**Sleep Advocacy Project**

**Accesses and evaluates valid information**

**Meeting:**

* You were able to locate at least 3 valid and reliable sources to gather valuable information about the benefits of sleep.

* You were able to research that information, analyze it and decide what information is most relevant and important for a teen to learn about regarding sleep.

* Your notes were clear, concise and links to your online sources were included on your note taking sheet.

* A variety of sources were used.

**Advocates for personal, family and community health**

Meeting:

* Instagram post focused on one topic related to the benefits of sleep on personal health.
* Student targeted a middle school audience.
* Instagram post is visually appealing and eye-catching.

**My Research**

**1. Facts or Statistics**

**Supporting Evidence & URL:**

**2. Facts or Statistics**

**Supporting Evidence & URL:**

**3. Facts or Statistics**

**Supporting Evidence & URL:**

**4. Facts or Statistics**

**Supporting Evidence & URL:**

**5. Facts or Statistics**

**Supporting Evidence & URL:**

**6. Facts or Statistics**

**Supporting Evidence & URL**