



PROGRAM SUPPORT NOTES

Health Risks to the World's Young

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For Teachers

Introduction

The World Health Organization acknowledges that most young people are healthy, however, they have identified that more than 1.8 million young people aged 15 to 24 die each year and a large number engage in behaviours which risk not only their current state of health but often their health for years to come. This program will explore early pregnancy and childbirth, HIV, malnutrition, mental health, smoking, alcohol use, and violence which are the key health risks that affect young people today.

Timeline

| | |
|----------|--------------------------------|
| 00:00:00 | Introduction |
| 00:00:57 | Early pregnancy and childbirth |
| 00:04:06 | HIV/AIDS |
| 00:07:35 | Malnutrition |
| 00:10:12 | Mental Health |
| 00:13:43 | Smoking |
| 00:15:59 | Alcohol |
| 00:19:10 | Violence |
| 00:21:32 | Credits |
| 00:22:08 | End program |

Related Titles

Global Health and Human Development
Adult Health and Development
Influences on the Health of Individuals
Strategies to Promote the Health of Individuals

Recommended Resources

<http://www.who.int/mediacentre/factsheets/fs345/en/index.html>
http://www.who.int/topics/adolescent_health/en/
<http://social.un.org/youthyear/docs/iyyjointstatement.pdf>

Student Worksheet

Initiate Prior Learning

1. Identify the risks you think might affect the health of the world's youth.

2. What do you think are the biggest risks that might affect you and your friends' health?

3. Who is responsible for reducing the risks?

Active Viewing Guide

1. What was the name of the human rights treaty identified in the program and what year was it signed?

2. What did the treaty state?

3. Fill in the missing words:

The _____ Health _____ defines a _____ person as being aged between _____ and _____. The _____, _____ and _____ changes that occur during this period often put a _____ person's health at _____.

4. What are the characteristics of young mothers across the world?

5. What do the programs aimed at reducing early pregnancy in young women focus on?

6. Create a mind map below, with information you find out about HIV/AIDS in the program

7. True or false. Poor nutrition is the foundation upon which young people develop into healthy adults.

8. WHO estimates how many people die annually from poor fruit and vegetable intake?

9. How many children globally are overweight?

Health Risks to the World's Young

10. What are young people at greater risk from than any other age group?

11. What can negatively affect a person's mental well-being?

12. How many young people use tobacco?

13. What are the risks associated with consumption of alcohol?

14. How many people die every day from interpersonal violence?

15. What can be done to help stem the rate of violence towards women?

Extension Activities

1. Identify a character or celebrity from a film, book or the television, aged 15-24, who has/does put their health at risk. Using any media or resources you want answer the below questions and report back to your class.
 - a) Find out a little about the character/celebrity and their lifestyle and write it down (where do they live? who are their friends? what family/support do they have? etc)
 - b) What is the risky behaviour they participate in?
 - c) What could happen if they don't stop, or has happened from not stopping?
 - d) What intervention could be used to help reduce the risk or stop the risky behaviour?
2. Using newspapers, magazines and television, find an advertisement that could promote risky behaviour (alcohol, smoking, violence, etc). Write down what it is about the advert that you believe could lead to risky behaviour, and share with the rest of your class.
3. Reflect on a time when you or a close friend or family member were affected by one of the health risks. Think about how this affected you or the friend/family member, also how it affected family and friends. How was the risk reduced, and if it hasn't been reduced what can be done to reduce it? This is a personal reflection so it does not have to be shared with anyone else unless you are comfortable to do so.
4. Choose one of the risks identified in the program to create a poster campaign to help in the fight against that risky behaviour. This can be done on your own or in groups.
5. In groups of 3 or 4, create a board game that the rest of the class can play which identifies one, two or all the risks outlined in this program. It can be done in any style you choose.

