Creating high quality and effective HPE programs

Session 1: Understanding young people

Recipe for success

Key ingredients
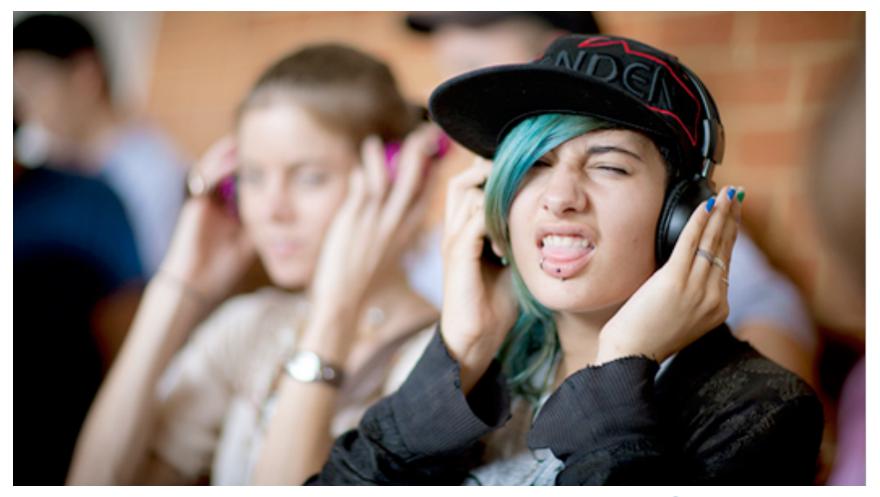
First ingredient

Understanding needs of young people

understanding our students helps us
identify the most valuable learning
experiences

understanding our students helps us
prioritise

understanding our students helps us
make programming decisions

understanding our students helps us
plan for student engagement

understanding our students helps us
say no!

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What students told us ...

They want to

do something

that

makes a difference now

What does that mean for you?

Give them real world problems to solve

and an audience to hear their solutions

...

make the learning feel essential!

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help students think more critically about what it takes to create real change…

…for themselves

… for others

… and for their communities.

Reflecting on the "real world" of your students

Top 3 national issues:

alcohol and drugs

28.7%

discrimination and equity

27.0%

mental health

20.6%

- What challenges do they face?

- What do they value?

- What are they concerned about?

- What do they want to change?

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Top 3 personal concerns:

stress (44.4%)
highly concerned

school (37.8%)
highly concerned

body image (30.6%)
highly concerned

The % of young people indicating **mental health as a top national concern has DOUBLED** in the last **6 years**

1 in 4 young people experienced unfair treatment or discrimination in the past year

Top 3 reasons:

gender (39.1%)

race/cultural background (30.8%)

age (22.1%)

1 in 2 young people witnessed someone being unfairly treated or discriminated against

Top 3 reasons:

race/cultural background (57.5%)

sexuality (41.4%)

physical health or ability (35.3%)

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What are the behaviours, decisions and actions that children and young people engage in that you are trying to influence through teaching HPE?

- What are the other contextual influences on these behaviours, actions and decisions?

- What skills and understandings can help a young person to deal with these influences?

Yes we can!