

Wellness in Teens Assignment

Based on Readings from Teen Trends written by Bibby and Posterski.

Wellness is a term we've all heard used but do we really know what it means? Are you well? Are your parents well? How do we define "wellness" in today's society? If you haven't been sick in a while does that mean that you are well or is it more than that? Does wellness stem from physical health, mental health or a combination of factors that all come together to promote a sense or feeling of wellness for the individual.

In this assignment you are going to do some research from some provided readings analyzing different aspects of teenagers' lives in order to understand more about the factors that affect wellness in teens.

Step One: Defining Wellness

In your group you must come up with a working definition of "**Wellness**". What does it mean to be "**well?**" You should cite any sources you find to help you with your definition. Remember, your definition must work for you and stand up against scrutiny from your peers. Each group will be coming up with their own definition and we will be comparing them as a class during presentations. Your definition should be included in your presentation.

Step Two: Research

For this part your group will be responsible for reading one section of Bibby and Posterski's Teen Trends. You will be responsible for understanding the section that you are assigned and you will be responsible for preparing a PowerPoint Presentation (if available) to present to the class. Below the sections you will be focusing on are listed:

1. **The Role of the Family**
2. **The Role of Education**
3. **The Role of Religion**
4. **The Role of the Media**
5. **The Role of Other Adults**

Factors to consider when doing your research and preparing your presentation:

1. Take notes on the important points in your reading
2. What is the message your article is trying to say
3. Specific examples used to prove the article's thesis
4. What do you think about the information being presented? Do you agree? Yes/No? Explain.

Step Three: The Presentation

Your presentation should be creative, well thought out, clear and concise discussing the points presented in the article. Why is what the article is saying important? Below is a list of the **essentials** you must include in your presentation.

1. What is the message in the article?
2. What important points stand out when you read it?
3. What are the essential points you think the rest of the class needs to know on this issue?
4. What do you think about the information being presented?
5. What supplementary resources can you find that support or refute the point of the article – do you believe these points to be valid?
6. What questions are raised in the article?
7. What is the most important information represented in this article?
8. What real life examples can you use to support or refute the main points in the article?
9. Any questions you can still think of that are not discussed in the article concerning your topic.

Presentation Modes:

1. **PowerPoint Presentation** - One portion of the presentation must be a PowerPoint Presentation in which every person must play a role. The presentation should cover the points listed above and anything else you think is important. Don't be afraid to use supplementary resources!
Due Date: Wednesday, March 30
2. **Role Playing** – Create a brief skit that outlines the message in your article. It should be based on a realistic event and everyone in your group should be involved in one way or another. This does not mean someone can be a tree or a park bench! The purpose of the skit is to illustrate the message in your article to the class. Have some fun with it but don't forget the message is serious. You can have fun and still get across a serious message at the same time!
Due Date: Wednesday, March 30

Written Reflection:

You will be required to write a 1-2 page reflection on your particular issue. Below is a list of the issues you should consider:

- What are the valid points as you see them in the article?
- Are there any points that you don't agree with? Explain why?
- How does this apply to wellness in teens?
- Do you believe things have changed since this article came out? In what way?
- Of the five Roles presented by the different groups, which do you feel is the most important in a teen's life? Explain why?

Due Date: Monday, April 4