

Media Literacy for Safe and Healthy Choices

Curriculum & Training for Educators

Build media literacy skills to help young learners think critically and make healthy choices.

Children are increasingly using and exposed to media. Research shows that media exposure can contribute significantly to violent, aggressive, and anti-social behavior, tobacco and alcohol use, poor nutrition, anxiety, and other at-risk behaviors, such as lowered academic achievement¹. An evidence-based media literacy curriculum can train educators to help students develop critical thinking and decision-making skills to recognize and resist media's influence on their attitudes and behaviors.

Public Consulting Group (PCG) and Media Power Youth have partnered to bring the nationally recognized Media Literacy for Safe and Healthy Choices curriculum for grades 4-6 to educators and students across the country via Pepper™, PCG's online professional learning network.

Children ages **8-18** are exposed to the media **8+** hours per day

Research has shown that **media** exposure can contribute significantly to:

- a** violent, aggressive, and anti-social behavior
- b** poor nutrition
- c** substance abuse

Media Literacy for Safe and Healthy Choices is listed on the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP) "as effective for improving knowledge, attitudes, and beliefs about media effects on violence, bullying, alcohol use, smoking, and food choices."



Media Literacy for Safe and Healthy Choices (Grades 4-6)

Features & Benefits

- Nationally-recognized curriculum provides practical, evidence-based training to build students' media literacy to make safe and healthy choices
- Curriculum includes everything teachers need to get started: Comprehensive teacher's guide including all lesson plans, handouts, images, and student worksheets
- Flexible self-paced online training for teachers provides an excellent foundation for instruction and all materials needed for successful classroom implementation
- Continuing Education Units available upon course completion
- Supports easy integration across subject areas, including language arts, social studies, math, science, and more

To learn how the Media Literacy for Safe and Healthy Choices curriculum can benefit teachers and students in elementary classrooms across your district, please contact Media Power Youth at educationteam@mediapoweryouth.org or 603-222-1200.

¹M. Evans Schmidt and Michael Rich, "Media and Child Health," *Pediatrics in Review* 27, No. 8 (2006): 289-298.



<http://mediapoweryouth.org/>



www.pepperpd.com



www.publicconsultinggroup.com/education