

Enhancing Health Literacy Through Workshops and Student-Created Animation

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Background

Children are increasingly exposed to health-related misinformation through social media.

Developing health literacy skills at a young age is essential to enable critical appraisal of such content.

Purpose

To empower children to evaluate health-related information using basic epidemiological concepts

- Dose
- Frequency of exposure
- Route of administration

Methods

3-week workshop in Split, Croatia

- Elementary school-based weekly sessions and design

- Arts & crafts depicting routine food, medicine, and environmental exposures
- Children's experiences and questions about social media content
- Comparing health claims to scientific evidence
- Creating animated videos using Vyond

Results

High engagement and participation

- 27 pupils in 6th-8th grade



Student-created animation explaining the risks of energy drink consumption

- Students formulated relevant health questions (e.g., energy drinks)
- Creation of short educational videos
- Feedback that Vyond was an “easy and fun” tool

Discussion and Implications

- Workshop exposed children to evidence-based decision-making to increase health literacy
- Experience → Question → Evidence → Creation → Sharing
- Methods could be applied to other school settings to support health literacy development

