# Skill-Building Challenge Worksheet: Promoting Digestive Health

Name: Blank Class: Blank Date: Blank

Most people don’t enjoy discussing their digestive health with others, and many find the topic too embarrassing when terms like vomiting, gas, and diarrhea creep up in conversation. But understanding these bodily functions and realizing they are common can help you feel more comfortable and generally less afraid of them. More importantly, having a sense of whether it is normal can make it easier to ask informed questions and seek medical help when you need it.

Using the following five steps for health advocacy, explain how you might promote good digestive health to your peers. Choose any topic from this lesson that interests you in completing this challenge.

**STEP 1:** Identify the healthy behavior or outcome you want to address.

**STEP 2:** Support your message with facts.

**STEP 3:** Find a healthy, positive, or good reason to do the behavior or work toward the outcome.

**STEP 4:** Identify the specific group of people who would most benefit from your message.

**STEP 5:** Create your message using the format that works best for the group you want to help.