

Healthy Young People

Supporting resources

| Resource | Details |
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| Classifying Foods Activity Kit | Use this activity by Department of Health, Tasmania with young people to help them learn more about the five food groups. ⁱ |
| Physical activity infographics | Use these Department of Health posters and infographics with young people to work out how they can meet health recommendations. ⁱⁱ |
| What does a whole day of eating look like? | Information on serving sizes and recommendations from the Department of Health. ⁱⁱⁱ |
| Health and Wellbeing Calendar | Calendar of international, national and state awareness campaigns. ^{iv} |
| Australian 24-Hour Movement Guidelines for Children and Young People | Guidelines from the Australian Government providing information and advice about the amount and type of physical activity required for health benefits, limiting sedentary behaviour and getting adequate sleep. Includes brochures and posters. ^v |
| Australian Dietary Guidelines | Guidelines from the Australian Government providing advice about the amount and kinds of foods that we need to eat for health and wellbeing. This site includes brochure, posters, recipes, health calculators and more. ^{vi} |
| Respectful Relationships | Resources on respectful relationships and combatting bullying by the Department of Education, Tasmania. ^{vii} |
| Smoke Free | Resource to prevent young people from taking up smoking and help those who have already started smoking to quit. Resources developed by Tasmanian Smoke Free Generation partners with support from the Tasmanian Government. ^{viii} |
| Relationships and Sexuality Education Portal | Resources to implement a whole school approach to relationships and sexuality by Family Planning Tasmania ^{ix} |

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| The Student Wellbeing Hub | A space for educators, parents and students to build safe, inclusive and connected school communities that promote wellbeing and learning. ^x |
| Be You | Knowledge, resources and strategies for helping children and young people achieve their best possible mental health. ^{xi} |
| ReachOut Schools | Resources and information for teachers and school-based professionals. ^{xii} |
| Butterfly Foundation | Education programs, training, campaigns and resources to address the factors influencing negative body image, disordered eating and the development of eating disorders. ^{xiii} |
| Positive Choices | Online portal to help school communities to access accurate, up-to-date drug education resources and prevention programs. ^{xiv} |
| raisingchildren.net.au | Up-to-date, evidence-based, independent and free information for parents and professionals working with families funded by the Australian Government. ^{xv} |
| ride2school.com.au | Ride2School is a Bicycle Network initiative that aims to increase the number of students actively travelling to school. ^{xvi} |
| Physical disability Sports Tasmania | Physical disABILITY Sports Tasmania deliver programs state-wide to give children and young people with a physical disability the opportunity to participate in sport. ^{xvii} |
| Journalism, 'Fake News' & Disinformation | Handbook for Journalism Education and Training produced by UNESCO. ^{xviii} |
| Confident me | Resources for teachers and schools aimed at 11 to 14 year olds to promote adolescent body confidence. ^{xix} |
| The Body Project | The Body Project is a cognitive-dissonance-based body acceptance intervention that was designed to help adolescent girls and young women resist sociocultural pressures to conform to the thin-ideal and reduce their pursuit of thinness. ^{xx} |

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- ⁱ www.dhhs.tas.gov.au/__data/assets/pdf_file/0009/375741/Final_Classifying_Foods_Activity_Kit_20190619.pdf
 - ⁱⁱ www.dhhs.tas.gov.au/publichealth/community_nutrition/physical_activity_infographics
 - ⁱⁱⁱ www.dhhs.tas.gov.au/__data/assets/pdf_file/0008/375326/Resource_Rec_whole_day_20180105.pdf
 - ^{iv} www.dhhs.tas.gov.au/wihpw/resources/health_and_wellbeing_calendar
 - ^v www.l.health.gov.au/internet/main/publishing.nsf/Content/health-24-hours-phys-act-guidelines
 - ^{vi} www.eatforhealth.gov.au/
 - ^{vii} respectfulrelationships.education.tas.gov.au/
 - ^{viii} www.smokefree.den.org.au/
 - ^{ix} www.fpt.asn.au/rse/
 - ^x studentwellbeinghub.edu.au/
 - ^{xi} beyou.edu.au/
 - ^{xii} schools.au.reachout.com/
 - ^{xiii} thebutterflyfoundation.org.au/
 - ^{xiv} positivechoices.org.au/
 - ^{xv} raisingchildren.net.au/for-professionals
 - ^{xvi} www.ride2school.com.au/
 - ^{xvii} www.pdstasmania.org/
 - ^{xviii} en.unesco.org/sites/default/files/journalism_fake_news_disinformation_print_friendly_0_0.pdf
 - ^{xix} www.dove.com/au/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html
 - ^{xx} www.bodyprojectsupport.org/