

Introduction

In our looks-obsessed society, lots of people think that being overweight is an appearance issue. But being overweight is actually a medical concern because it can seriously affect a person's health.

The health problems that stem from being overweight go way beyond the ones we usually hear about, like diabetes and heart disease. Being overweight can also affect a person's joints, breathing, sleep, mood, and energy levels. So being overweight can impact a person's entire quality of life.

Learning Objectives

After completing the program the student will have an understanding of obesity, teen involvement and solutions. Students will discuss why being obese or overweight have a negative connotation and why these conditions can be detrimental to the future of a teen.

Discussion Topics/Questions

- 1) What constitutes Obesity and give examples.
- 2) Why do Teens become Overweight and how can Teens avoid being Obese.
- 3) What are some of the health issues surrounding being overweight.
- 4) How does Depression and Anxiety add to conditions of Obesity.
- 5) Outside influences often lead to Obesity. Some of the influences include Family Life and Self Esteem.
- 6) How can Teens change attitudes toward one's personal body image.
- 7) How do you know when to get help?
- 8) Who would you turn to if you or a friend needed help?

Presenting The Program:

To prepare a lesson plan for each program, please review the suggested outline below.

1) Before Students View the Program:

If appropriate, assign a brief essay on the student's view of the subject. Have available as many recommended books as possible to help generate class interest and participation. Discuss as a group what each student's advice would be on the subject to other teens. Preview each program and become familiar with the concepts presented. Opinions will vary and no answer should be considered wrong.

2) Students View The Program:

The first class viewing of the program should be uninterrupted.

3) After the First Viewing:

Students should be prompted to discuss the views of the teens featured in the program. The students may be asked whom they agreed with most and who they disagreed with most.

4) Second Viewing:

The second viewing will enforce and help the children remember the subjects that they have just discussed. Students may point out which featured teens opinion they agreed or disagreed with. This viewing may be interrupted as needed to facilitate discussion. Teacher or students may prompt the pausing of the program. The concept of solutions regarding the issues brought up by the students and the featured teens is important to this discussion.

5) Post Activities and Discussion:

If appropriate - second brief essay may be assigned to compare the difference in the students opinion before and after the viewing and discussion. Discussion questions may be used to stimulate interest in solutions, reinforce concepts and evaluate student comprehension.

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The Real Life Teens Series

Obesity & Health

Q380DVD

This Program is designed for a general High School audience, grades 8- 12.