

# Healthy Young People

## Health Promoting Schools Framework

Young people spend a large proportion of their lives at school, making it an ideal setting to promote healthy behaviours. There is little evidence that promoting health messages only through school curriculum results in sustained changes in the health behaviours of students.

Public Health Services encourages Tasmanian schools to improve student health and wellbeing by using the Health Promoting Schools Framework. The Health Promoting Schools Framework is a settings based whole-school approach.

### What is a Health Promoting School?

The [World Health Organisation](#) defines a health promoting school as “one that constantly strengthens its capacity as a healthy setting for living, learning and working”.

When all members of a school community work together to make the school a healthy place to spend time, learn and work in, that school has a ‘Healthy Promoting School’ approach.

### What do Health Promoting Schools do?

According to the World Health Organisation a health promoting school:

- strives to improve the health of school staff, families, community members and students
- fosters health and learning with all the measures at its disposal
- engages health and education officials, teachers and their representative organisations, students, parents and community leaders in efforts to make the school a healthy place
- strives to provide a healthy environment, school health education and school health services along with school/community projects and outreach, health promotion programs for staff, nutrition and food safety programs, opportunities for physical education and recreation and programs for counselling, social support and mental health promotion
- implements policies and practices that respect an individual's self-esteem, provide multiple opportunities for success and acknowledge good efforts, intentions and personal achievements.

## Principles of the Health Promoting Schools approach

The Health Promoting Schools approach is based on the following principles:

- Schools play an important role shaping the lives of those who go there to learn, work and play.
- Schools are much more than 'classrooms and lessons'; other components of schools contribute significantly to making schools what they are.
- Our physical, mental, social, emotional and spiritual wellbeing has a big impact on how well we learn, work and play, and in turn on what we can achieve in our lives.
- People in school communities have much to contribute to schools, and their involvement has the potential to make school better places.

## The Health Promoting Schools Framework

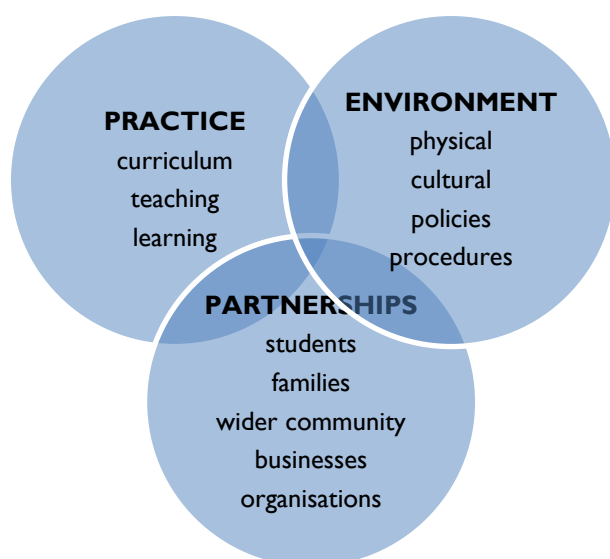
The Health Promoting Schools Framework encourages a coordinated and comprehensive approach to the planning and delivery of school activities, programs, policies and environments to promote health and wellbeing.

There are three components that are integral to school communities:

- Practice: curriculum, teaching and learning
- Environment: physical, cultural, policies, procedures
- Partnerships: students, families, wider community, businesses, organisations.

These components are inter-connected and directly influence each other.

In a health promoting school, the Practice, Environment and Partnerships protect and promote the health and wellbeing of students, staff, and wider school and community members.



For more information about health promoting schools:

[World Health Organisation<sup>1</sup>](http://www.who.int/health-promoting-schools/en/)

[WA Health Promoting Schools Association<sup>2</sup>](http://wahpsa.org.au/resources/what-is-a-health-promoting-school/)

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<sup>2</sup> [wahpsa.org.au/resources/what-is-a-health-promoting-school/](http://wahpsa.org.au/resources/what-is-a-health-promoting-school/)