

Shifting the focus of our programs

Traditional HPE programs

- unintentionally **label** students
- focus on **individual responsibility**
- provide a **one-size-fits-all** approach
- focus on **what not to do**
- provide **information** hoping to **influence** attitudes and behaviours

Shifting the focus to ...

- explore how they **make sense of themselves** in **local and global context**
- focus on how young people **DO** health and physical activity
- see health and physical activity **as practices** NOT outcomes
- recognise the **varied influences** on how they behave and the choices they make

understanding our students helps us
**identify the most valuable learning
experiences**

understanding our students helps us
prioritise what we teach

understanding our students helps us
make programming decisions

understanding our students helps us
plan for student engagement

understanding our students helps us
say no!

Perceptions

Teens ign
warning

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WEEKEND PAPER DELIVERY

School cyber bullying
growing: report details
self-harm, bomb recipes

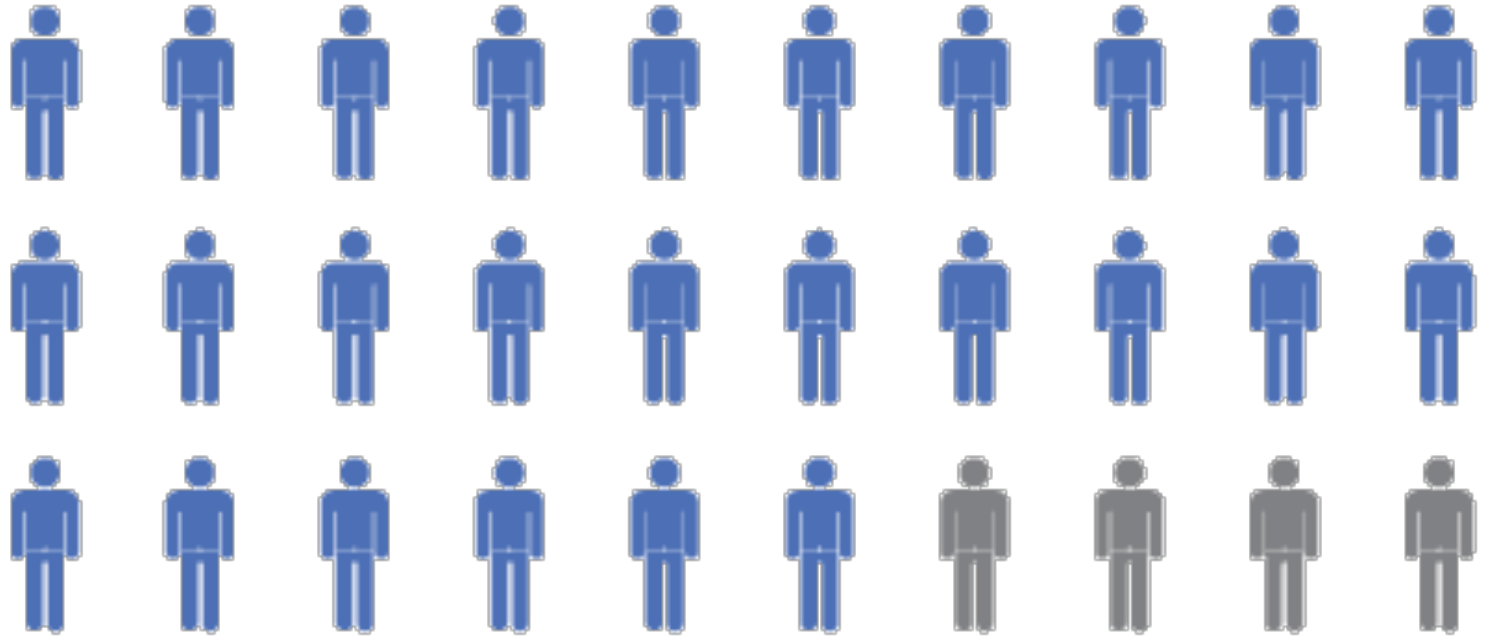
BRUCE MCDUGALL THE DAILY TELEGRAPH FEBRUARY 26, 2014 12:00AM

