Tell Us What You Think
Pre-Curriculum Activity

Optional

Time
20 minutes

Activity Overview
Youth will complete a pre-curriculum activity designed to find out what they think and know about media, nutrition, and physical activity.

Activity Objective
By the end of the activity, facilitators will be able to:

◆ Determine youth base knowledge of the topics covered in the Media-Smart Youth program.

Materials Needed
❑ Pencils/pens (one for each youth)
❑ *Tell Us What You Think* sheets (one copy for each youth)
❑ *Alpha-Code* sheets (one copy for each youth)
❑ Watch/timer

Facilitator's Preparation
❑ Photocopy the *Tell Us What You Think* and *Alpha-Code* sheets (one copy of each for each youth).

Note to Facilitator

The *Tell Us What You Think* and the *Tell Us What You Think Now* activities at the beginning and at the end of the workshop are optional activities designed to give you and your program a good sense of what the youth know and think about the three major Media-Smart Youth topics—media, nutrition, and physical activity. Choosing not to do these activities will not affect your ability to conduct the workshop. However, conducting both activities and comparing the responses of the youth before and after the workshop can be helpful in several ways:

◆ Responses to *Tell Us What You Think* will give you a good sense of how much the youth know already about the Media-Smart Youth workshop topics. Understanding their prior knowledge, skill levels, and opinions will help you tailor the workshop to their needs and interests.

◆ A comparison of the pre- and post-curriculum sheets will help you gauge how much the youth learned during the lessons.

◆ The information from these sheets will give you data you can use to plan future Media-Smart Youth workshops as well as other programs. The data may also be useful in making presentations to current or potential funders or to afterschool program administrators.

We recommend that you think about these activities as a pair. If you choose to do one, do both. If you choose to skip one, skip both.

Warm-Up

2 minutes

1. EXPLAIN the *Tell Us What You Think* sheet briefly.

2. SAY:

I will now hand out a sheet that's designed to help me understand what you think about nutrition, physical activity, and the media.

At the end of the workshop, I'll ask you to fill out a similar worksheet. Your responses will help me to see how your thoughts on these topics may have changed.

Knowing what you think now and at the end of the workshop will help me do a better job of presenting the Media-Smart Youth material.

A Note About Keeping This Activity Upbeat

This activity is not a test! Keep the tone light and fun. Make the young people comfortable by telling them that there are no wrong answers and they won't be graded. Assure them that no matter how they answer, it will not affect their ability to participate in the program.

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PRE-CURRICULUM ACTIVITY | MEDIA-SMART YOUTH: EAT, THINK, AND BE ACTIVE!
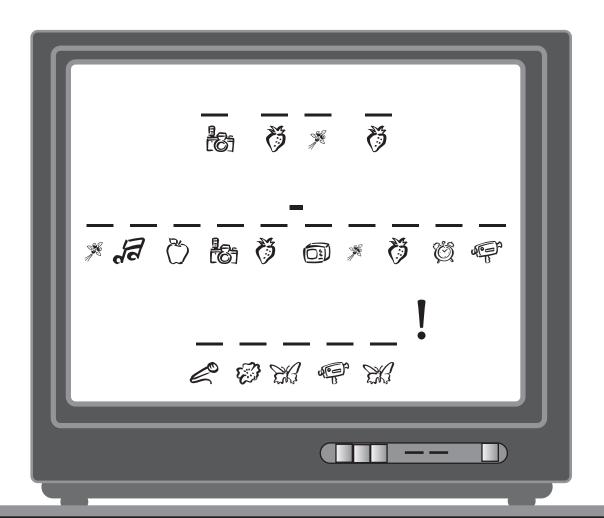
⏱ **17** minutes | Doing the Activity

1. HAND OUT the *Tell Us What You Think and Alpha-Code* sheets and the pencils/pens.

2. ASK youth to complete the *Tell Us What You Think* sheet. They should do this on their own, without talking to each other. Youth who finish quickly can do the *Alpha-Code* sheets until all youth complete the *Tell Us What You Think* sheet.

3. ALLOW 16 minutes for youth to complete the *Tell Us What You Think* sheet. ANSWER questions as they come up. TELL youth when they have 5 minutes and then 1 minute left.

4. ASK youth to hand in their completed *Tell Us What You Think* sheets.

⏱ **1** minute | Closing the Activity

1. THANK youth. ASK youth whether they have any comments or questions. ANSWER any questions the youth may have.

Try and figure out the secret message! Use the picture code below to decode the message. Find the pictures in the alphabet list and write the letters that match them in the blanks above the code.

Secret message: I A M A — M E D I A - S M A R T — Y O U T H !

Code key:

A = (strawberry) F = (saxophone) K = J P = (building) U = (butterfly)
B = (monkey)   G = (hourglass) L = (trumpet) Q = (balloon) V = (heart)
C = (video camera) H = (butterfly) M = (bug) R = (alarm clock) W = (feather)
D = (apple)   I = (camera) N = (magnifying glass) S = (microwave) X = (envelope)
E = (music note) J = (saxophone) O = (flower) T = (video camera) Y = (microphone)
                                                                      Z = (glasses)