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|  |  | **Contextual factors**  | **Understandings and skills** |
| **Challenges** | Hyper-connected world | Ubiquitous nature of tech | Interpersonal skills, ICT skills, digital etiquette |
| Accessing accurate information | Fake news, click bait, peers | ICT skills, health literacy skills, cues of reliability |
| Sedentary lifestyle / occupations | Peers, parents as role models | Movement competence, understanding how to be active |
| **Attitudes** | Commitment to being active  | Access, money, knowledge | Movement skills, planning skills |
| Respect for all | Media, culture, stereotypes | Interpersonal, communication |
| It won’t happen to me | Peers, media | Planning, assertiveness |
| **Behaviours** | Risk-taking | Peers, media, alcohol, drug use | Decision making, assertiveness |
| Sexual activity | Peers, media | Decision making, communication |
| Digital behaviours | Media, digital platforms, peers | Interpersonal and ICT |
| **Decisions** | What food to eat | Family, media, advertising | Health literacy, planning |
| When/how/who to be sexually active | Peers, media, alcohol, drug use | Decision making, communication, interpersonal skills |
| To be active or not? | Peers, media, advertising | Movement skills, benefits of PA |