**Class Assignments**

**Chapter 7: Promoting Healthy Lifestyles among Adolescents**

1. Goal: To better understand both the limitations and potential impact of global health promotion for adolescents.
   1. Show videos featuring Michelle Obama’s “Let’s Move” campaign (http://www.letsmove.gov ) – including some that have become popular on YouTube and facebook and other social media.
   2. Facilitate a discussion of the potential appeal of such a campaign to teenagers, and ways to improve the message to match adolescent development.
2. Goal: Understand the developmental purpose of risky behaviors.
   1. Lead a class discussion about the ways in which engaging in risky behavior (attending to both positive and negative potential consequence) may contribute to the resolution of the Identity vs Confusion stage proposed by Erikson (1963). Further, how might such behavior result in developing the virtue of Fidelity (Erikson, 1963)?