Health

Linda Devine Blog

Find out more

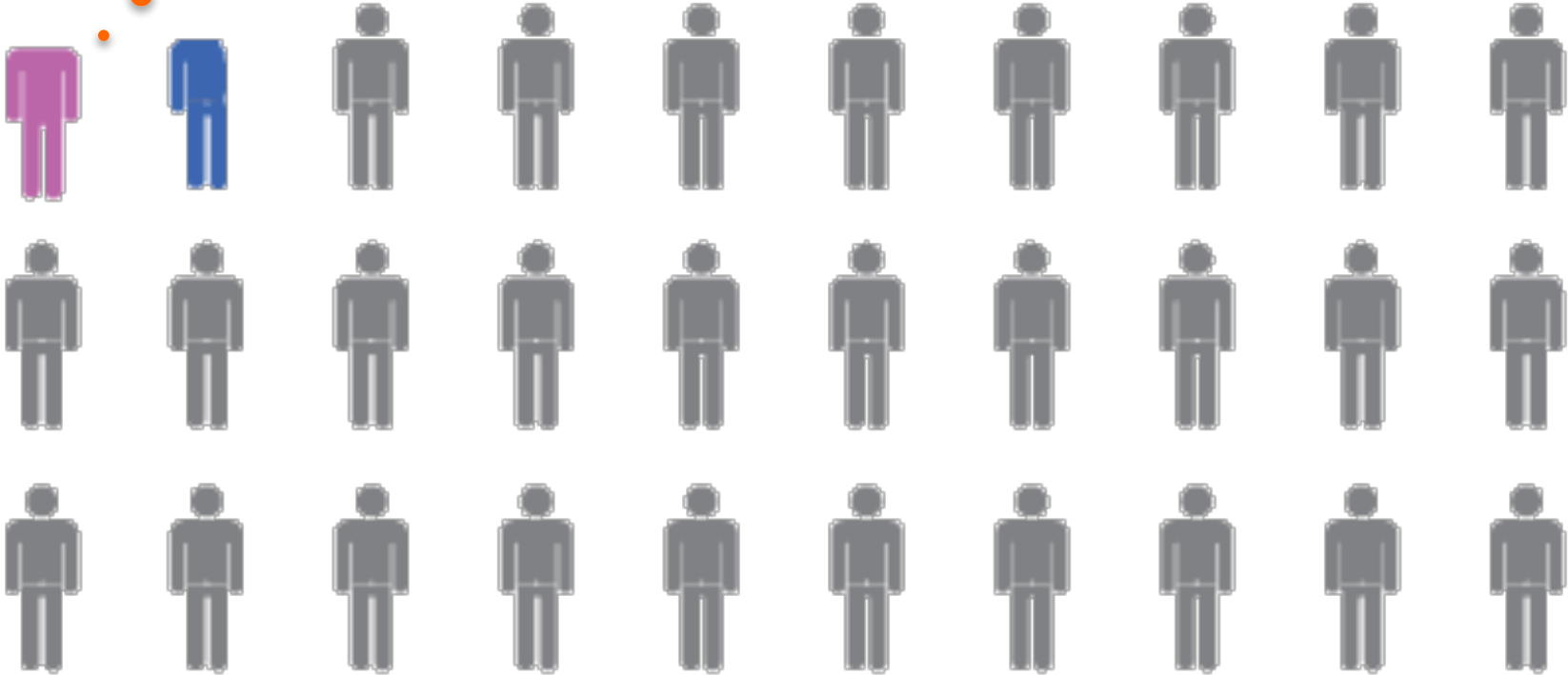
NEVER SMOKED



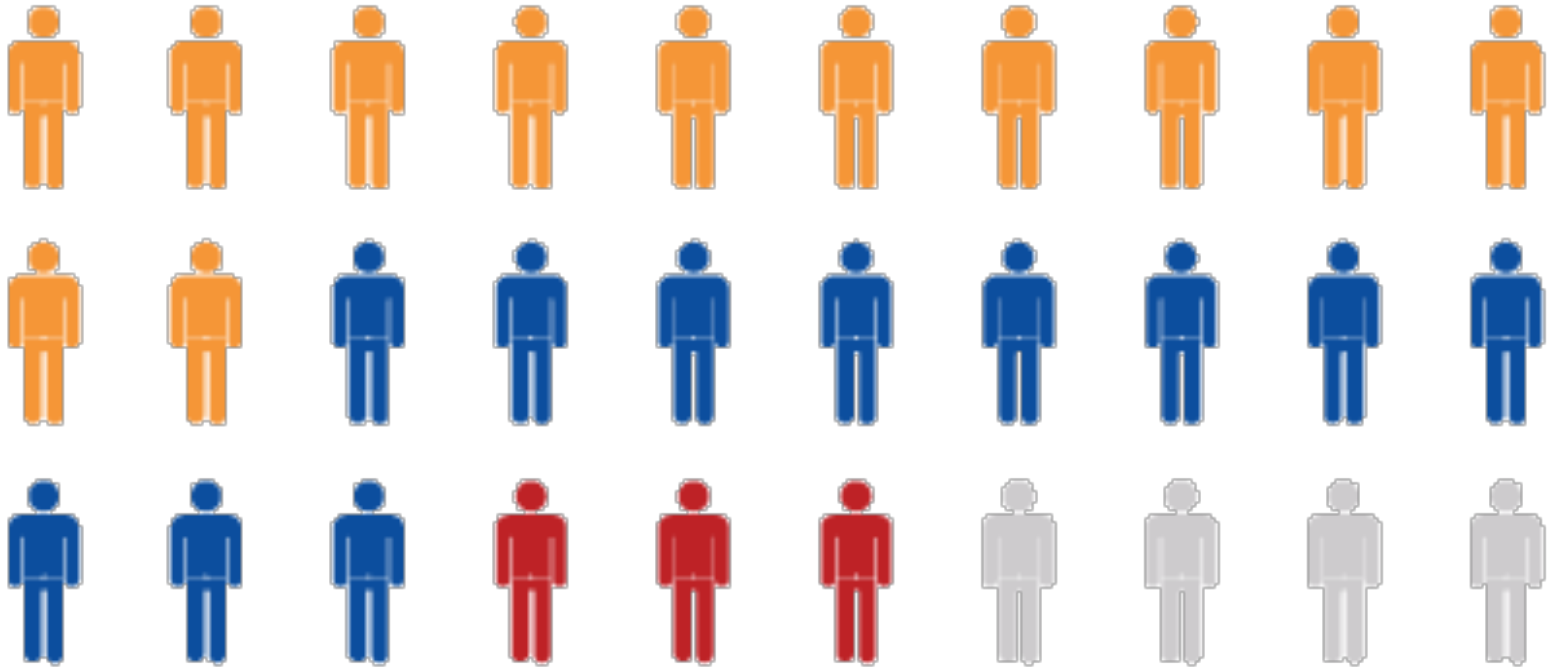
