

Internet „driver’s license“: Home remedies against acne in the internet - top or flop?

Activity description

Content & Goals:

The activity refers to Natalya’s internet search for effective home remedies against her acne. Various internet pages promote home remedies of all kinds that are said to cure or relieve acne. But many of those hints must be considered not helpful at all from the medical point of view! This activity constitutes a form of “internet driver’s license” in dealing with acne and its remedies in the internet. The goal is that pupils learn to assess and classify the different internet sources.

Realization:

- Can be integrated into classroom lessons
- The checklist for the quality of internet pages is independent from the subject and can also be used in other situations
- International links are possible.

Variations:

Level of guidance for the internet search can be varied.

Requirements of material and media:

- Learning platforms texts
- Internet connection is needed
- Working sheet

Time need:

- **Preparation time:** low time need (up to 1 hour)
- **Need of class time:** 1 double lesson (90 mins.)
- **Wrap-up time:** low time need (up to 1 hour)

Explanations and additional information

The pupils search the internet for information about home remedies against acne. This search can be done more or less freely, or guided (e. g. the teacher opens the pages per category and analyzes them directly, together with the pupils). Search words may be e. g.: „acne +home remedies“, „acne +herbs“, „acne +self help“. The analysis of the search result should best be done together with a health professional. This is very important as the content of many websites is often very difficult to assess and classify (in terms of benefit) even for adults if they are not health professionals.

Sources of information

The content of this activity is based on the learning text on acne which can be found in the learning platform.

The following list contains typical examples of internet pages around acne that you can expect to find if you perform the search described above. It is recommended that the educational professionals perform their own internet search and analyze their outcome, as it depends highly on country and culture. Let the pupils then perform their searches and analyze them together with a health professional if possible.

Acne and herbal medicine

http://www.health911.com/remedies/rem_acne.htm

doubtful recommendations, mixture of medically correct information and "myths"

<http://www.herbalremediesinfo.com/herbs-for-acne.html>

Site about herbal medicine (herbs, preparation of herbal medicine).

Acne and Diet

<http://www.curezone.com/dis/1.asp?C0=23>

Focus on acne as caused by wrong diet: medically doubtful.

Product promotion sites:

<http://www.acneremedies.net/?gclid=CKytpvmZyZMCFQkluwodyAU7rw>

<http://www.iloveindia.com/indian-herbs/herbs-for-acne.html>

<http://www.naturalacneremedy.com/>

It looks like "home remedies", but it's actually product promotion!

Acne home remedies:

<http://www.susangaer.com/studentprojects/acne.htm>

A user's site with home remedies; a mixture of helpful hints and self-made recipes that are not proven to help.

<http://health.howstuffworks.com/home-remedies-for-oily-skin1.htm>

A mix of helpful hints and dangerous recommendations like adding dishwashing detergent for facial washing.

Acne and self help:

http://health.med.umich.edu/body.cfm?xyzpdqabc=0&id=6&action=detail&AEProductID=HW_Knowledgebase&AEArticleID=shc29acn&AEArticleType=Shc

Self help about acne in cyber space (Michigan University, US)

<http://parentingteens.about.com/od/acne/a/teenpreventacne.htm>

A useful site for parents of teenagers with acne.

<http://www.susangaer.com/studentprojects/acne.htm>

See above; a user's site.

Working sheet

For the free internet search and the evaluation of the resulting pages for the subject of home remedies against acne, we prepared a matrix in which the pupils can assess and classify the searched home remedies, recommendably working together with the health professionals.

Working sheet

Internet „Driver’s Licence“: Home Remedies Against Acne – Top or Flop? Evaluation Criteria for the Internet Search

Acne is awkward. Everybody knows that. No wonder that all people try to do something against it and get rid of it. Try to do an internet search and see how many home remedies are tried out around you. You will be astonished how much information you will find.

But be careful: Not all the information on the internet is helpful. Some suggestions don’t help at all and are expensive. And some things are not even healthy.

The following checklist is there to help you with your internet search: to help you to assess and classify the pages you have come upon. Look thoroughly at the pages you have found and verify if what they suggest is actually helpful.

	Treatment suggestion Product A	Treatment suggestion Product B
1. What is the origin of your information?		
2. How old is the information?		
3. Who is the author/originator of this information?		
4. Is the originator an expert (e. g. a physician)?		
5. Is the originator a person concerned (i. e. someone affected by acne)?		
6. Is the originator a manufacturer / a seller and wants to sell his product?		
7. Is there scientific evidence for the promised effects?		
8. Do you find the product / the advice helpful?		
9. Do you find the product price reasonable?		

International Links

Pupils from Italy, Romania and Germany can discuss about the results of the internet search on the subject of home remedies against acne. What could they find in the different countries / languages? Is there much or only little information? How do the media deal with the subject acne?