

# Activity 1: STOP! the Worry about Vaccination

## Activity

**Resource:** Vaccination Talks Toolkit

**Grade(s):** 7 8 9 10

**Division(s):** Intermediate

## What is it all about?

Students generate a list of questions, concerns, or challenges related to vaccinations. They use the STOP! the Worry acronym to create safe and thoughtful solutions for their identified question, concern, or challenge related to their personal health, diseases and infections, and/or decisions about vaccinations (e.g., decisions about caring for their personal health, challenging discussions with parents/guardians). Students learn that the STOP! the Worry acronym can be used to help them navigate worry connected to any personal health question, concern, or challenge.

## What is needed?

- [Student Resource: Fillable STOP! the Worry \(DOC\)](#)
- [Student Resource: Fillable STOP! the Worry about Vaccinations \(DOC\)](#)
- [Teacher Resource: STOP! the Worry – Vaccination Specific Sample](#) (optional)
- [Teacher Resource: Sample STOP! the Worry Vaccination Questions](#) (optional)

## How is it done?

Use the following instructions and teacher prompts to facilitate the *STOP! the Worry about Vaccination* activity.

- Using direct instruction and the teacher prompt, explain to students that worry is a state of unease, uncertainty, or anxiety that may be experienced because of actual, potential, or perceived problems. Working individually or in small groups, have students generate a list of questions or worries about vaccinations related to their personal health.
  - **Teacher Prompt:** Worry comes from thinking about problems that may have happened in the past, are occurring in the present, or looking ahead at those that may arise in the future. Vaccination has become a frequently discussed topic in recent years. Generate a list of questions or worries someone might have about vaccinations and their personal health.
- Have students/groups share their ideas to generate a class list of common questions or worries about vaccinations and personal health. Alternatively, provide students with a list of common questions or worries about vaccinations and personal health. (Reference *Teacher Resource: Sample STOP! the Worry Vaccination Questions*.)
- Provide students/groups with the *Student Resource: Fillable STOP! the Worry*. Using direct instruction and the teacher prompt, make connections between worry and its impact on decision making and well-being and introduce the STOP! the Worry acronym.
  - **Teacher Prompt:** At times, worry can interfere with our decision making and our choices about our personal health. It can affect our overall mental and physical health and well-being. Using the STOP! the Worry acronym can help us manage these worrisome thoughts and generate solutions to our questions and reduce our worry.
- Review the STOP! the Worry acronym with students. Consider using the *Teacher Resource: STOP! the Worry — Vaccination Specific Sample* to provide students with an example of how to use the acronym to generate solutions to a question or worry.
- Have students/groups select a question or worry about vaccinations and personal health from the class-generated list or the list provided. Students discuss their selected question or worry using the STOP! the Worry acronym to guide their discussion and record their ideas.
- Have students/groups share their completed *Fillable STOP! the Worry* with other students/groups to determine if there are other ideas that can be added.

- Have students/groups share their completed *Fillable STOP! the Worry* with other students/groups or with the whole class.
- Use the following teacher prompt to facilitate a large group discussion to consolidate student understanding of how to use the STOP! the Worry acronym to reduce worry and focus on informed decision making about any personal health related question.
  - **Teacher Prompt:** Our focus is on learning how to make decisions that are safe and best for our personal health. How does using the STOP! the Worry acronym help reduce worry and help someone focus on making the best decision for their personal health? How can you help others reduce their worry and make the safest decisions for their personal health?
- Consider posting the completed products in the learning space for reference and use with other Healthy Living concepts and discussions.