

# HEALTHY YOUNG PEOPLE



## Key guiding resources

Australian Curriculum

<http://www.australiancurriculum.edu.au/>

The Australian Curriculum sets consistent national standards to improve learning outcomes for all young Australians. It sets out, through content descriptions and achievement standards, what students should be taught and achieve, as they progress through school. It is the base for future learning, growth and active participation in the Australian community. ACARA develops the Australian Curriculum through rigorous, consultative national processes.

The United Nations Convention for the Rights of the Child, 1989

<https://www.unicef.org.au/Discover/What-we-do/Convention-on-the-Rights-of-the-Child/childfriendlycrc.aspx>

The Convention on the Rights of the Child has 54 articles in all. Articles 43-54 are about how adults and governments should work together to make sure that all children get all their rights.

UNICEF - The State of the World's Children 2011: Adolescence an Age of Opportunity, New York, USA

[http://www.unicef.org/adolescence/index\\_resources.html](http://www.unicef.org/adolescence/index_resources.html)

State of World's Children 2011 - Recognizing the need to turn this vulnerable age into an age of opportunity, UNICEF has dedicated its flagship publication State of the World's Children 2011 to adolescents.

The Melbourne Declaration on Educational Goals for Young Australians (2008)

[https://www.curriculum.edu.au/verve/\\_resources/National\\_Declaration\\_on\\_the\\_Educational\\_Goals\\_for\\_Young\\_Australians.pdf](https://www.curriculum.edu.au/verve/_resources/National_Declaration_on_the_Educational_Goals_for_Young_Australians.pdf)

All Australian Education Ministers released a national declaration on 12 December 2008 of the educational goals for young Australians.

International Union for Health Promotion and Education

<http://www.iuhpe.org/index.php/en/iuhpe-thematic-resources/298-on-school-health>

- Achieving Health Promoting Schools: Guidelines to Promote Health in Schools

This document provides the blueprint for improving the evidence base to promote health in schools, including 1) the principles of health promotion in schools; and 2) support to plan and implement school health promotion. This document has been produced under the collaboration agreement with the Centers for Disease Control and Prevention under the school health programme.

- Promoting Health in Schools: From Evidence to Action

This document complements the recommendations to establish and sustain health promotion in schools set out in the Guidelines to Promote Health in Schools document (below). It is an advocacy document for the health and education sectors to undertake school health promotion activities based on the evidence of effectiveness.

The document provides succinct evidence-based arguments to support the need for school health promotion and advocates for a whole school (Health Promoting Schools) approach to strategically plan and implement school health initiatives.

The content includes brief summaries of the latest evidence of effectiveness in building the health knowledge, behaviours and competencies in young people to prevent non-communicable diseases. It is intended to address policy and decision-makers and education officials in a manner that is understood and applicable to both sectors

- Facilitating Dialogue between the Health and Education Sectors to advance School Health Promotion and Education

In August 2012, the International Union for Health Promotion and Education (IUHPE) published a new document on Facilitating Dialogue between the Health and Education Sectors to advance School Health Promotion and Education. The document, currently available in English, is for policy makers and practitioners in the health and education sectors and for non-governmental organisations.

It is designed to provide the stakeholders in school health with simple and practical insights into facilitating and improving dialogue between health and education and does so by:

- Identifying the current dilemmas
- Exploring 'what are realistic outcomes for school health', and
- Indicating strategies that have a high degree of success