

## Building Skills for Health Literacy

### Goal Setting

Skill Cues from Rubric- After this lesson the students will be able to:

- a) write a clear goal statement
- b) be sure the goal is realistic
- c) make a plan for meeting that goal
- d) show how to evaluate and adjust the plan if needed.

The following core concepts (health content information) will need to be covered if the final assessment is used.

1. Ways people can contract HIV.
2. Ways people cannot contract HIV
3. Activities that put someone at risk for getting HIV

Teach the skill

Discussion will focus on the following questions:

1. Why are goals important?
2. What makes a goal realistic?
3. What are examples of clear goal statements?
4. What are examples of clear goal statements related to sexual health?
5. How can health outcomes affect student's goals?
6. How can planning and achieving goals decrease undesired health outcomes?
7. How do you identify and plan to overcome potential barriers that could prevent you from achieving your goal?
8. Why it is important to communicate with parents/trusted adults about goals?

Be sure to model how to write a clear goal statement, how to determine if a goal is realistic, building a plan to meet the goal, and evaluating or adjusting the plan if needed.

Practice the skill

Sandy has been studying life goals in health class. Her teacher told her to come up with the five most important goals a high school student might want to achieve in the next 10 years. The student's job is to do the same.

Once they have chosen five goals, they are to develop an outline of how they will achieve these goals. What intermediate goals will they need to accomplish to track their progress in meeting their ultimate goals? They need to include a narrative on how they plan to meet these goals.

Large group discussion or take home project:

1. What barriers might you encounter as you work toward your goals?
2. How might you overcome these barriers?

3. How might engaging in sexual intercourse interfere with your chosen goals?
4. How could your parents/trusted adult be involved in your goals?

#### Assessment

Write a plan that would help a young person avoid contracting HIV as a high school student and an adult. The plan should have a clear goal statement; specific steps a person could follow to meet the goal, and way(s) to evaluate their progress towards the goal. The plan must include at least four steps. They need to address the following content in their response:

- Ways that people can get HIV
- Ways that people cannot get HIV
- Activities that put people at risk for getting HIV.

Use the Goal Setting Rubric to evaluate their work and provide feedback on the skill cues.