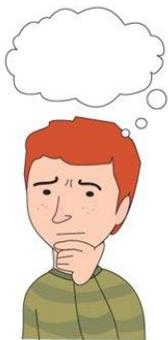


**READI Module 2
Workbook:**

**Health Stories for
Research and Care
Advocacy**

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WHAT is a health story?

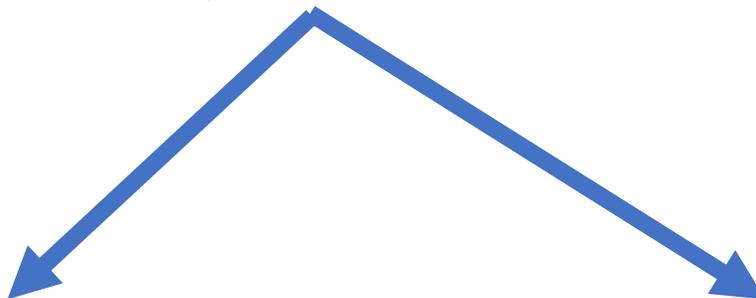
After watching the video, use the box below to write or draw what you think a health story is. **What is a health story?**

WHY is your health story important?

Use the box below to write or draw why you think your health story is important to YOU. **Why is your health story important to YOU?**

There are reasons why our health stories are important. We have found two (2) reasons why they are important.

Two (2) reasons why our health stories are important:



Advocacy

Telling your personal health story can help you advocate for your health needs

Leadership

Your health story can provide an example for others to create their own

HOW can you use your Health Story?

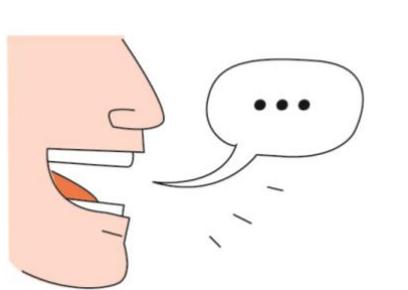
Use the box below to write or draw how you think you can use your Health Story. **How can you use your health story?**

How can you use your health story?

Your health story can be used in so many different ways! Some ways you can use your health story are:



Prepare for a doctor's visit



Be a speaker for an event



Advocate for research



Meet with a legislator to change a law that impacts healthcare

Examples: Health Story

Now, here are some examples of health stories from past participants. Some questions to think about as you watch the videos are below. You can use the boxes to write or draw answers to these questions.

What did they include in their health story?

Who is this health story for?

What did you like about their health story?

How did the health story make you feel?



Stop and check!

Stop here and check your knowledge on everything we have covered so far in this module.

How can you use your Health Story? There are two (2) correct answers.

- Take your story with you to the store
- Prepare for a doctor's visit
- Be a speaker at an advocacy event

Steps to developing your Health Story

There are lots of ways to develop your health story but we use five (5) steps. **What are the five (5) steps to develop your health story?**

①



②



③



④



⑤



Step 1: Health Story Worksheet

You can use this worksheet as a guide to start thinking about important information to include in your health story! Use the box below to write or draw the answers to these questions. You do not have to answer every question – this is just a guide to get you started!

Who is this story for?

Doctors



Researchers



Advocacy



My name is _____. I am _____ years old.

What are some of your favorite healthy activities?

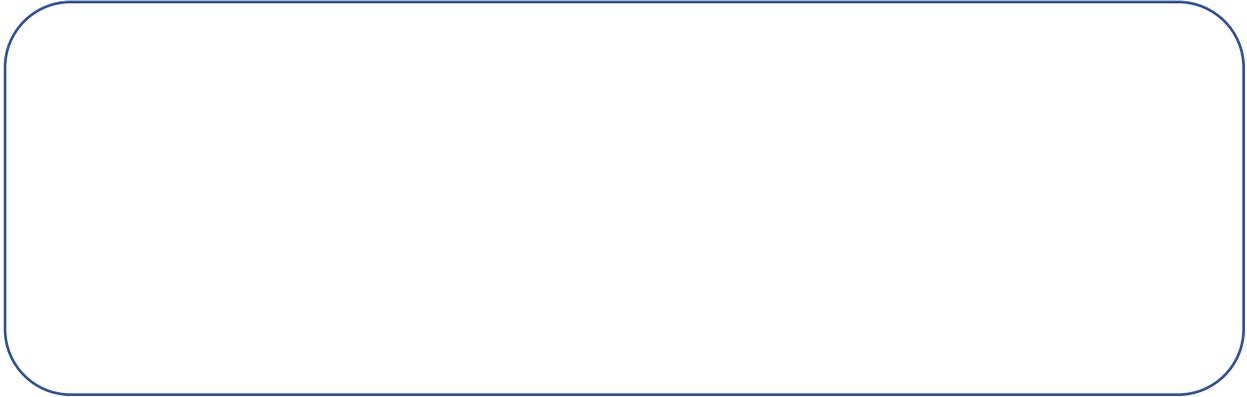
What are some important facts about your family's health history?

