

HIV & AIDS : a resource pack for use with 11 to 14 year olds / Wellcome [Foundation].

Contributors

Wellcome Foundation Ltd.

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LIFESTYLE
You've just won the 'Tree Chips Every Day This Year' Competition at your local fish and chip shop, and have decided you'll eat every day.
Lose 2 Health Points from your Score.

HEALTH PROFILE
Age 14
Health: Quite good, feels fit and well, exercises regularly, eats sensibly.
Health score: (out of 10) 7

LIFESTYLE
You've won a competition in your local newspaper giving you free entry to a sports club of your choice for a year.
Add 1 Health Point to your Score.



HEALTH PROFILE
Age 15
Health: Quite good, feels well and enjoys sport occasionally, smokes sometimes.
Health score: (out of 10) 4

LIFESTYLE
Nothing seems to be going right at the moment.
You're worried and stressed and not sleeping well.
Lose 1 Health Point from your Score.

HEALTH PROFILE
Age 16
Health: Poor, doesn't exercise, smokes, too busy to eat properly, worried about college work and exams, goes out most evenings and gets to bed late.
Health score: (out of 10) 1



LIFESTYLE

Bad luck, you've won First Prize in 'The Slob of the Year' Competition.

Lose 2 Health Points from your Score.

LIFESTYLE

You've been working too hard recently and have been feeling very run down.

Lose 1 Health Point from your Score.

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Nothing seems to be going right at the moment.

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LIFESTYLE

You've won a competition in your local newspaper giving you free entry to a sports club of your choice for a year.

Add 1 Health Point to your Score.

LIFESTYLE

You decide to eat healthy foods, and not to eat sweets or crisps.

Add 1 Health Point to your Score.

LIFESTYLE

You started drinking last year, getting beer and cider from a local supermarket.

You've got into the habit of drinking most weekends.

Lose 2 Health Points from your Score.

LIFESTYLE

You have decided to walk to school each day rather than getting the bus.

Add 1 Health Point to your Score.

LIFESTYLE

You've been smoking for the last few months and you now find you can't give it up.

Lose 3 Health Points from your Score.

LIFESTYLE

You've kept up your New Year resolutions.

You decided to get fitter and have been playing more sport each week.

Add 2 Health Points to your Score.

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Health profiles

HEALTH PROFILE

Age 14

Health: Quite good, feels fit and well, exercises regularly, eats sensibly.

Health score: (out of 10) 7

HEALTH PROFILE

Age 14

Health: Very good/excellent – eats balanced diet, exercises regularly, gets plenty of sleep.

Health score: (out of 10) 9

HEALTH PROFILE

Age 15

Health: Quite good, feels well and enjoys sport occasionally; smokes sometimes.

Health score: (out of 10) 4

HEALTH PROFILE

Age 15

Health: Below average, has lots of minor illnesses such as colds, feels tired, doesn't exercise much, eats junk food but not a balanced diet.

Health score: (out of 10) 4

HEALTH PROFILE

Age 16

Health: Poor, doesn't exercise, smokes, too busy to eat properly, worried about college work and exams, goes out most evenings and gets to bed late.

