Resources to Build Adolescent Health Literacy During Social Distancing

This information is a supplement to *Navigating the Health Care System*- an adolescent health literacy curriculum created by Nemours Children’s Health System. For more information please email NTHCS@nemours.org or visit the program website: [https://www.movinghealthcareupstream.org/navigating-the-health-care-system/](https://www.movinghealthcareupstream.org/navigating-the-health-care-system/).

➢ Resources for Parents/Guardians

1. **Home Use Version of the Navigating the Health Care System workbook** - for adults and teens, together. This version was created for adults to use with the teens in their lives. Answer Key included. 😊 Share the information as formally or informally as you see fit- some may discuss over dinner, others may use lessons as part of home school.

2. **Owning Your Own Health Checklist** - a one-page checklist of basic tasks and skills teens should master as part of becoming responsible for their own health. For adults and teens, together.

3. The **Understanding Coronavirus (COVID-19) pages of KidsHealth.org**, from Nemours Children’s Health System- has articles and videos for parents, teens, kids, and educators.

4. **Coronavirus: How to Talk to Kids (YouTube video)** - A helpful video brought to you by Nemours KidsHealth
5. **How I Can Protect Myself (handout)** - Provides a summary of advice from the Centers for Disease Control and Prevention (“the CDC”) to help protect you from the Coronavirus. (This is a supplement to the “Where Do I Go” activity in the module one of the Navigating the Health Care System curriculum.)

6. **Where To Get Care in a Pandemic (handout)** - Pandemics change the way we get care. For example, during a pandemic going to your doctor’s office may not be the healthiest option for you or for the people in the office. This handout provides a summary of advice on where and how to get care. (This is a supplement to the “Where Do I Go” activity in the module one of the Navigating the Health Care System curriculum.)

➢ Resources for Teachers & Other Presenters

1. **NTHCS Digital Activities**: By going to the teacher/presenter page, a teacher can assign one or more activities from the NTHCS participant workbook to teens. Teens complete and return the activities- all through the portal. A simple, streamlined resource- especially for those who suddenly find themselves teaching virtually.
   - **CLICK HERE** for a quick start guide with screen shots and instructions.

2. Teachers presenting the information virtually may want to email students a copy of the NTHCS workbook.
   - **CLICK HERE** to download the NTHCS Participant Workbook in English.
   - **CLICK HERE** to download the NTHCS Participant Workbook in Spanish.

3. Curriculum Supplements- These handouts are intended to supplement the “Where Do I Go” activity in module one of the Navigating the Health Care System curriculum.
   - **How I Can Protect Myself (handout)** - Provides a summary of advice from the Centers for Disease Control and Prevention to help protect you from the Coronavirus.
   - **Where To Get Care in a Pandemic (handout)** - Pandemics change the way we get care. For example, during a pandemic going to your doctor’s office may not be the healthiest option for you or for the people in the office. This handout provides a summary of advice on where and how to get care.

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Just wanted to let you know I started using the Navigating the Health Care System curriculum this week online with my seniors. It has made my lesson planning so easy for these weeks of distance learning. The digital option for them to complete and submit to me has been such a time saver! It is such fun and useful material for them. Thanks again for your help with this!

– Patty C, registered nurse and health careers teacher

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