← 26/30 → ← 4/30 → ←



SMOKE DAILY



ALCOHOL USE



12/30

NEVER DRANK

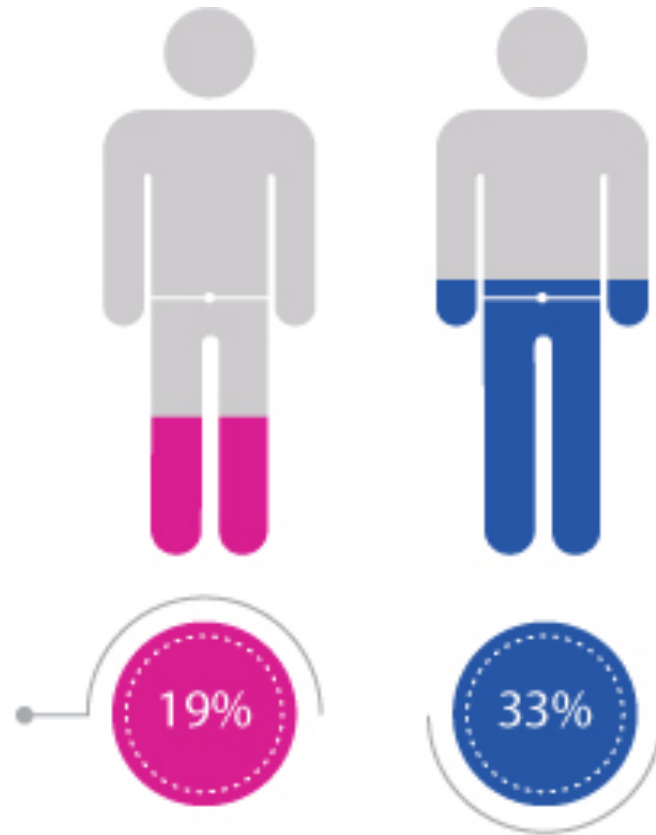
11/30

ONCE A MONTH
OR LESS

