PDHPE HSC Enrichment Day 2010

Option 1

The Health of Young People
In this option, students investigate the following critical questions:
- What is good health for young people?
- To what extent do Australia’s young people enjoy good health?
- What skills and actions enable young people to attain better health?

This option module is concerned with the health needs of young people. As part of this option, students examine the major health issues that impact on young people and evaluate strategies that aim to enable young people to attain better health.

**Syllabus Links**

**Slide 2**

<table>
<thead>
<tr>
<th>Critical question 2: To what extent do Australia’s young people enjoy good health?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health problems and illnesses</td>
</tr>
</tbody>
</table>

Outline ONE of the major health issues you have studied and evaluate the actions that enable young people to attain better health.

<table>
<thead>
<tr>
<th>Critical question 3: What skills and actions enable young people to attain better health?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actions targeting health issues relevant to young people</td>
</tr>
<tr>
<td>- social action</td>
</tr>
<tr>
<td>- legislation and public policy</td>
</tr>
<tr>
<td>- health promotion initiatives</td>
</tr>
</tbody>
</table>

**Activity 1:**

Identify which critical questions and learn about/to are relevant to the following question:

Outline ONE of the major health issues you have studied and evaluate the actions that enable young people to attain better health. (12 marks)

Write your answer in the box below:

Critical question:

Learn about/to:
Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community (WHO 2001a).

‘Mental illness’ is a general term that refers to a group of disorders that affect the way a person, thinks, feels and acts. There are different types of mental disorders; each consists of a different combination of symptoms that may differ in severity.

Mental Illness Knowledge Quiz

Mental Health Problems and Issues

The Nature
‘Mental illness’ is a general term that refers to a group of disorders that affect the way a person, thinks, feels and acts.
- Wide range of symptoms and complaints
- Range from mild to extremely severe
- Acute to chronic
- Still highly stigmatised making it difficult for young people to seek help

Complete Activity 2 in workbook

The Extent
- Mental disorders were the leading contributor to the burden of disease and injury (49%) among young Australians aged 15-24 years in 2003
- Depression is the most common mental health problem in young people
- Deaths from mental health and behavioural disorder have declined

Young Australians: their health and wellbeing 2007
Activity 2:

(Adapted from www.cmha.ca Test your mental health knowledge)

1. Mental health is defined as:
   a) a constant feeling of contentment
   b) striking a balance in all aspects of your life - social, physical, spiritual, mental
   c) achieving a period of 12-18 months without a psychotic episode

2. Mental illness is:
   a) a single, rare disorder
   b) a broad classification for many disorders

3. Who is most likely to get a mental illness?
   a) poor, uneducated people
   b) people with stressful jobs
   c) mental illness can affect anyone, regardless of intelligence, social class or income.

4. Mental illness is caused by:
   a) personal weakness or frailty
   b) it is hereditary
   c) mental illness can affect anyone, regardless of intelligence, social class or income

5. Depression and bipolar disease are collectively known as:
   a) anxiety disorders
   b) mood disorders
   c) personality disorders

6. Anorexia nervosa and bulimia are mental illnesses - true or false?
   a) True: these are eating disorders where food issues mask mental health problems
   b) False: intense dieters are just looking for attention

7. Eating disorders are not dangerous - true or false?
   a) True: a change in diet will solve the problem
   b) False: left untreated, eating disorders have a high risk of mental and physical illnesses that can cause death

8. Eating disorders only affect women:
   a) True: women are more vulnerable to media images of thin females
   b) False: men develop eating disorders, too, though in smaller numbers than women

9. Schizophrenia refers to:
   a) a mental illness that results in split personality
   b) a mental illness with symptoms that include hallucinations, delusions, social withdrawal and thought disorders
10. A phobia is:
   a) a strong dislike of some thing or some activity  
   b) an irrational, illogical fear that has a powerful intrusive effect on a person's life

11. Clinical depression is:
   a) sadness or disappointment  
   b) depression brought on by frequent trips to a hospital or dental clinic  
   c) severe feelings of worthlessness, sadness and emptiness that last for several weeks and begin to interfere with a person's work and social life

12. "Manic" depression is also known as:
   a) the highs and lows  
   b) bipolar affective disorder  
   c) the blues

13. Stigma refers to:
   a) a plan of treatment agreed to by patient and doctor  
   b) societal prejudice that can prevent people from speaking out or seeking help

14. You should never mention suicide to a depressed person - true or false?
   a) True: You could put the thought into the mind of a vulnerable person  
   b) False: Just saying the word will not cause a person to attempt suicide

15. There is very limited treatment for mental illness - true or false?
   a) True: mental illness is always a life sentence  
   b) False: a person's quality of life can be improved with treatments such as psychotherapy, cognitive behavioural therapy, medication, occupational therapy and social supports
Risk Factors and Protective Factors

Mental Health Problems and Issues

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Protective Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Genetics</td>
<td>Strong sense of self</td>
</tr>
<tr>
<td>Social Isolation</td>
<td>Recognises signs and symptoms of stress</td>
</tr>
<tr>
<td>Series of distressing life events</td>
<td>Seeks Help</td>
</tr>
<tr>
<td>Gender</td>
<td>Resilience</td>
</tr>
<tr>
<td>Location</td>
<td>Trusted friends and family</td>
</tr>
<tr>
<td>SES</td>
<td>Feels free to communicate</td>
</tr>
</tbody>
</table>

Activity 3:

Write a list of Risk Factors and Protective Factors using the word pool below.

