

# Youth Health Literacy Toolkit



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**HEALTH**



**Literacy**

“Youth Health Literacy is the capacity to obtain, process, and understand basic health information and services to make appropriate health decisions” (CDC 1.09.04)

In plain language:

**YOUTH** having accurate knowledge about health information so they can make informed decisions. . .

HOPEFULLY HEALTHY DECISIONS!!!

# Overview

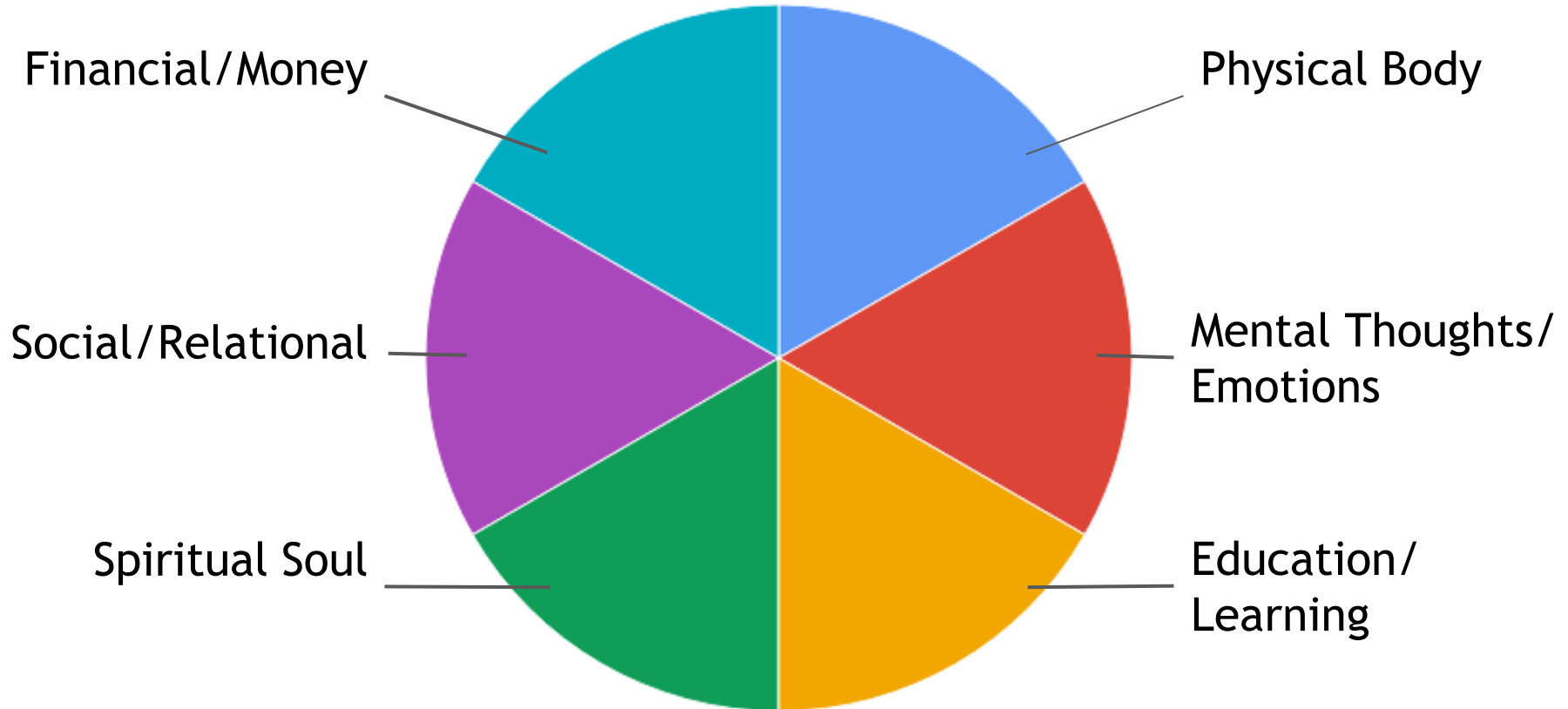
- I. Ice Breakers and Agreements
- II. 6 Areas of Health Activity
- III. Health Drum-Personal Goal activity
- IV. Finger on the Pulse Activity
- V. A Minute to Lit it Activity
- VI. Confidentiality and Annual WELL Exam
- VII. HEADSSS Model
- VIII. 18 Self-Care Tips