3/30

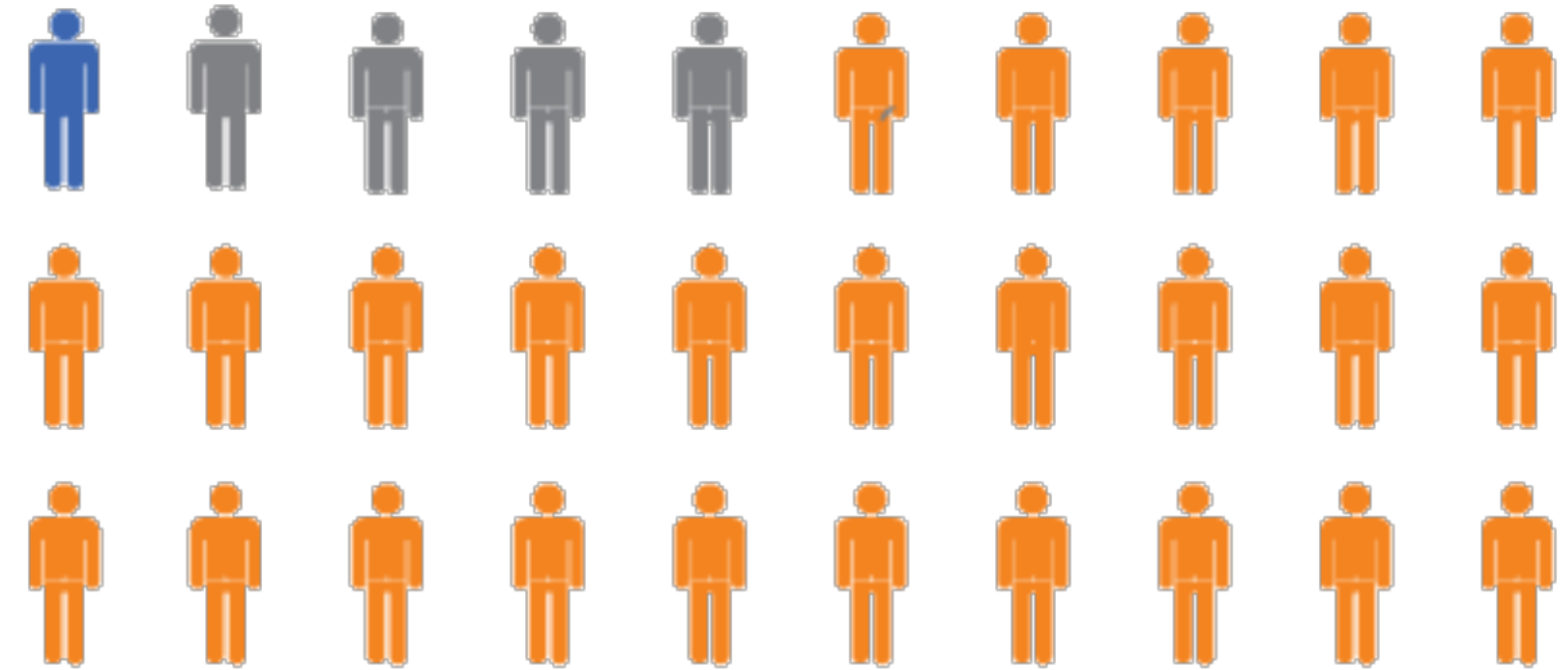
WEEKLY OR MORE
FREQUENT

HARMFUL DRINKING



**SEVEN DRINKS OR MORE ON
THE DAYS THEY DRANK**