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Protective Factor</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Word Pool
- Strong sense of self
- Social Isolation
- Resilience
- Location
- Recognises signs and symptoms of stress
- Series of distressing life events
- Trusted friends and family
- Feels free to communicate
- Genetics
- Seeks help
- Gender
- SES

Groups of Young People Most at Risk of Mental Health Problems and Illness
- Females
- Those with a family history
- Males from rural or remote communities
- ASTI
- Those from lower SES
- Same-sex attracted youth
Activity 4:

Watch the video file and answer the questions below:

1. What is the mental health problem/illness that this young person is dealing with?

________________________________
________________________________
________________________________
________________________________
________________________________
________________________________

2. Describe the impact the mental health problem had on the young person’s health and life.

________________________________
________________________________
________________________________
________________________________
________________________________
________________________________

Video: “Sarah’s story”

Complete Activity 4
3. Examine how sociocultural, socioeconomic and environmental factors can affect the mental health of a young person.

Sociocultural: Gender, Ethnicity, Aboriginality, Sexual orientation

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Socioeconomic: SES Status, Employment and Education

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Environmental: Geographic Location

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Effective Initiatives

Actions Targeting Health Issues Relevant to Young People

Activity 5:

Brainstorm responses to the question ‘What makes an effective health promotion initiative?’
Health Promotion Initiative

Headspace centres: Someone else to go to

An advertising and social network marketing campaign targeting young people who are having trouble seeking help for mental health problems.

Health Promotion

Headspace centres: Someone else to go to

TV Advertisements

Sausage Advert     Happiness Advert     Avocado Advert

Radio Advertisements

Singing          Shoes

Community Service Announcements

Tim Lee & Biggy, co-hosts of the Hot 30 Countdown on the Today FM Radio Network have recorded two Community Service Announcements for Headspace that will air exclusively on the Austereo network.
Activity 6:

Review and evaluate the Headspace centres: Someone else to go to advertising and social marketing campaign.

TV advertising Campaign: Find them on You Tube or download them from headspace and email to friends.

Posters can be downloaded and printed to be put up in the community.
Who created the initiative? Why?

Who is the intended target group?

What forms of communication are used in the initiative? Why do you think these are used?
How effective do you think the initiative would be? List points for and against.

Evaluating the Headspace Initiative

<table>
<thead>
<tr>
<th>Evaluating the Headspace Initiative</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Some points for:</strong></td>
</tr>
<tr>
<td>• Promotes better access to mental health care services for young people</td>
</tr>
<tr>
<td>• Uses social networks as a means to communicate with young people</td>
</tr>
<tr>
<td>• It provides information about an alternative way to seeking help</td>
</tr>
<tr>
<td>• Uses humour in an effective way</td>
</tr>
<tr>
<td><strong>Some against:</strong></td>
</tr>
<tr>
<td>• Provides limited information about the service i.e. what is Headspace</td>
</tr>
<tr>
<td>• Focuses on people who already have a mental health problem/illness</td>
</tr>
<tr>
<td>• Relies on the target group to pass on the health promotion message</td>
</tr>
<tr>
<td>• The characters voices in the advertisements don’t match that of a young person,</td>
</tr>
</tbody>
</table>
Take Home Activity

HSC Option response (12 marks)

Outline ONE of the major health issues you have studied and evaluate the actions that enable young people to attain better health.
Supplementary Material

Publications


Websites

Australian Bureau of Statistics ................................................................. www.abs.gov.au

Itsallright (from SANE Australia) .............................................................. www.itsallright.org

Headroom .................................................................................................... www.headroom.net.au

Headspace .................................................................................................... www.headspace.org.au


Youth beyond blue ...................................................................................... www.ybblue.com.au
Watch and review these movies which capture the health and lives of Australian young people.

Newcastle – Teenage surf culture in Newcastle NSW
Samson and Delilah – ASTI youth in the Northern Territory
The Forgotten People - Children of Boat People growing up in Cabramatta
West – Youth in Sydney’s Western Suburbs.

Answers: 1b, 2b, 3c, 4c, 5b, 6a, 7b, 8b, 9b, 10b, 11c, 12b, 13b, 14b, 15b

Score:
If you scored between 12 and 15: Congratulations! You have clearly cultivated a solid understanding of the language and issues surrounding mental health.

If you scored between 8 and 11: You’re well-schooled in mental health terminology, but you’ve still got a few blanks to fill in!

If you scored between 0 and 7: You need to learn to learn more about mental health matters.