What are some important health facts about you from when you were younger?

What is your health history?

What are some important health facts about you right now?

What are some things that you do to keep your **body** healthy?



What are some things that you do to keep your **mind** healthy?



What is something you are worried or wondering about your health?



Step 2: Talk about your health



We hope that you can use this health story worksheet to start talking about your health story! The next step is talking about your worksheet. Feel free to talk to a family member, guardian or friend about the answers to your health story worksheet. You do not have to answer any of these questions if you do not want to. These are meant to be helpful!

What do you wish someone understood better about your health?

What are you most proud of about your health?

What does your doctor do during your visits that you like? That you don't like?

Have you shared important information about your health or health story before? Why or why not?

Step 3: Write down your story



Now, it is time to put all of your answers into one story! Feel free to ask a family member, guardian or friend for help. Use the box below to write or draw out your story. You can even type or write out your story on another piece of paper. If you are having trouble getting started, feel free to use the answers to the questions from your health story worksheet and partner chat.

Outline:

Put it together:

Step 4: Review and make changes



Now that you have your story, listen to it aloud or look at what you have created. Here are some questions to think about when reviewing and editing your story:

Is anything missing? Anything you want to add?

**Is there anything you do not like in your story?
Anything you want to take out?**

**This is YOUR story. You are
the expert of your own story!**

Step 5: Tell your story

Now that your health story is finished, it is important to share your health story with others! Use the box below to write or draw where you can use your health story.

Where can you use your health story?

A large, empty rounded rectangular box with a thin blue border, intended for the user to write or draw where they can use their health story.

How can you share it with others?

A large, empty rounded rectangular box with a thin blue border, intended for the user to write or draw how they can share their health story with others.

There are lots of ways you can share your health story! Here are some ways you can share your Health Story.



You can share your health story with a doctor to explain a problem or to tell them more about you



You can share your story with a researcher to help develop a new research question



You can share your story on a website or through social media for an advocacy group



You can share your story with your lawmakers to explain why a policy is important to you



Time for review

Let's take a minute to review everything we have covered so far in this module.

How can you use your Health Story? There are two (2) correct answers.

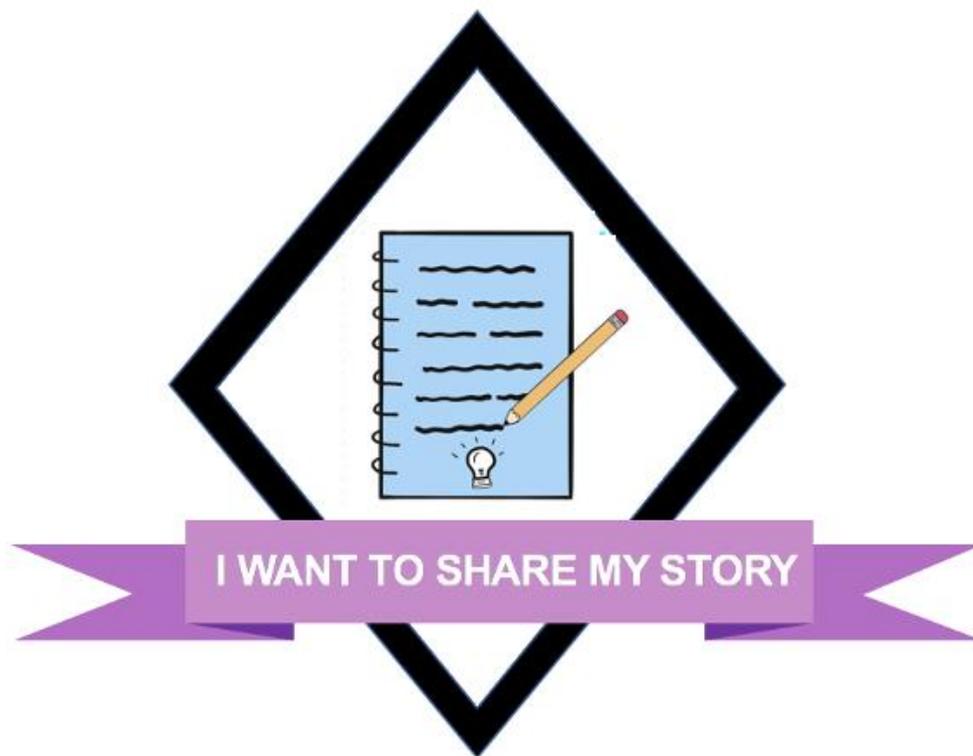
- Take your story with you to the store
- Prepare for a doctor's visit
- Be a speaker at an advocacy event

Module 2: Take home points

There are so many ways you can use your Health Story, such as:

- Prepare for a doctor's visit
- Tell people important things about your health
- Be a speaker for an event
- Advocate for research
- Meet with a legislator to change a law that impacts your health or healthcare

Module 2: COMPLETE



CONGRATULATIONS!

Thank you for participating in Module 2, and happy researching!