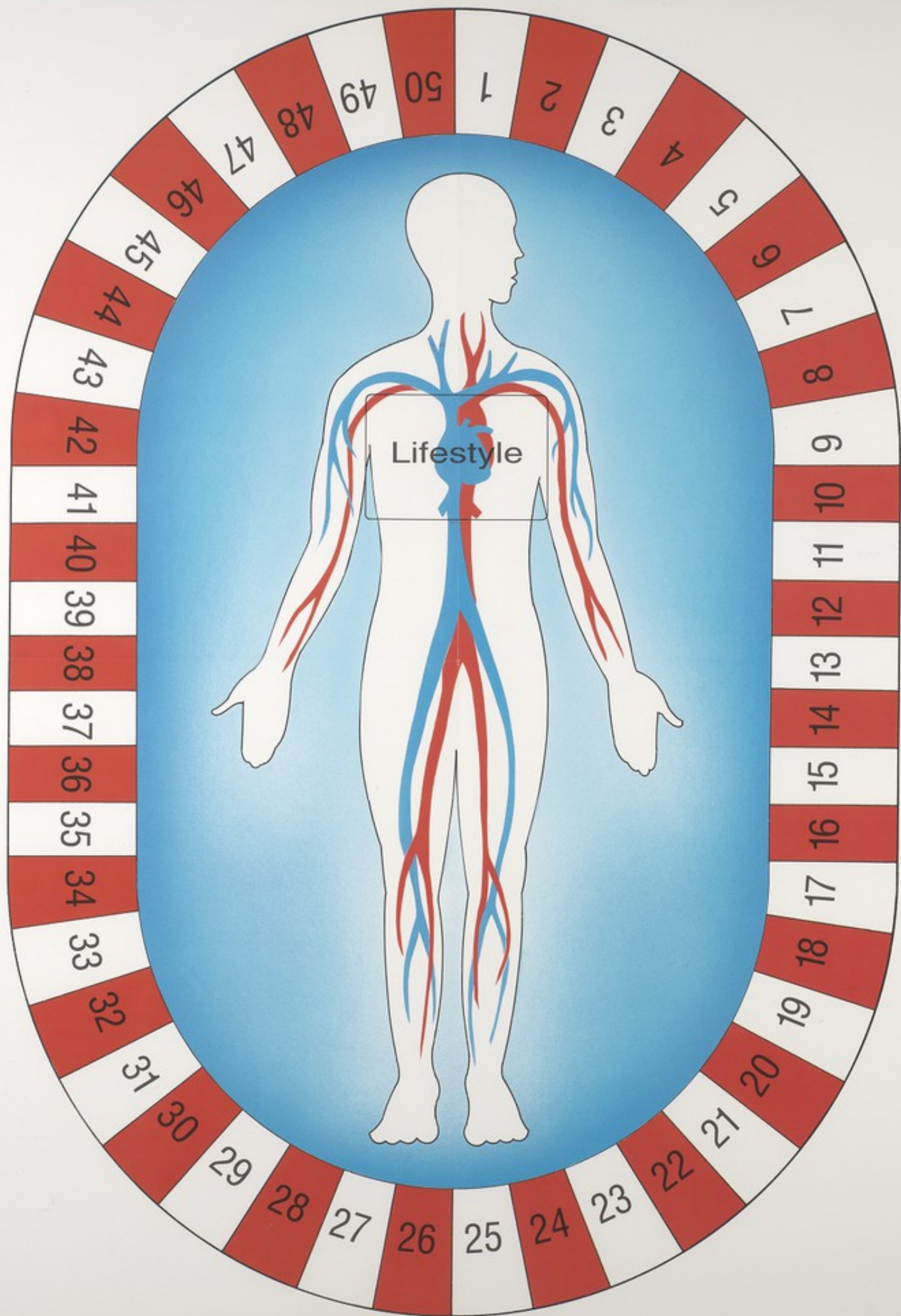
Health score: (out of 10) 3

HEALTH PROFILE

Age 16

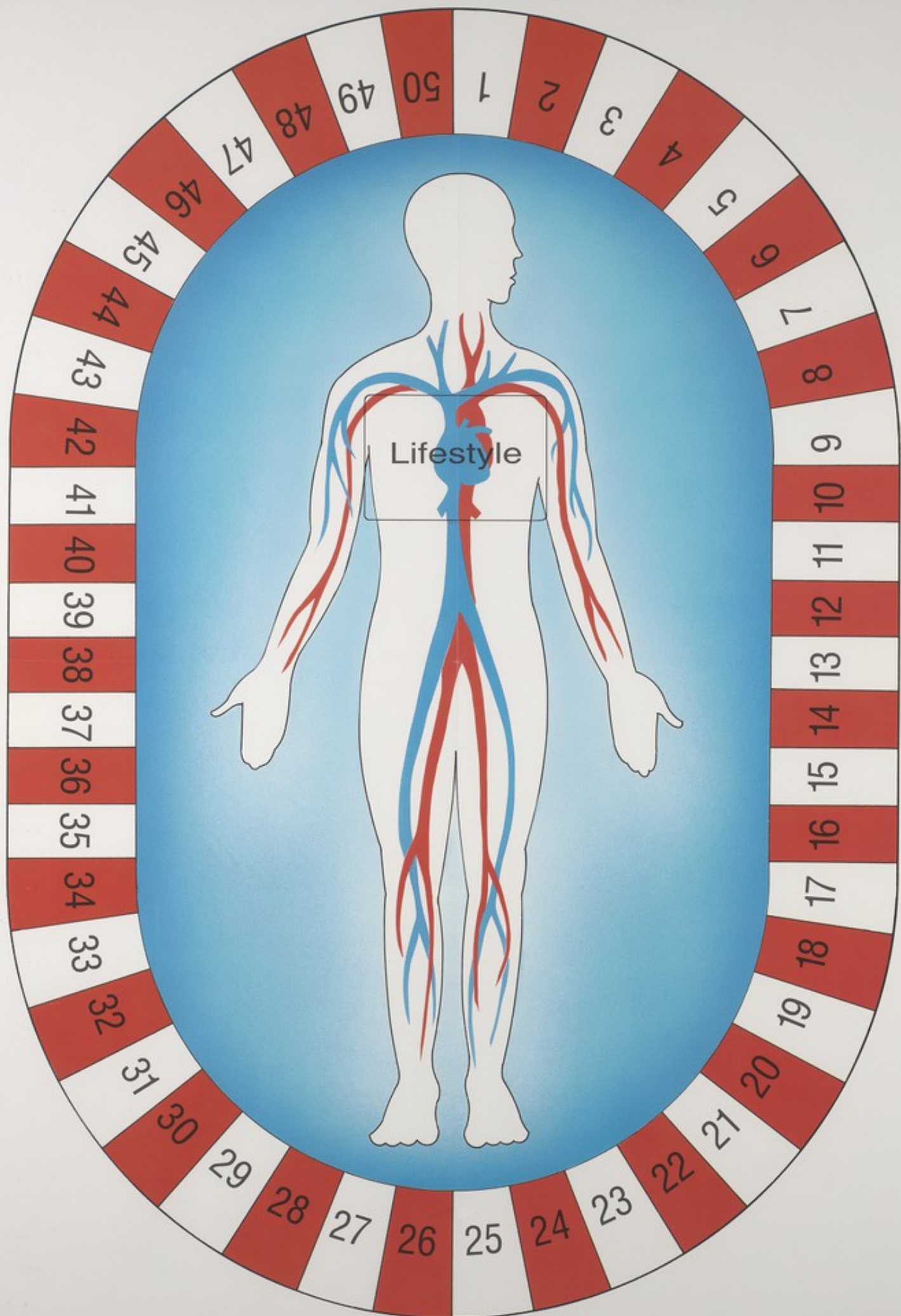
Health: Very good, eats balanced diet, exercises regularly, copes well with school work, unable to move around without wheelchair.