CANNABIS USE

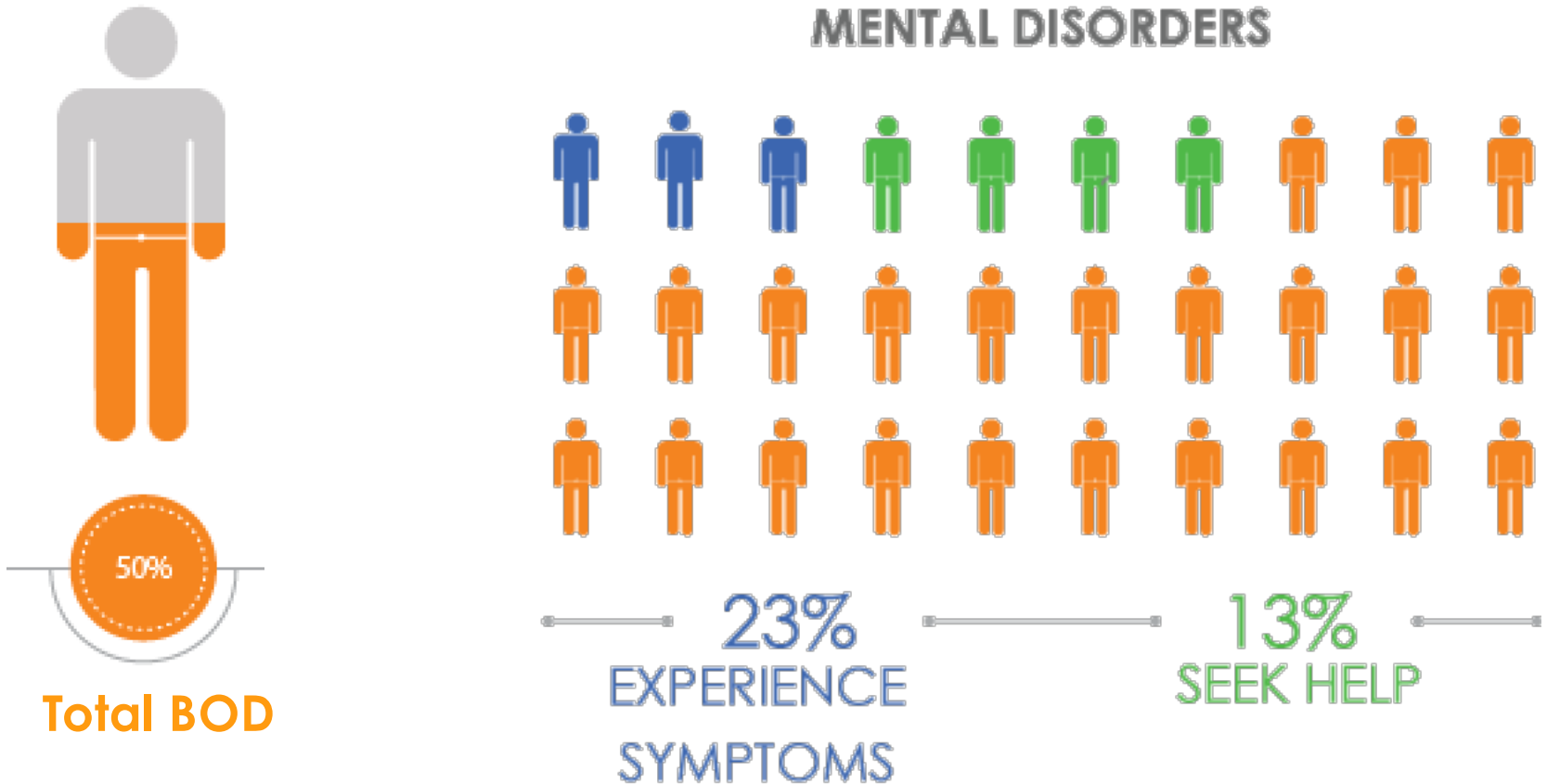


3%
REGULAR USERS

83%
NEVER USED

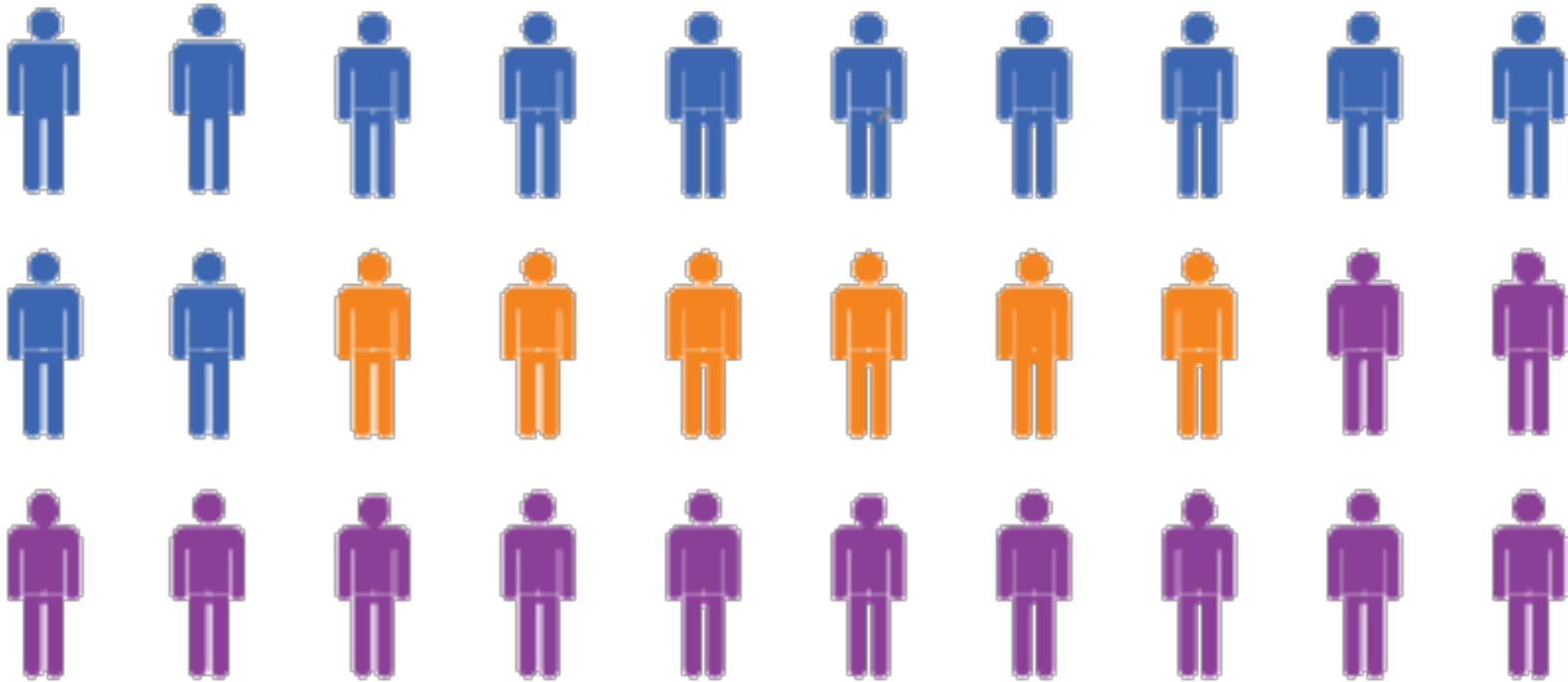
