

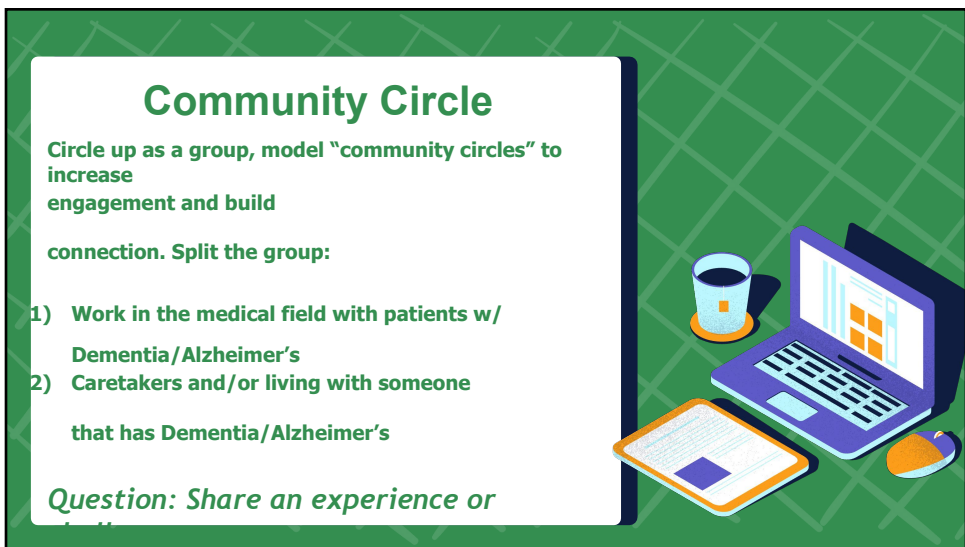
Brain Health and Advocacy for Middle and High School

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How Did We Get Here?

- WI DPI-Brain Health Curriculum Pilot
 - Taught to 8th Graders 2023-24 school year
- Presented at Best Practices 2024 (Intro to Kathleen Smith)
- BOLD Grant Project (5 Year Plan)
 - Developed Engaging Curriculum-6 Lessons
- Taught Curriculum to 8th Graders during 2024-25 school year
- Present at Best Practices & WHPE 2025
- Curriculum Available DPI Webpage-Teacher Access
 - Vision: Taught in various Health Classes across the State



Community Circle

Circle up as a group, model "community circles" to increase engagement and build connection. Split the group:

- 1) Work in the medical field with patients w/ Dementia/Alzheimer's
- 2) Caretakers and/or living with someone that has Dementia/Alzheimer's

Question: Share an experience or

Overview of Today's Presentation:

Learning Objectives:

- State a position that supports brain health and support it with accurate information (NHES 8.8.1).
- Demonstrate how to influence and support others to make positive choices that improve brain health (NHES 8.8.2).
- Work cooperatively to advocate for brain health among individuals, families and schools (NHES 8.8.3).
- Identify ways in which health messages and communication to improve brain health can be altered for different audiences (NHES 8.8.4).
- Describe ways to reduce or prevent injuries to the brain (NHES 1.8.5).
- Describe the benefits of and barriers to practicing behaviors that promote and support brain health (NHES 1.8.7).

Outline of Lessons:

#1 - Understanding the Teen Brain

#2 - Keeping the Brain Healthy; Concussion and Brain Injury Awareness #3

- Aging, Dementia, & Alzheimer's Disease

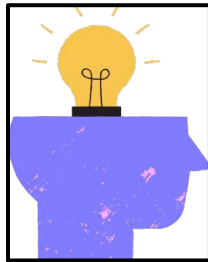
#4 - Reducing Stigma & Role as Caregiver

#5 & #6 - Advocacy is ALL around us & in many forms

Advocacy Extension(s) for the classroom: Project Based Learning by Students



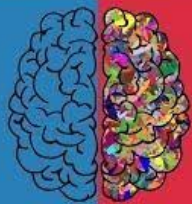
Lesson #1: Introduction with Class Did You Know...?



