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REASONS WHY YOUR STUDENTS NEED SKILLS-BASED HEALTH EDUCATION

- 1 According to health behavior theory, knowledge alone is **NOT** going to change behavior!
- 2 Information is **ALWAYS** changing. Spend more time on what doesn't change (skills such as decision-making, goal setting, accessing information, etc.)
- 3 Most students have nearly instant access to information - don't tell them what they already know or can find on their own! Help them to develop the skills to find valid and reliable information on their own.
- 4 Skills-based health education uses participatory methods (observation, modeling and social interaction) which are the methods through which we learn best! (WHO, 2003)
- 5 Skills-based approaches have been shown to be more effective in addressing risk behaviors (Hale, Fitzgerald-Yau, & Vine, 2014).
- 6 A skills-based approach to health education aligns with the Characteristics of Effective Health Education from the Centers for Disease Control (CDC)
- 7 A skills-based approach is a student-centered approach. This leads to more engagement and interest from students.
- 8 Teachers report deeper conversations, more discussion, more questioning and transfer of skills outside of the classroom.
- 9 Practicing skills, receiving feedback and experiencing success can increase self-efficacy (one's belief in your ability to do something). Self-efficacy directly impacts behavior (Bandura, 2004).

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As Andy Milne (@carmelhealth) said: "If you care about kids and you care about their lifelong health then it would be wrong of you to not consider skills-based health"

References:

Bandura, A. (2004). Health promotion by social cognitive means. *Health Education and Behavior*, 31, 143-164.
Hale, D. R., Fitzgerald-Yau, N., & Vine, R. M. (2014). A systematic review of effective interventions for reducing multiple health risk behaviors in adolescence. *American Journal of Public Health*, 104(5), e19-e41
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Benes, S., & Alperin, H., 2018

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