Mental health and wellbeing

MENTAL DISORDERS



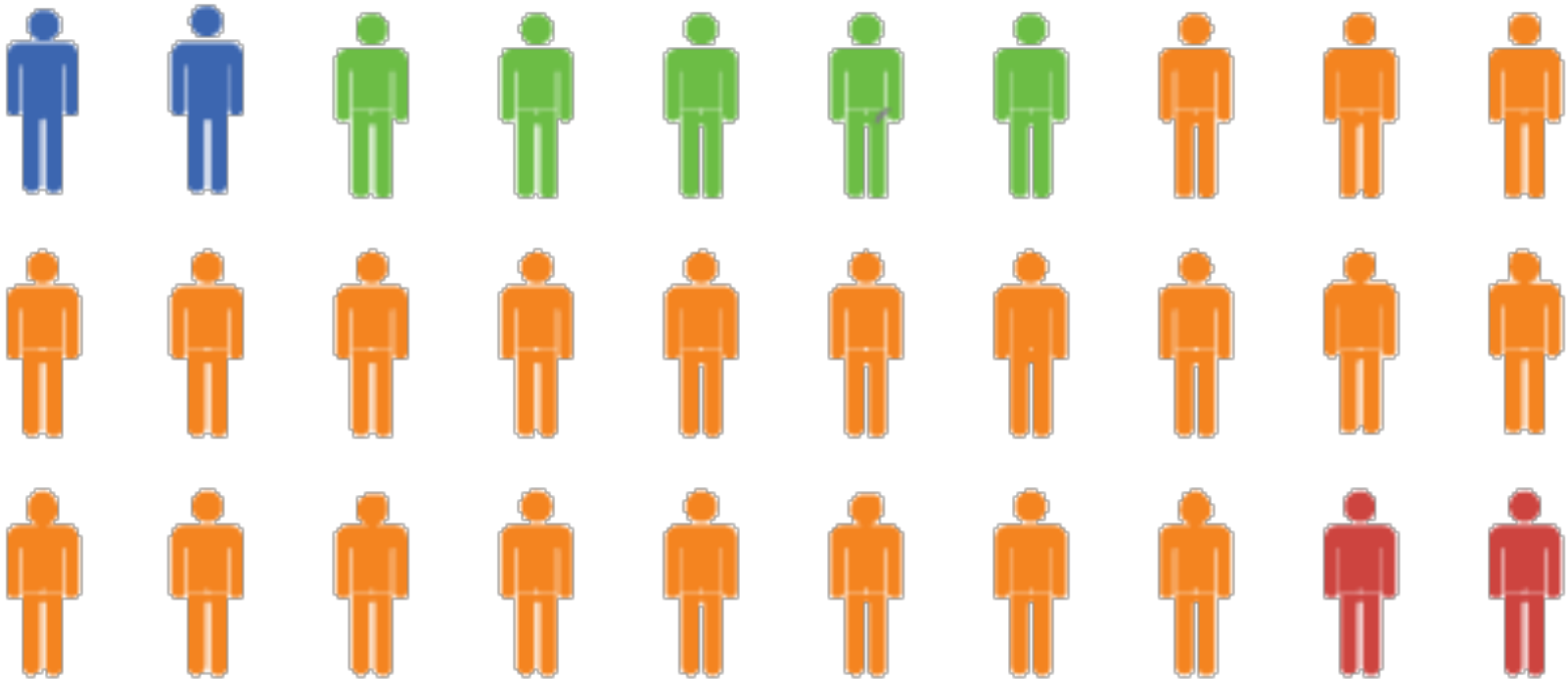
suicide **leading cause** of death for 15-24 year olds

