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## Session Plan: How to find reliable websites for health and wellbeing information

### Session overview:

This session will give learners an awareness of how to find reliable websites for information medical conditions/medications/general wellbeing.

### Learning objectives:

To increase confidence with using the internet to find information on health and wellbeing topics, along with being able to identify when a website is reliable.

### Suggested session length:

60 minutes

### Prior to the session:

- Print sufficient copies of the “Reliable health and wellbeing websites” ([https://www.beconnectednetwork.org.au/sites/default/files/reliable\\_websites.pdf](https://www.beconnectednetwork.org.au/sites/default/files/reliable_websites.pdf)) tip sheet
- Print sufficient copies of the “Searching the internet for health and wellbeing information” ([https://www.beconnectednetwork.org.au/sites/default/files/searching\\_the\\_internet.pdf](https://www.beconnectednetwork.org.au/sites/default/files/searching_the_internet.pdf)) tip sheet.

### Prior knowledge:

Before you hold this session, have a chat to learners prior to them attending and make sure they are familiar with the following:

- Using search engines

There is a session plan available in the Be Connected resources section of the Network Partner website (<https://www.beconnectednetwork.org.au/training-resources/session-plans>) if you require it.

Section	Timing	Activity	Assessment
<b>Introduction</b>	5 minutes	Group discussion around researching health information. How many of the learners have done this before? Did they find the information to be reliable and trustworthy?	Seeing how learners respond to questions on the topic will allow you to tailor the session accordingly.
<b>Demonstration</b>	15 minutes	<p>Distribute and go through the tip sheet “Reliable health and wellbeing websites” and explain that the websites referenced are government-operated and contain trustworthy information.</p> <p>Show learners how to use Google to search for a health condition, and show them the difference between a reliable, trustworthy source and a site that may contain inaccurate information. Go through the tip sheet “Searching the internet for health and wellbeing information”.</p>	<p>Ask some questions as you’re doing the demonstration such as “why does adding HealthDirect to a search help me find more reliable information”.</p> <p>If learners were listening when you went through the handout they should be able to answer. Let them refer back to the document if necessary.</p>
<b>Practical activity</b>	25 minutes	Give learners a set of medical conditions/medications to research, using websites from the reliable sources list in the handbook. Ask them to write the answers down.	<p>Researching different conditions and becoming familiar with search terms to use will increase learners’ confidence and knowledge.</p> <p>Work your way around the room when they’re doing this and check everyone is comfortable with the</p>

			task.
<b>Group discussion</b>	5 minutes	Bring the group back together and go through what they found in the task. If learners ended up on the wrong website, ask them what they did and suggest what they can try next time to end up on the right website.	Learners should have gotten most of the answers correct. If this is not the case, ask them to revisit the handout and ask any questions to clarify their understanding.
<b>Session review</b>	10 minutes	Refer back to the learning objectives and ask learners if they feel more confident with researching health-related topics online.	Learners should respond positively and feel empowered to go away and do this on their own.

### Suggested next steps:

If learners have a smartphone or tablet, they may wish to learn about how to find and download health-related apps onto their devices ([https://www.beconnectednetwork.org.au/sites/default/files/sessionplan\\_reliable\\_websites.pdf](https://www.beconnectednetwork.org.au/sites/default/files/sessionplan_reliable_websites.pdf)).

Alternatively, learners can progress onto finding out more about online health services by attending a session on My Health Record ([https://www.beconnectednetwork.org.au/sites/default/files/sessionplan\\_intro\\_mhr.pdf](https://www.beconnectednetwork.org.au/sites/default/files/sessionplan_intro_mhr.pdf)) or MyGov ([https://www.beconnectednetwork.org.au/sites/default/files/sessionplan\\_intro\\_mygov.pdf](https://www.beconnectednetwork.org.au/sites/default/files/sessionplan_intro_mygov.pdf)).