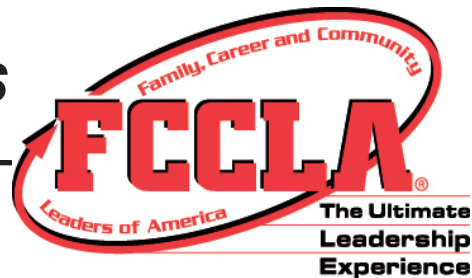


Teaching with *Teen Times*

September/October 2008



Teen Times is a valuable tool for use in Family and Consumer Sciences classes. The articles in this month's issue can be used in class in many ways, including:

■ After reading "Shape Up!" on page 2, have students divide into small groups to organize activities for Family Health & Fitness Day.

■ Read "Record Youth Voter Turnout" on page 3 and discuss ways your chapter could help get out the vote in November.

■ After reading "Going Green: FCCLA Chapters Work to Save the Planet" on page 10, brainstorm a list of chapter projects your members might be interested in undertaking in this area. Two ideas to consider:

• **Home Energy Checkup.** Visit www.ase.org/content/article/detail/971 for a guide to saving money and increasing comfort in the home while reducing energy use and pollution at the same time. Have members see how much money and pollution they can save using these tools.

• **Litter Survey.** Armed with gloves, trash bags, and maps of the school grounds, have students go on a quest to find out where litter is found on your campus. Every time they find litter, have them mark it on the map, then put the litter in the trash bag (making sure they are wearing gloves). Keep a tally of the types of litter found. After the survey, discuss the

patterns students noticed. Where are the areas of greatest littering? What are the sources of litter? What can be done to prevent littering? Develop a plan to reduce litter on campus.

■ Read "20 Easy Ways to Go Green" on page 12 and "Have You Gone Green?" on page 15, then select a few of the items mentioned and calculate how much of a difference it would make if everyone in your chapter did that item. How about if everyone in your school did it? Discuss how small actions can add up to big changes when they accumulate.

■ Read "Chapters in Action" on pages 21–23, then ask students to identify which of your chapter's projects are most successful. Have a designated student write a description of the project to submit for a future issue of *Teen Times*. E-mail projects and photos to teentimes@fcclainc.org with "Chapters in Action" in the subject line of the message or mail it to national headquarters.

■ Assign the "Teen Times Search" on the back of this page. Remember to fold under the answers at the bottom before photocopying!

Resources

Check out these great resources for locating energy conservation information that is suitable for young people:

Department of Energy—Students' page highlights contests, scholarships, and other activities www.energy.gov/forstudentsandkids.htm

Energy Information Administration—Kids' energy page features games, links, and activities www.eia.doe.gov/kids

Energy Net—Projects and games about energy www.energynet.net

Energy Hogs—Learn how to defeat energy hogs www.energyhog.org

Environmental Protection Agency—Educational resources from the EPA www.epa.gov/epaoswer/education/index.htm

Alliance to Save Energy—Free multidisciplinary lesson plans www.ase.org/section/_audience/educators/lessons

Environmental Defense Fund—Energy savings calculator for switching bulbs and how to choose a bulb www.edf.org/page.cfm?tagID=602

Greener Choices—Listing of recycling centers for appliances, electronics, and more www.greenerchoices.org/recyclingcenter.cfm

Find the answers to the following questions in this month's *Teen Times*, then fill in the blanks below with the correct answers.

1. Fewer than one in _____ girls and only one in _____ boys ages 9 to 13 are at or above their adequate intake of calcium.
2. This program recognizes two students from each state who have demonstrated exemplary, self-initiated community service. _____
3. Family Health & Fitness Day will be held this year on _____.
4. Chapter members at Rutledge High in Tennessee organized a green project titled TEAM. What does TEAM stand for? _____
5. This high school worked with its city council to kick off a city-wide recycling program by working to help their community understand the importance of recycling _____.
6. For their "Going Green Is Elementary" project, FCCLA members from _____ High informed kindergarten students about energy saving strategies.
7. The new FCCLA President is _____ from _____.
8. The new FCCLA Vice-President of Finance is _____ from _____.
9. This Georgia FCCLA chapter reused _____ from their school cafeteria to create buckets that they filled with items to donate each month.
10. For every _____ minutes you shorten your shower you can conserve more than _____ gallons of water.
11. In one week _____ plastic bottles are thrown into U.S. landfills.
12. The members of this Virginia high school raised \$14,400 for FCCLA's National Outreach Project for 2008

13. Members of this Missouri school worked with their local pre-school class to teach them school bus safety.

14. To improve the health of their school's grounds, _____ in _____ established a schoolwide recycling program.
15. CHARACTER COUNTS! Week is in what month? _____
16. Family Day—A Day to Eat Dinner with Your Children is in what month? _____
17. The theme of the 2008 National Leadership Meeting was _____.

1. ten; four 2. Prudential Spirit of Community Award 3. September 27 4. The Earth Always Matters 5. Fleming County High 6. Karns 7. Brennen Clouse, Goodland, Kansas 8. Sami Jenkins, Mt. Crawford, Virginia 9. vegeta-ble cans 10. two; ten 11. 420,000,000 12. Colonial Forge High, Va. 13. Scott County Central FCCLA, Mo. 14. Saline FCCLA in Kansas 15. October 16. September 17. Excellence Electrified