#1 - Understanding The Teen Brain

WHICH ONE ARE YOU ?

LEFT
BRAIN



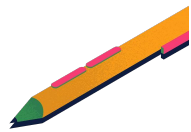
RIGHT
BRAIN

7 THINGS TO
KNOW ABOUT
THE TEEN BRAIN

JIGSAW



QUIZ ANSWER
SHEET



#2 - Keeping the Brain Healthy: Concussion and Brain Health Awareness



- Brain Health Game (Small Groups)
- Ways to Keep Your Brain Healthy-[QR Code](#)
- [CDC Infographic](#)
- [Video](#): Teen Girls Basketball Player

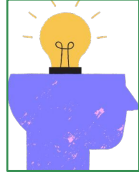


#3 - Normal Aging, Dementia & Alzheimer's Disease

Any Volunteers? (Need 2 People)
[Student Role Play Skits](#)

Is This (3 Corners):

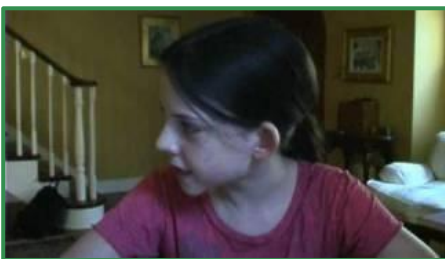
- Dementia
- Normal Aging
- Alzheimer's



[Question for Group](#): What real-life connection do you think a teen might make from the characters in the story?



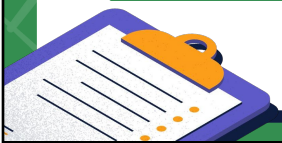
#4 - Reducing Stigma and the Roles of a Caregiver



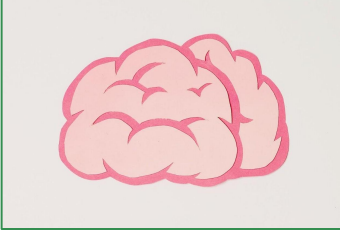
Video: My Name Is Lisa

- While watching the video:
- List several signs that you notice from Lisa's mom that might signal early stages of Dementia/Alzheimers:
 - What might it feel like to be Lisa and living with her mom? Describe.
 - What could be done to help Lisa with things going on at home?
 - What are 9 things you should NOT say to someone with a brain injury/memory loss?

Extension for the classroom
[Videos](#): Caregiving Experiences



#5 - Advocacy Is All Around Us & In Many Forms



Video: What is Advocacy

Advocacy Skill Cues

- I - Identify and research a relevant and meaningful health issue
- C - Create a health-enhancing position or relevant health message supported by facts and evidence that is geared to the audience
- A - Act passionately and with conviction
- R - Relay your health-enhancing message to your audience
- E - Examine the effectiveness of the advocacy effort

- CONTINUUM ACTIVITY: Not at All ----- Absolutely
- > Young people can be effective advocates for important issues
 - > You have a topic you are very passionate about
 - > How easy it is for young people to advocate for issues?
 - > The people around you make you more or less likely to agree with something



#6 - Did You Know...? Projects

BRAIN HEALTH-Project Choice Board

DID YOU KNOW...? Be an ADVOCATE about the importance of brain health to protect against dementia.

TikTok Video Create a video that addresses the importance of brain health and your task.	Children's Storybook Create a storybook on Book Creator.com about your topic and importance of brain health.	Podcast Create a Podcast (SWVoice) on your topic and include others on importance of brain health and your topic.
Other Project Ideas? Do you have another idea to advocate for brain health? Design a Website Make a Booklet or Infographic Digital Flipboard		



Project Based Learning

Student Examples



Q & A

THANK YOU!



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