

Healthy Surfers Impact Checklist – Before/After

Training to support people to use health websites safely.

Name

What can I do on a Computer?



I can turn on a computer



I can go on the internet



I can send an email



I know how to use Google or other search sites



I know that some websites are good and some are bad



I know about computer viruses and pop-ups



I know some good health websites and can search them for information



I have searched for 3 health and fitness sites



Health site 1 Health and fitness subject
Please write about this here

.....



Do I understand this health/fitness site?



Health site 2 Health and fitness subject
Please write about this here

.....



Do I understand this health/fitness site?



Health site 3 Health and fitness subject
Please write about this here

.....



Do I understand this health/fitness site?

To be filled out after training

Would you like to say anything else about what you have learned about these health/fitness websites?



Did you find this training useful?

Is there anything that would improve this training?