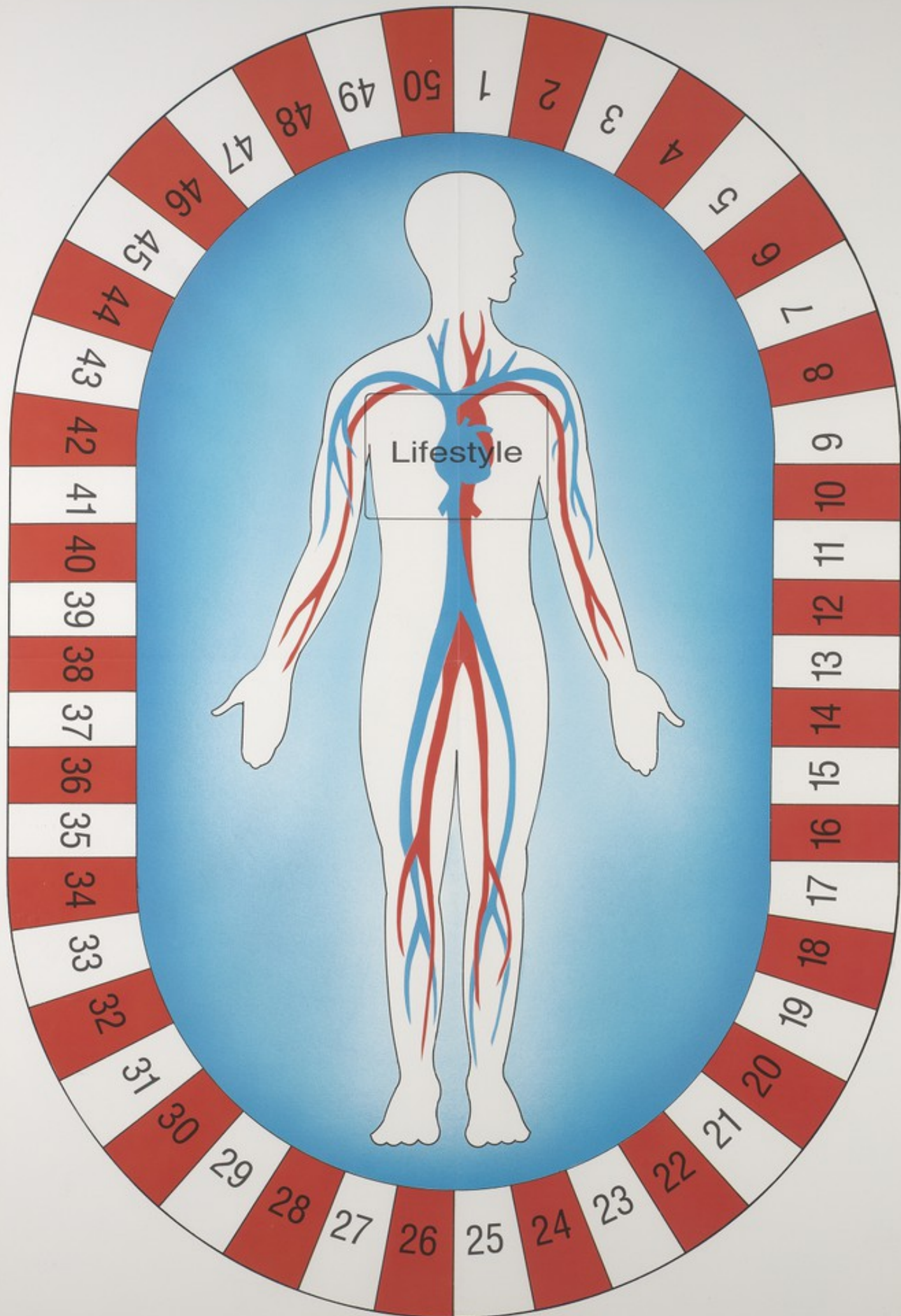
Health score: (out of 10) 9



