

Real life, your life?

Activity 09 It's your shout



Remember that press release? Let's see whether it can do the trick in a different environment – a radio chat show. You're going to be providing both questions and answers on *It's your shout*, a local radio show which this week features teenage health.

Lesson time guide	<ul style="list-style-type: none">• Planning and developing this activity will take about 60 minutes. Rehearsing and delivering the It's your shout radio programme will take a further 25 minutes for each pair of students.
QCDA PLTS Framework links	<ul style="list-style-type: none">• Explore issues, events or problems from different perspectives.• Collaborate with others to work towards common goals.• Connect their own and others' ideas and experiences in inventive ways.• Try out alternatives or new solutions and follow ideas through.• Take responsibility, showing confidence in themselves and their contribution.
Subject applications	<ul style="list-style-type: none">• English, drama, PSHE and the society, health and development diploma.

If you completed activity 8, have a good look again at your press release. The useful links and advice you provided on the poster or handout and the press release are now going to be put to the test in a radio studio.

If you have not completed activity 8, look at the information about body image, healthy eating and the risks of linked illnesses from the websites below:

NHS Direct www.nhsdirect.nhs.uk

BBC www.bbc.co.uk

You might want to make some notes from these and other useful websites and sources of information. Working with your partner and dividing up the work you have to do will be the most useful approach here.

see over >>>>

Making sure that everyone stays healthy means having access to the most accurate and up-to-date information. Sometimes it might even be a matter of life and death.

You and your partner will be the *It's your shout* host and their guest on this special show. An introduction to the show is provided for you – just use the text below and record it on a computer, MP3 player or minidisk player so that you can use it on the programme. If you're feeling really creative, start from scratch and write your own introduction and ending to the show!

Introduction to *It's your shout*

Welcome again to *It's your shout*. We're live in the studio with a special tonight on teenage body image. It's not easy being a teenager these days and sometimes it hurts. Here's Jasmine talking about how she feels:

I know I'm overweight. I hate the way I look and I feel ugly all the time. When I look in a mirror I burst into tears. Diets just don't work. I hate myself and I don't get out much. My old friends are so slim and attractive and they have fun. I'm getting really depressed.

But help is at hand. Here in the studio we have someone who has just produced a poster which shows all the people who you can turn to if you are worried about your body image.

Now, I'd like you to introduce yourself and tell us more about what you have done to help young people in your area.



And here's how the show ends:

Ending to *It's your shout*

Well, that's one of the most interesting shows we've had. Thank you _____ so much for such great advice. Remember, that for more information you can check out the free handouts at _____ and also visit the web sites mentioned. Thanks again _____, and – until next week's *It's your shout* – as always, stay healthy.



see over >>>>

Before you do any of this, you must each plan what you're going to ask and what you will say in reply. The questions should reflect what you have found out and there should be references to the web sites and sources of your information. *It's your shout* is just 15 minutes long so you will need to structure what you are going to say carefully.

Use the grid below to help you:

	Questions asked	Advice phrases	Websites and links to mention
1			
2			
3			
4			
5			
6			

And here's a top tip to help you plan what you are going to say:

Top tip

Don't be tempted to script what you say – it will sound artificial! Instead, make sure that you have phrases that you can say in sentences that you will improvise.

Deliver the phrases as if you had just created them and this will sound convincing.

Good luck on *It's your shout*.