SEXUAL BEHAVIOURS



proud to say no
not ready
want to be in love first

BODY WEIGHT



obese

overweight

underweight

LIVELIGHTER

FACTS ABOUT SUGARY DRINKS



THERE ARE ABOUT
16 TEASPOONS
OF SUGAR
IN A 600ML
BOTTLE OF
REGULAR
SOFT DRINK

6.5KG
WEIGHT GAIN
IN ONE YEAR



1.28
BILLION
LITRES

THE AMOUNT OF
CARBONATED/STILL
DRINKS BOUGHT
IN 2012

In the 12 months to October
2012, Australians bought 1.28
billion litres of carbonated/still
drinks with sugar, with regular
cola drinks being the most
popular (847 million litres)

9 TEASPOONS
OF SUGAR IN
A 600ML
SPORTS
DRINK



47%

OF CHILDREN

The 2007 Australian National
Children's Nutrition and Physical
Activity Survey found that
47% of children (2 to 16 years
of age) consumed sugary
drinks (including energy
drinks) every day

It has been estimated that consuming one can of soft
drink per day could lead to a weight gain of 6.5kg in
one year (if these drinks are consumed in addition to
the food your body needs and you don't increase your
physical activity)

7 TEASPOONS
OF SUGAR IN
A 250ML
ENERGY
DRINK



**DRINKING A SUGARY
DRINK EACH DAY**

will significantly increase your risk of

**TOOTH DECAY
AND EROSION**



=

if you drink a 600ml bottle of orange fruit drink every day for a year you will consume

23 KILOS OF SUGAR



\$1095

THE AMOUNT YOU WILL
SPEND IN A YEAR IF
YOU DRINK ONE 375ML
CAN OF SOFT DRINK
A DAY

**AUSTRALIA IS IN THE TOP 10 COUNTRIES
FOR PER CAPITA CONSUMPTION OF SUGARY DRINK**



1 teaspoon = 4 grams of sugar

ReThink Sugary Drink 2013. Reproduced with permission. ReThink Sugary Drink is a partnership between Cancer Council, the National Heart Foundation of Australia and Diabetes Australia.