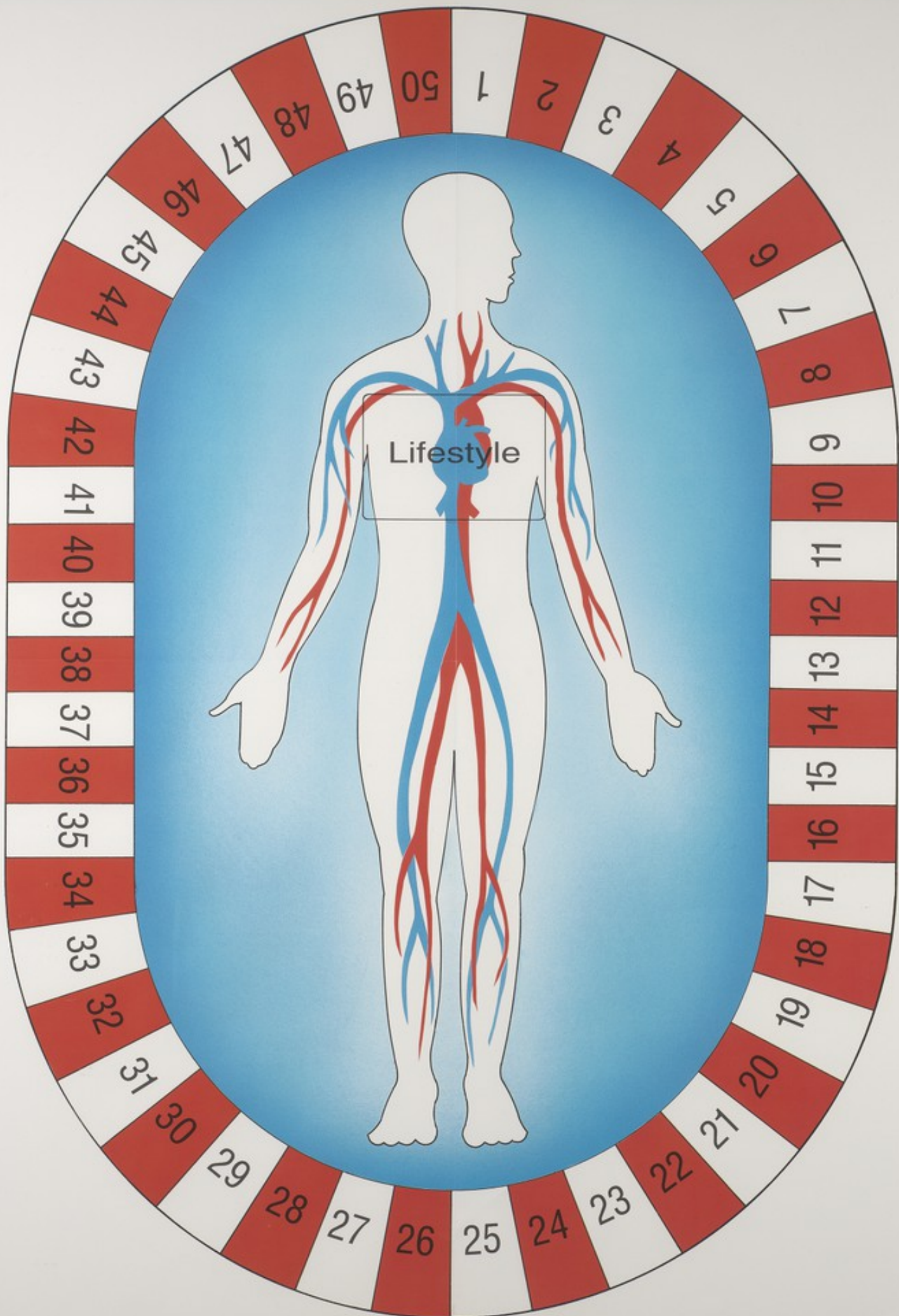
Lifestyle

Lifestyle

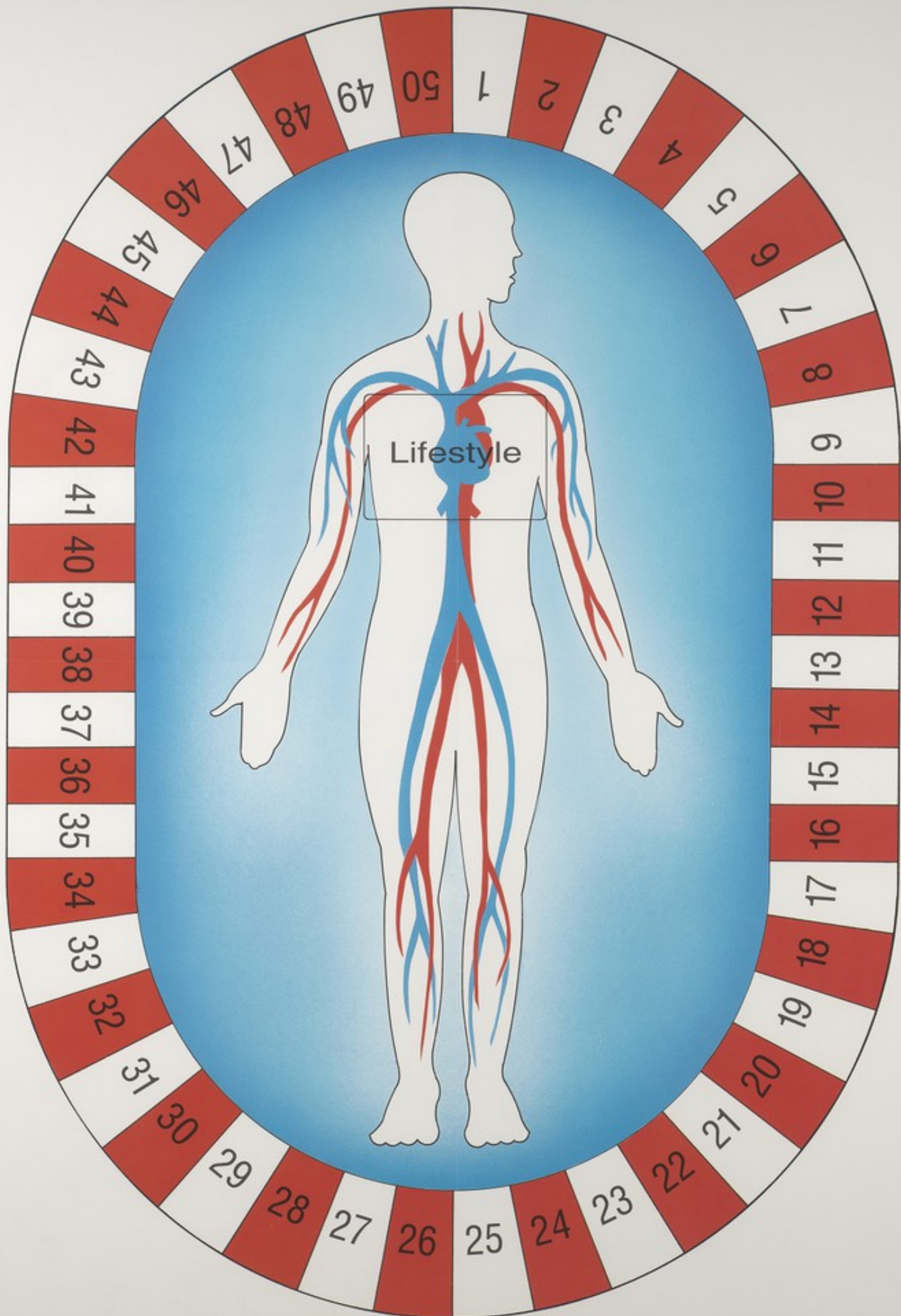




