

Movember Project-Based Lesson Plan (Grades 7-12)

Objective: This project-based lesson plan educates students about the Movember movement's focus on men's health issues such as mental health, prostate cancer, and testicular cancer. Using a STEAMS (Science, Technology, Engineering, Arts, Mathematics, and Social Studies) approach, students will explore these health topics, apply critical thinking, and engage with their community to promote awareness and advocacy.

Key Components

Science (S): Understanding Men's Health Issues

- ❖ **Topic:** Investigate the biology behind common men's health issues, including prostate and testicular cancer, and explore mental health from a scientific perspective.
- ❖ **Project:**
Mental Health Study: Conduct a survey about mental health awareness and analyze the results to highlight the importance of open conversations on mental well-being.

<p>Technology (T): Digital Advocacy and Communication</p>	<ul style="list-style-type: none"> ❖ Topic: Explore the role of social media, apps, and digital tools in spreading awareness for Movember. ❖ Projects: <p>Social Media Campaign: Develop a digital marketing campaign using social media platforms to spread awareness about men’s health, focusing on creating engaging, fact-based content.</p> <p>App Proposal: Design an app prototype that provides users with health tips, daily mental health reminders, or tracks awareness efforts.</p>
<p>Engineering (E): Designing a Health Awareness Kiosk</p>	<ul style="list-style-type: none"> ❖ Topic: Explore the role of interactive kiosks or booths as health awareness tools in public spaces. This could include designing a portable, modular structure that encourages community interaction and health check-ins, or even incorporates technology to make health information easily accessible. ❖ Projects: <p>Kiosk Design Challenge: Students design a portable kiosk or booth that can be set up in schools, community centers, or events to promote Movember and men’s health awareness.</p>

<p>Arts (A): Visual and Creative Campaigns</p>	<ul style="list-style-type: none"> ❖ Topic: Use art to communicate the importance of health advocacy through compelling visual campaigns. ❖ Projects: <p>Poster Design: Design a series of posters that creatively communicate key Movember messages, such as “Check In with Your Health” or “Mental Health Matters.”</p> <p>Creative Writing Piece: Write a short story, poem, or skit that discusses the challenges men face with health issues and stigma, aiming to spark empathy and understanding.</p>
<p>Math (M): Data Analysis and Statistics in Health</p>	<ul style="list-style-type: none"> ❖ Topic: Analyze statistics on men’s health and mental health data to interpret the prevalence of these issues. ❖ Project: <p>Data Presentation: Use real data to create graphs on men’s health statistics, showing trends and raising awareness and gaps in knowledge about men’s health.</p>
<p>Social Studies (SS): The Social Impact of Health Awareness Movements</p>	<ul style="list-style-type: none"> ❖ Topic: Examine how social movements like Movember impact public perception and policy changes on men’s health. ❖ Projects: <p>Historical Comparison Essay: Compare Movember to other health awareness movements and analyze its social influence over time.</p> <p>Community Engagement: Plan an event, such as a health seminar or informational booth, in collaboration with a local health organization or Movember representatives to engage the community.</p>

Assessment Criteria

This lesson will be assessed using the **8-Step PBLP Framework**:

1. **Round Table:** Begin with a group discussion on the importance of men's health and the Movember movement.
2. **Reflection Point:** Encourage students to reflect on the importance of reducing stigma around men's health and how education can make a difference.
3. **Knowledge Setting:** Class conducts research on specific STEAMS topics to build foundational knowledge on men's health and Movember.
4. **Project:** Each group or student creates an awareness project incorporating at least one STEAMS discipline.
5. **Community Involvement:** Engage local health professionals or organizations to support awareness projects.
6. **Assessment:** Evaluate based on creativity, relevance, research quality, and impact of their awareness campaign.
7. **Feedback Loop:** Students receive feedback from classmates and instructors, then refine their projects.
8. **Resume Integration:** Encourage students to summarize their project experiences to highlight teamwork, research, and community engagement skills.