Suggested Student Responses

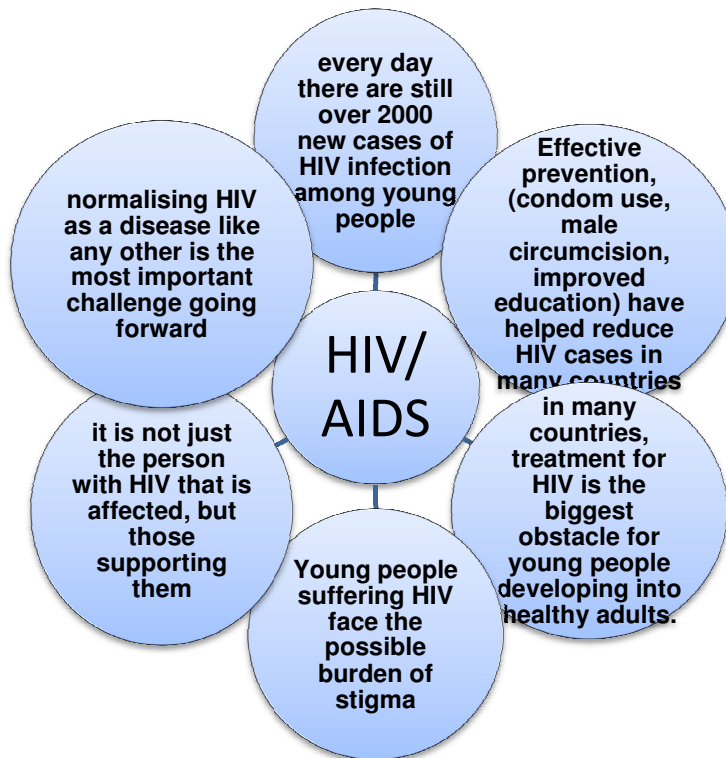
Initiate Prior Learning

1. Identify the risks you think might affect the health of the world's youth.
Answers may include, but are not limited to:
Smoking
Alcohol
Drugs
Violence
Injuries
Pregnancy
Unsafe sex
Malnutrition
Mental health problems
2. What do you think are the biggest risks that might affect you and your friends' health?
Answers will vary
3. Who is responsible for reducing the risks?
Answers will vary but may include:
Myself
Friends
Schools
Health professionals
Police
Media
Celebrities

Active Viewing Guide

1. What was the name of the human rights treaty identified in the program and what year was it signed?
Convention of the Rights of a Child signed in 1989
2. What did the treaty state?
It stated that there was a fundamental right for those aged eighteen and below to be free of discrimination and disadvantage.
3. Fill in the missing words:

The **World Health Organization** defines a **young** person as being aged between **fifteen** and **twenty four**. The **physical, psychological and social** changes that occur during this period often put a **young** person's health at **risk**.
4. What are the characteristics of young mothers across the world?
Little to no education
Rural dwelling
Low income
5. What do the programs aimed at reducing early pregnancy in young women focus on?
Staying in school = increased career opportunities
Delaying marriage
Educating young boys and men about female rights
6. Create a mind map below with information you find out about HIV/AIDS in the program



7. True or false. Poor nutrition is the foundation upon which young people develop into healthy adults.
False
8. WHO estimates how many people die annually from poor fruit and vegetable intake?
Seven million
9. How many children globally are overweight?
42 million
10. What are young people at greater risk from than any other age group?
Young people are at a greater risk of experiencing depression, anxiety and attempting suicide than any other age group
11. What can negatively affect a person's mental well-being?
Poor diet, lack of exercise and social interaction
12. How many young people use tobacco?
150 million
13. What are the risks associated with consumption of alcohol
Violence
Injuries
Risky sexual behaviour
Poor health (liver cirrhosis, cancers)
Premature death
Crime
14. How many people die every day from interpersonal violence?
500 people a day
15. What can be done to help stem the rate of violence towards women?
Increasing a young woman's ability to make informed choices and improved education among adolescent males