

Health Information: Safe Questions & Trusted Sources

Practise finding age-appropriate health information while keeping decisions with trusted adults and qualified professionals.

LEARN • PRACTISE • CREATE • REFLECT

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

Print. Learn. Grow.

Grown-up guide

Learning objective

Practise finding age-appropriate health information while keeping decisions with trusted adults and qualified professionals.

Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

Learn the idea

1 Health information should come from trustworthy sources.

2 Symptoms and bodies vary, so a web page cannot diagnose a child.

3 Children should tell a trusted adult about health concerns rather than self-treating.

Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Choose which source is most suitable for a general handwashing question.

Identify why a social post from an unknown person is weak evidence for treatment.

Rewrite “this always cures...” into a safer critical-thinking question.

Sort scenarios into general learning versus tell a trusted adult.

Explain why medicines should only be used under adult/professional guidance.

Try it beyond the page

Real-world / hands-on connection

Ask a trusted adult how your family checks general health information; do not enter private health details into the activity.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

Create a “Stop - Check - Ask” health-information poster for fictional learners.

Use this space for planning, drawing, mapping, designing or notes.

CHALLENGE

Think deeper

1. Can a learning app diagnose illness?

2. Who should a child tell about a health concern?

3. Why avoid sharing private health details in a classroom app?

Quick review

1. In one sentence, explain the big idea of “Health Information: Safe Questions & Trusted Sources”.

2. Draw or write one example that shows you understand.

3. Choose one activity from this pack and explain the strategy you used.

4. Write one question you still have.

Answer & discussion notes

Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

1. Suggested response

No.

2. Suggested response

A trusted adult and, when appropriate, a qualified health professional.

3. Suggested response

They are sensitive personal information and unnecessary for this task.

Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

My learning reflection

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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