

Today children and adolescents face a lot of challenges...



OBESITY

"One in nine children (aged 2 to 14 years) are obese and a further 21% of children are overweight. 15% of Māori and 30% of Pacific children are obese." ¹

The effects of being overweight for a child include low self-esteem, bullying, eating disorders, chronic ill health and even suicide.

SUBSTANCE USE

"Approximately 11% of New Zealand high school students use substances at levels that are likely to cause them significant harm and may cause long-term problems. Students with very high substance use (including binge drinking) have more challenging family and school lives than others." ²

MENTAL HEALTH AND WELL-BEING

"New Zealand has the worst teen suicide rate in the developed world...the number of adolescents reporting two or more psychological symptoms (feeling low, feeling irritable, feeling nervous, and having sleeping difficulties) is increasing." ³

"Six out of ten girls are so concerned with the way they look they participate in less in daily life - from going swimming and playing sports, to visiting the doctor, going to school or even offering their opinions." ⁴

BULLYING

"Rates of school bullying in New Zealand are among the worst worldwide. About one in three Year 4 students report being bullied on a weekly or more frequent basis. 94% of New Zealand teachers believe that bullying occurs in their school and 68% believed it begins very early in a child's life (between pre-school and Year 4)." ⁵

"Nearly one in ten students have been afraid that someone would hurt or bother them in the past year." ²

Life Education teach...

FOOD AND NUTRITION

Children learn how food gives them energy, how it helps them grow and how their body digests it. They explore the variety of nutrient-rich foods needed every day, what a balanced diet looks like and how to read packaging. Lessons may include Science and Human Biology.



HUMAN BIOLOGY

Children learn about body systems and how they work to carry food, water and oxygen around their body. Children explore their brain and the nervous system as the control centre for their body. They learn that stress affects people in a variety of ways.

SUBSTANCES

We focus on the effects of alcohol and other drugs, both legal and illegal. Children learn how to identify the difference between helpful and harmful drugs, how drugs can change the way the mind and body works and the impact drugs can have on people's lives. Children explore the power of advertising, peer pressure and social influences. We want to empower children to make informed decisions as they enter their teenage years.

RELATIONSHIPS AND COMMUNITIES

This strand focuses on connecting and relating to others. Lessons look at friendships and relationships as well as the need to show respect and consideration for others. Children learn about leadership and teamwork, coping with change, pressure and conflict, and digital citizenship. Bullying and cyber safety are often subjects schools request our expertise and support with.

IDENTITY AND RESILIENCE

Confidence in their own identity and where and how they fit in are challenges that come with growing up. Children learn about feelings and emotions, and that they are special and unique and it is okay to be different. Value is placed on the idea that each individual's personality makes them unique and it shapes how they make decisions and respond to situations.

Life Education Trust shape their programme around these challenges, working to give students the skills and knowledge needed to make well-informed decisions - now and in the future. The programme is made up of five strands, they all interweave, because health and well-being is rarely isolated in a single topic.

Learn more and get contact details for your local Trust at www.lifeeducation.org.nz