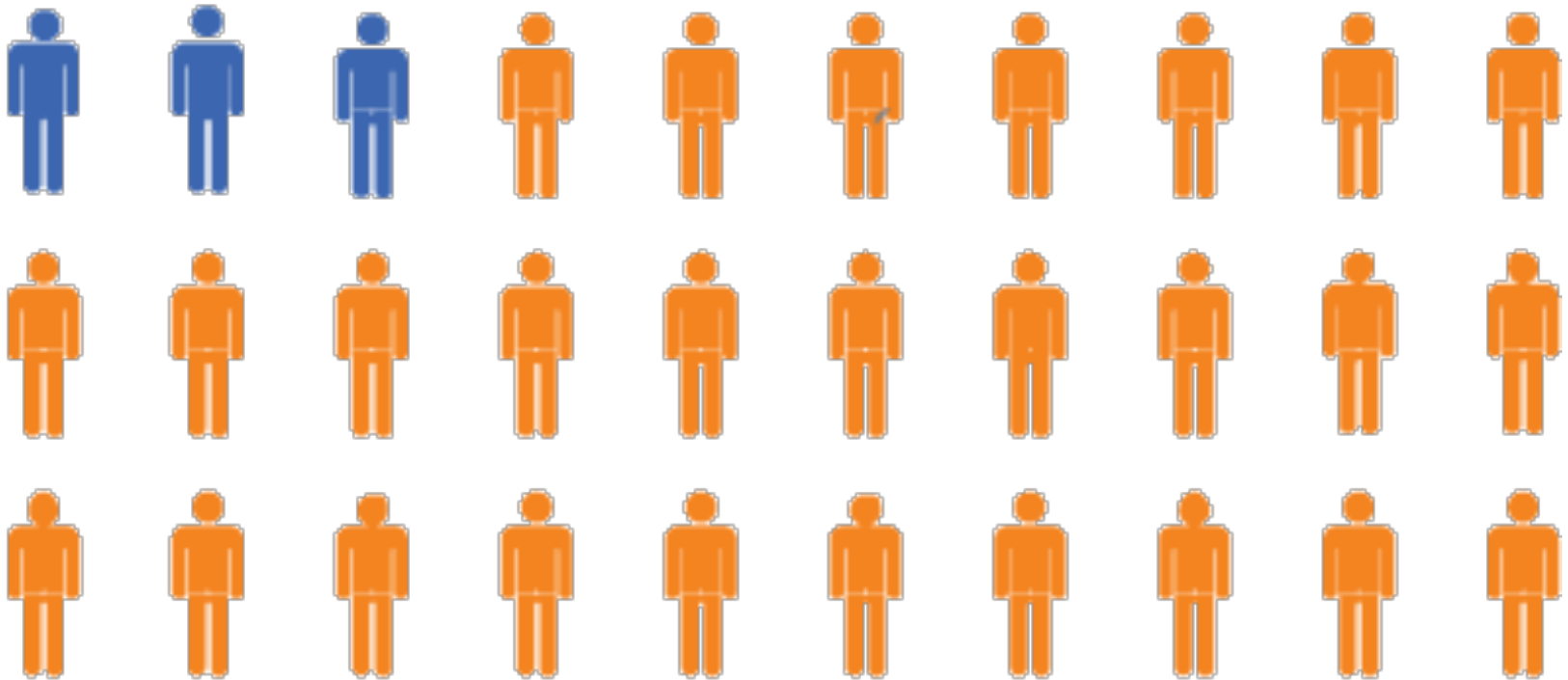


Found on [theguardian.com](https://www.theguardian.com)

Food is a drug, and we have to learn to say no

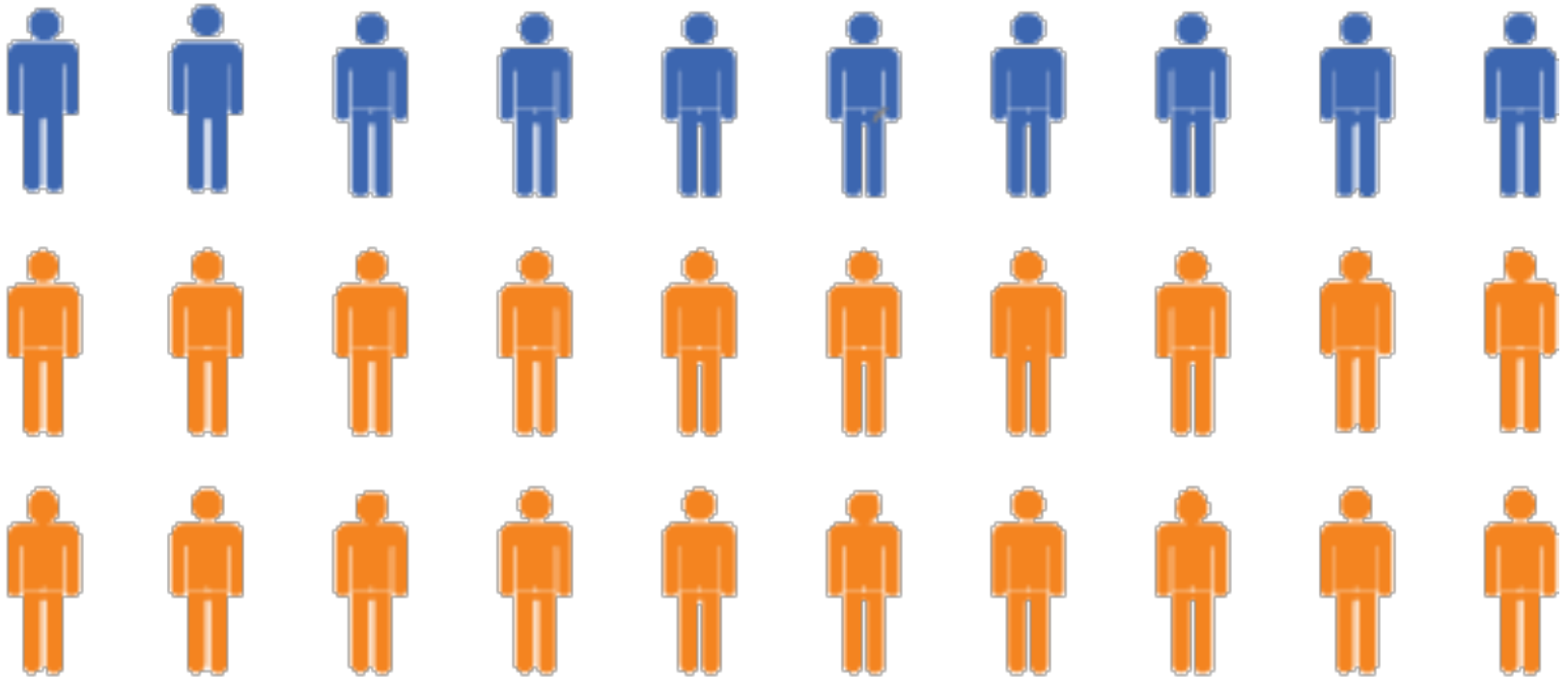
 the Guardian

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOURS



Recommended PA per day - HS

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOURS



Number that play organised sport

91 minutes per day



average 136
minutes per day



video gaming – fastest growing spectator sport



The rise of social sport



Worth approx. \$7.5 billion to Australia's GDP

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!**

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?

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%)

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?