



World Health Organization

APPROACHES FOR SCHOOLS



# Life skills education school handbook

Prevention of noncommunicable diseases

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# Contents

Icons used to highlight practical tips for specific groups

For teachers



For school managers



## INTRODUCTION

6

## PRACTICAL APPLICATION ADDRESSING RISK FACTORS IN SCHOOLS

8

### 7 Nutrition

11

- Reducing poor nutrition through life skills education
- Reducing poor nutrition through supportive schools

### 8 Hygiene

15

- Reducing poor hygiene through life skills education
- Reducing poor hygiene through supportive schools

### 9 Physical activity

19

- Reducing a lack of physical activity through life skills education
- Reducing a lack of physical activity through supportive schools



# 10

# 11

## Smoking

- Reducing tobacco use through life skills education
- Reducing tobacco use through supportive schools

3

## Alcohol

- Reducing alcohol use through life skills education
- Reducing alcohol use through supportive schools

27

## MOVING FORWARD: ADVICE FOR EDUCATORS AND MANAGERS

30

# 12

# 13

## Teachers: developing lesson plans

33

- Using/Preparing resources
- Suggested activities for the classroom, whole school or wider community
- Suggested activities for engaging with young people and monitoring their responses

- Suggested activities for homework and assessment

## School management: developing an action plan

39

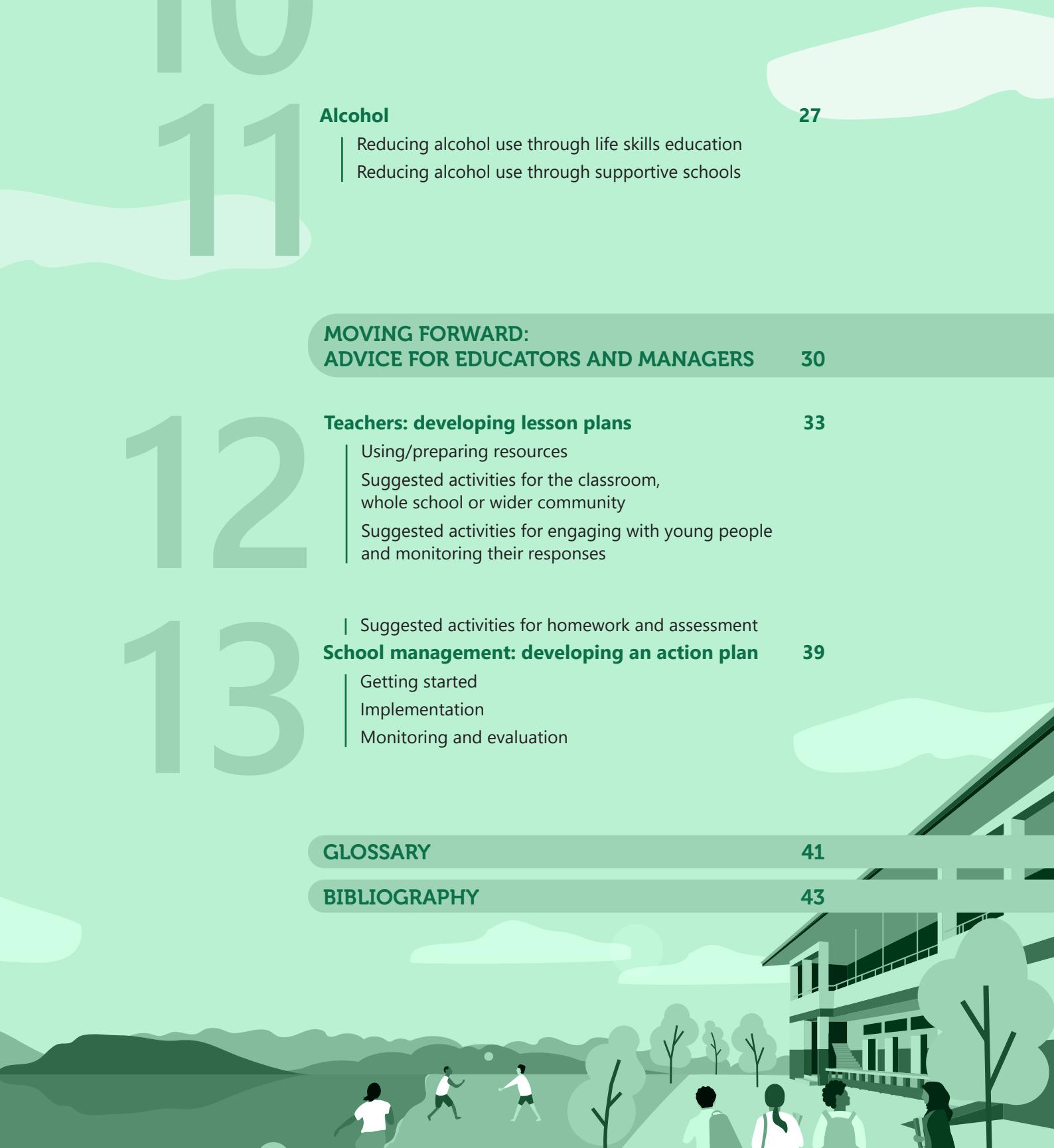
- Getting started
- Implementation
- Monitoring and evaluation

## GLOSSARY

41

## BIBLIOGRAPHY

43





# INTRODUCTION

School health programmes are the most cost-effective way to influence health behaviours in young people (1–4). The purpose of this two-part handbook is to support schools as they seek to implement interventions in order to reduce the main modifiable risk behaviours for noncommunicable diseases (5, 6). This *Practical application handbook* provides advice to schools on providing young people with the knowledge, attitudes, beliefs and life skills necessary for making informed decisions, and creating a healthy school environment that can reduce the risk of NCDs (7).

Noncommunicable diseases (NCDs) are a global health concern, with more than >36 million people worldwide dying from NCDs each year (5). Most of these NCDs are preventable through actions to address five key modifiable risk factors: smoking tobacco; nutrition; physical activity; alcohol consumption; and hygiene. Schools are a prime location for NCD prevention through life skills education and can provide a supportive healthy environment for children to support the development and application of life skills.



This handbook is designed to assist schools to implement life skills education and supportive school environments. It outlines the rationale for action and offers suggestions for what could be provided in terms of education, school policy and supportive environments.

The first section presents the life skills required to reduce the five main risk factors, along with suggestions for how to improve school policy and environments. Specific desirable actions are described, providing clear goals for school managers and teachers. The second section includes guidance on developing lesson plans for students and for working with parents and communities are provided for teachers. Guidance on school, monitoring and evaluation is also provided for school managers.



# PRACTICAL APPLICATION ADDRESSING RISK FACTORS IN SCHOOLS

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