

## **ACTIVITY 2: Using the Internet for Health Information**

### ***Teacher Instructions***

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With instant access to the internet available for many teens, they often go online to look up information about symptoms they may have and recommendations for medications. It is important that teens have adequate **eHealth literacy** skills to be able to search for credible information online and understand and evaluate the information they find. eHealth literacy is defined as “the ability to seek, find, understand, and appraise health information from electronic sources and apply the knowledge gained to addressing or solving a health problem.”

Are teens able to easily find health information online? Can they determine which web sites are credible? Can they understand the information they find? These are all eHealth literacy skills. This activity is designed to build eHealth literacy skills.

For this activity, you should create teams of 4 students. Each team member will be responsible for looking up information about one of the four medications listed below:

- Aspirin
- Acetaminophen (Tylenol)
- Ibuprofen (Advil)
- Naproxen (Aleve)

All team members assigned the same medication should then meet together to do their internet research. In other words, one member of each team assigned aspirin should meet up with members of the other teams also researching aspirin. Tell students to avoid using Wikipedia for their internet research.

This resource with information about for how to look for health information online should be provided to students in print or electronic form:

- **MedlinePlus Guide to Healthy Web Surfing**  
<https://medlineplus.gov/healthywebsurfing.html>

Once students are done with their internet research, they will return to their original teams. The four team members will then compare their information and make a recommendation about which medication they would recommend to someone experiencing back pain.