

1 What is health education?

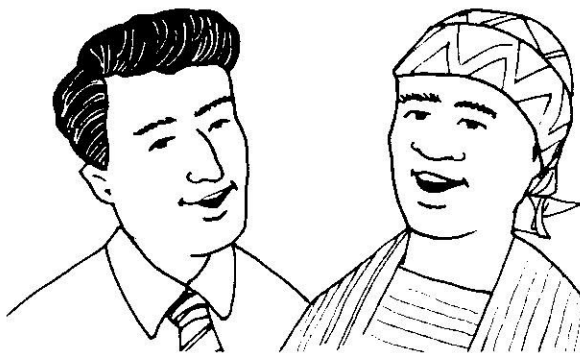
This second edition of the Child-to-Child publication, *Children for Health* advocates and aims to strengthen the provision of good quality health education for all children. The book is illustrated with examples of inspiring work being done across the world by educators and health workers dedicated to improving the lives of children and their families. This book uses their voices and experiences to bring confidence to those wishing to look beyond the confines of traditional approaches and teach health education more effectively.

The objectives of the book

- To broaden the idea of what health education is
- To provide basic facts on selected health issues
- To explain why health education is an important topic for children
- To describe how effective health education programmes help children and their families
- To provide specific *know, do and feel* objectives for health education programmes working with children on each of the selected issues covered by *Facts for Life*
- To demonstrate how to achieve these objectives in both a formal and non-formal school setting through high quality planning, teaching and evaluation
- To show how to integrate life-skills learning into a health education programme.

The book is illustrated by two characters, Ali and Josephine, who represent teachers and health workers around the world. They raise issues faced by these front-line workers facing the realities of putting any new approach into practice. **Ali** is a senior teacher in a primary school and in charge of developing the health education programme. He is open to new ideas and popular with the staff and students. The primary school is in a town near to

the capital city. **Josephine** is a health worker aged 54. She has five children and three grandchildren. She has been a midwife in the community and is now working at a clinic to help women and mothers. Her job also includes working in the community. She supports the work of the doctor at the clinic and at the hospital by doing follow-up visits to families in the community. She also visits the school to support its health efforts.



Good health: what is it and why is it important?

The World Health Organisation reminds us that health is more than 'hygiene' or the 'absence of disease'. It includes:

- **Physical health**
People need to feel fit and well.
- **Mental and emotional health**
People need to be happy and well balanced to use their minds well.
- **Social health**
People need each other to grow, thrive and survive. They need to live together peacefully. They need to respect each other and ensure that girls and boys have equal rights and opportunities.