

Activity 10



Talking It Over

Sometimes it helps to talk about your health with someone. It could be a friend, a family member, a doctor, or another health provider.

Being a health advocate means reaching out to others to talk about your health, and the health of the people you care about.

Reaching out isn't always easy. Many people have trouble describing how they are feeling — putting it into words. Or they have other reasons for not wanting to reach out.

Taking that first step, talking to someone about your health, can save you from a lot of health troubles later on. It may even save your life, or the life of someone you care about.



Healthy Living

Think about your own community and friends.

Who can you talk to when you have a health question? Or when you feel worried about your health and just want to talk it over?

A health care provider I could talk to:

A family member I could talk to:

A friend I could talk to:

Someone else:



Health Challenge

Go ahead and talk about your health to one of the people on your list.