

# Public Health Extended Learning

## Discussion Points

In order to check understanding and to help your troop explore important public health topics further, here are some discussion points to consider.

- What information was new to you and/or surprised you?
- How much exercise do you get throughout the day and how do you get it?
- What are your favorite ways to get healthy foods into your diet?
- What do you think about how doctors determine whether you're healthy or not by looking at your BMI?
- How does your family prepare for emergencies? Do you participate?
- Where does your family keep first aid and other emergency supplies?
- What are your experiences with natural disasters?
- What are some of your experiences with bullying? Were you ever able to shut a bully down by standing up for the target of the bullying?
- Did you know that assumptions could be so hurtful? What have you experienced?
- How could you safely get out of a situation where you were being pressured to do intimate things?
- What kind of access to birth control do you think teens should have?
- What are some things that have helped you when you felt stressed?
- What other public health topics, besides the six you just learned about, do you think are important?
- Are there any places you don't go because the air quality makes it hard to breathe? Have you noticed a difference in the summer months?
- Did earning the patch give you any ideas about what you could do to make an impact on public health issues?

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## Public Health Service Activities

If you'd like to get involved in public health outreach in your community, here are some things you could do:

- Call up your local Public Health Department and find someone who is willing to talk to your troop.
- Host or join a local park or river cleanup. In Georgia, we have a volunteer waterway cleanup called Rivers Alive!
- Donate different needed items to your school, recreation center or even a retirement home. They could be feminine products, sexual protection, masks, first aid kits, etc.
- Host an awareness event at school or in the community. Make posters to announce it!
- Start a club at school to help improve mental health. Think outside the box about how to promote positivity, relaxation and support like a yoga club, walking club, or alliance club.
- Petition for change in laws that impact public health like clean energy solutions.

## Additional Public Health Resources

It's important to use well-known credible resources when learning about a topic. Here are a few of our favorite public health resources:

- CDC (Centers for Disease Control and Prevention)  
<https://www.cdc.gov/>
- CDC Museum  
<https://www.cdc.gov/museum/>
- SAMHSA (Substance Abuse and Mental Health Services Administration)  
<https://www.samhsa.gov/>
- FDA (U.S. Food and Drug Administration)  
<https://www.fda.gov/>
- NIH (National Institutes of Health)  
<https://www.nih.gov/>
- Healthline  
<https://www.healthline.com/>
- National Academies: Sciences, Engineering, Medicine  
<https://www.nationalacademies.org/>
- StopBullying.gov  
<https://www.stopbullying.gov/>
- DoSomething.org  
<https://www.dosomething.org/>