Healthy Young People

Choose your HYP mission

Activities

Overview

Let's make the healthy choice the easy choice.

Which mission will you choose?

What does health and wellbeing mean to you?

How is your health and wellbeing?

Are there any changes you would like to make?

What choices do you wish were easier to make?

Drinking water?

Eating healthy food?

Sleep?

Being active?

Respecting every body?

Choose your HYP Mission… And let's see the difference you can make!

Tasmanian
Government

What does health and wellbeing mean to you?

Summary:

Ask the people in your life what health and wellbeing means and you are likely to get lots of different answers.

In this activity you will create a mind map to help you think about what health and wellbeing means to you.

Instructions:

1. In the middle of a page, write or type WHAT IS HEALTH AND WELLBEING?
2. Write or draw your answers to the question and connect related ideas using a curved line (branch).
3. Write and connect more ideas by adding more branches.
4. When you have finished your mind map, highlight the words that are to do with wellness or being well – not illness or being unwell.

Discussion questions:

1. How does the environment we live, study, play, and work in affect our health and wellbeing? Think about the natural, built, social, and cultural environment, as well as rules and policies.
2. Can you see any themes?
3. What are the most important or relevant to young people?

Tips:

- These are your thoughts so there are no right or wrong answers.
- Are all dimensions of health covered? Social, emotional, mental, physical, and spiritual.

What is your HYP Mission?

Summary:

The environment that we live, study, work or play in can affect our health and wellbeing. Schools have been designed for learning and education; sometimes the school environment does not make healthy choices easy. All teachers, staff, students, families and the school community can be involved and have a role to play in supporting everyone to make healthy choices.

The aim of the HYP Missions is to work towards becoming a health promoting school. The HYP Missions can also be run by young people working or volunteering in an organisation or service.

You will look at what changes can be made to make it easier to make healthy choices. You will:

- Learn to evaluate health information
- Look at what the experts recommend
- Find out what is happening in your school
- Identify what changes can be made to make healthy choices easier
- Plan how to make those changes, then put your plan into action.

Choose your HYP Mission to make healthy choices easy.

Instructions:
1. Read the HYP Missions[1]
2. Choose which one your group will complete to make healthy choices easy

Discussion Questions:
1. How do students learn about your mission at school?
2. How do students have a voice?
3. How are families and the wider community involved?
4. How do school guidelines and facilities influence student behaviours?

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[1] www.health.tas.gov.au/healthyyoungpeople/about_hyp

How is your health and wellbeing?

Summary:

Take the HYP reflections to think about your health and wellbeing strengths, skills and knowledge. Understanding your own health and the things that influence your behaviours is a useful starting point for thinking about how to make the healthy choice the easy choice in your school.

Instructions:

1. Complete the reflection activity for your Mission.
2. When setting your personal goal, focus on behaviours or the choices you make. You can influence or change the choices you make. Avoid focussing on the outcomes or 'results' as you cannot control these.
3. When you have finished your HYP Mission we will ask you to complete these again to see if anything has changed – so keep your answers to compare!

Resources:

Available on the HYP Resources page[2]

- Water is the Main Drink
- We Respect Every Body
- Healthy Food is the Main Food
- We Log Enough Sleep
- Stand up, Sit Less, Screens Down
- We Work Our Hearts
- Choose Your Own Mission

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[2] www.health.tas.gov.au/healthyyoungpeople/hyp_resources