

Name \_\_\_\_\_ Class/Activity Section \_\_\_\_\_ Date \_\_\_\_\_

## Societal Norms: The Unwritten Codes

Societal norms that promote unhealthy habits permeate our daily lives. However, they don't have to be practiced and accepted by everyone. List three unhealthy societal norms that are prevalent in your community or around your campus. Then, list countering strategies, behaviors, choices, or policies that could help change these norms to be more positive. You may want to refer to Table 1-2 for ideas.

### Example

- Unhealthy norm:* Residence hall student lounges have vending machines that offer only candy, cookies, and chips.
- Strategies:* (1) Meet with hall council and advocate for healthier items: apples, granola bars, pretzels, popcorn, etc. (2) Keep healthy snacks in the room so you don't have to use the vending machine. (3) Consider increasing the prices for the unhealthy choices. (4) Post on the vending machine the fat grams and calories of each item, as well as the number of minutes of exercise it would take to burn off each.

<i>Unhealthy norm:</i>	1. <i>Strategies:</i>
<i>Unhealthy norm:</i>	2. <i>Strategies:</i>



