | | | | ✓ | | | ✓ | ✓ | |
| Understands how to monitor and maintain a health-enhancing level of physical fitness | | | | | ✓ | | | ✓ | | |
| Understands the social and personal responsibility associated with participation in physical activity | | | | | ✓ | | | | | |

<http://www.nichd.nih.gov/msy/>