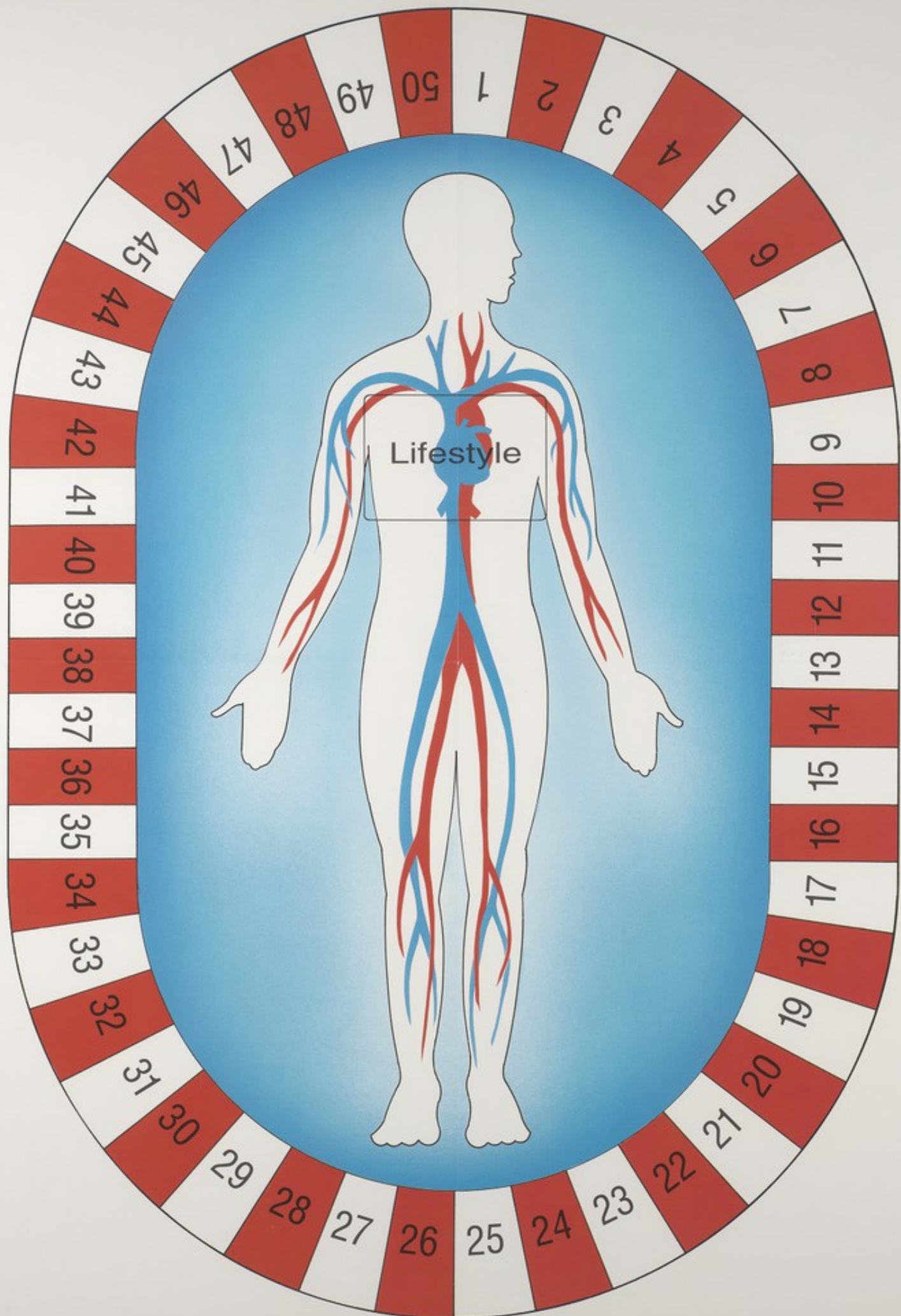
Lifestyle



Lifestyle



Lifestyle



Lifestyle