**ICEBREAKER**

**AND AGREEMENTS**

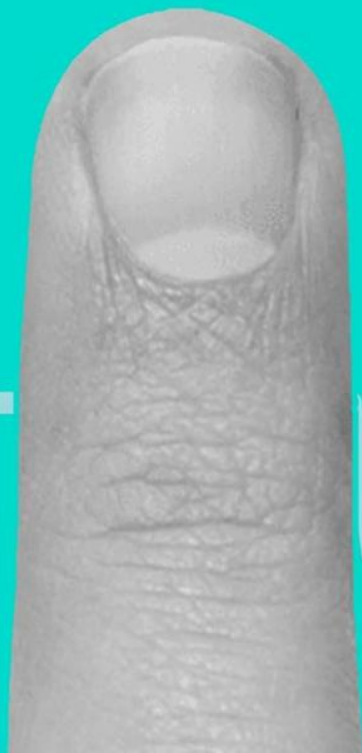
# 6 Areas of Health



A person wearing an orange dress and a blue long-sleeved shirt is sitting and holding a drum. The drum is positioned in front of them, and the text is overlaid on its surface. The person is also wearing a necklace with a red pendant and a bracelet on their left wrist.

**HEALTH DRUM/  
PERSONAL GOAL  
ACTIVITY**

# FINGER ON THE PULSE



# Minute to Lit it

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A health LITeracy  
activity



SHOULD DO...Before, During or After a Doctor's Appointment???



**KNOW  
YOUR  
RIGHTS**



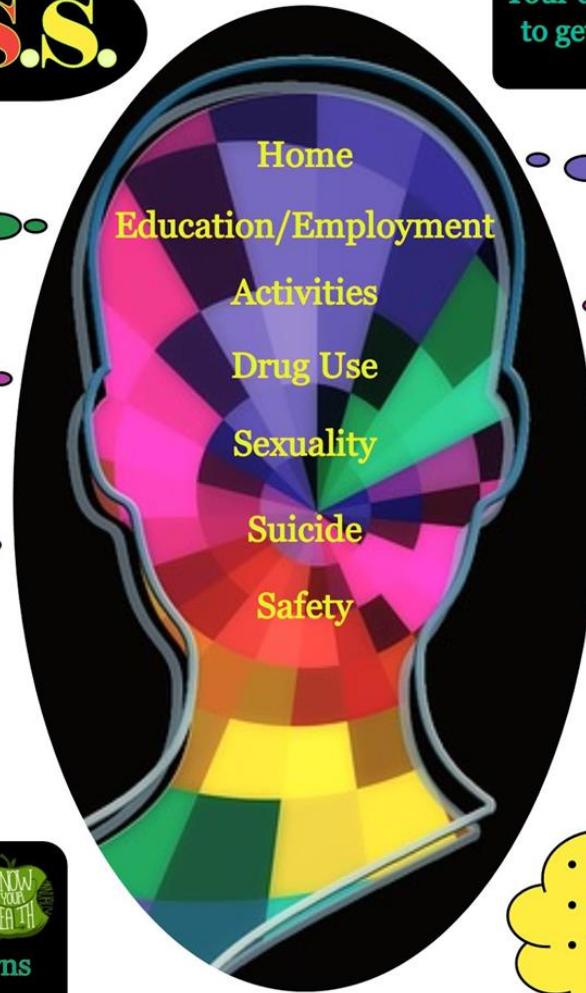
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**H.E.A.D.S.S.S.**

**Model**

# H.E.A.D.S.S.S.

Your doctor may use the H.E.A.D.S.S.S. model to get a well rounded understanding of YOU and YOUR health!



- Feelings in school?
- Grades?
- Work?

- Individual drug use?
- Family/friends drug use?
- Quitting/reducing drug use?



- Suicidal thoughts or actions?
- Emotions?
- Counseling/therapy?

- Who you live with?
- 8 hours of sleep?
- Safety in home?

- What do you do?
- Hours in front of TV/computer?
- Physical activity?

- Dating/relationships?
- STI's & HIV?
- Pregnancy/birth control?

- Seatbelt use?
- Gun ownership?
- Weapons for self-defense?

 **Ask your doctor about your confidentiality rights.**  
**Ask questions if you have any concerns about a particular area.** 

# 18 Self-Care Tips



# Closing

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**Thank you for  
joining us today!**