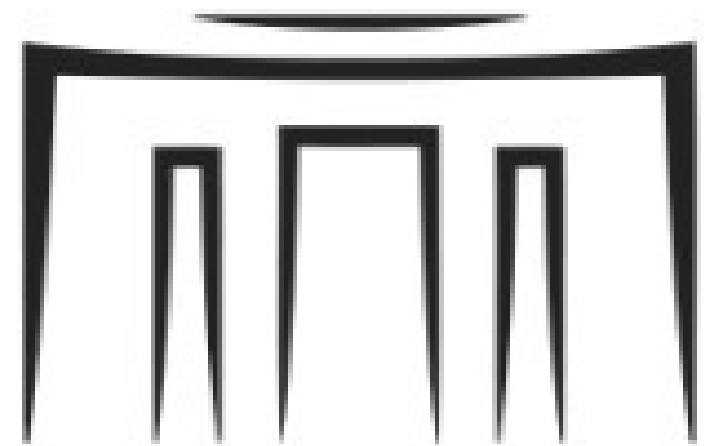


# HEALTHY LIFE PROJECT III

ALICIA SÁNCHEZ ORTIZ



CIPFP  
CIUTAT DE L'APRENT  
VALÈNCIA

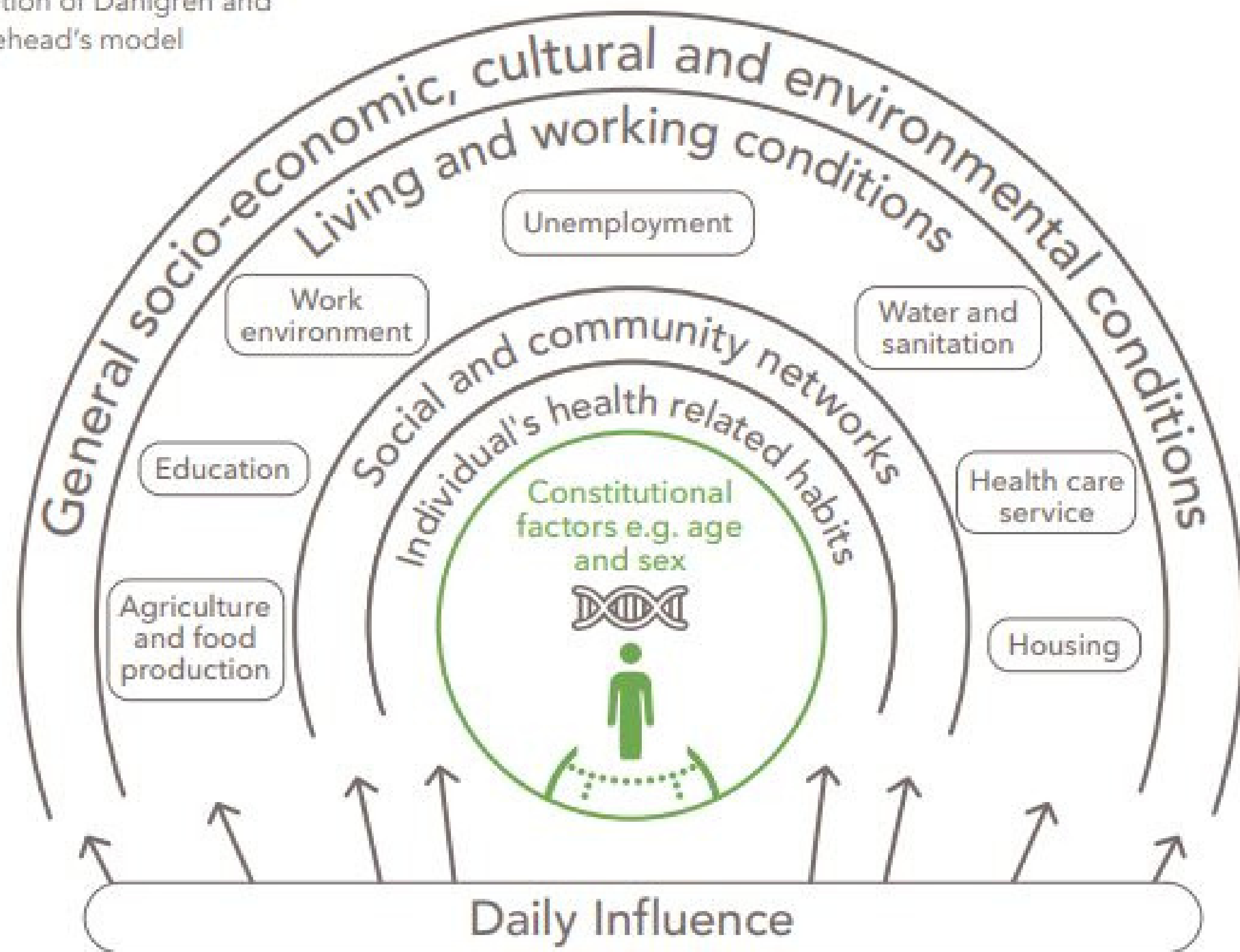


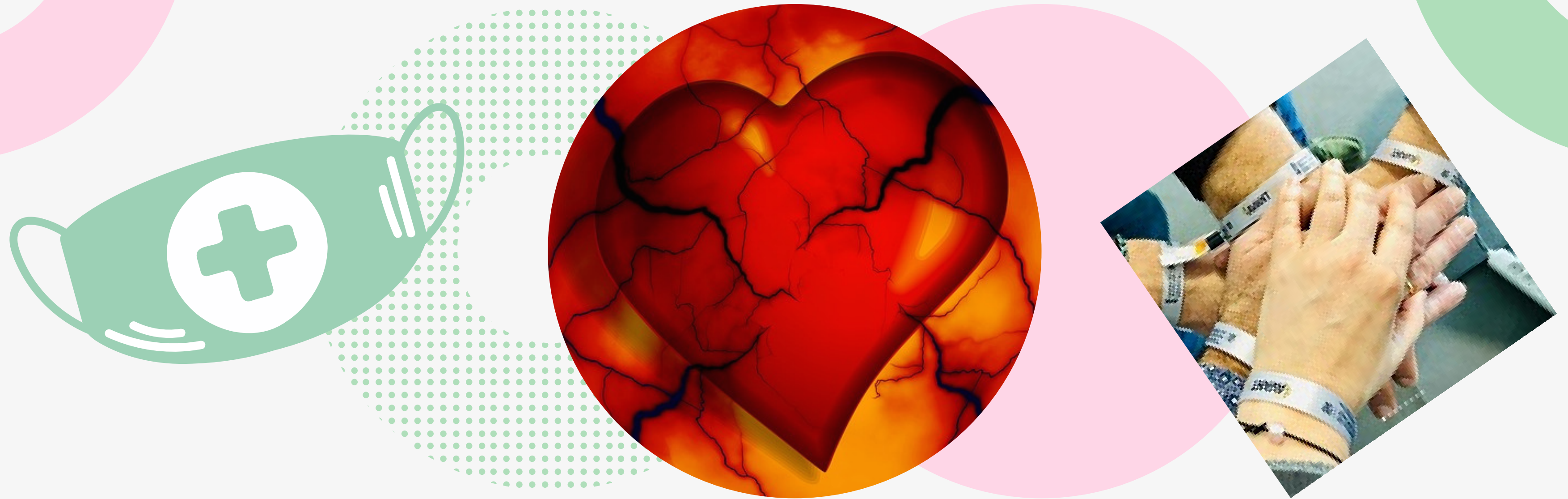
# CIPFP CIUTAT DE L'APRENTENT VALENCIA (SPAIN)

We are a VET school with 2000 students (82 groups), 200 teachers and 10 administration and services staff. We teach studies of 11 Professional Families.

Education is one of the determinants which can influence people's health

Figure 4.  
Adaption of Dahlgren and Whitehead's model





Health is achieved through the interaction between people and their environment. Therefore, health promoting schools have a broad understanding of health and reflect how both individual and environmental factors are influencing health and well-being.

This is our three year promoting healthy habits in our school. We instruct our teachers in health subjects all the year through a course related to several health matters: **HYGIENE HABITS, DIET, PHYSICAL ACTIVITY, LEISURE TIME, ACCIDENT PREVENTION, MENTAL HEALTH, SEXUALITY, MEDIA, ENVIRONMENT AND HEALTH, DRUG PREVENTION, and DISEASE PREVENTION.**





The tutors of each group of students can put into practise the content of the materials and share them with their students.

They include infographics, learning pills, quizzes, workshops, etc. Other complementary activities are given by professionals as policers, fire fighters, NGO's members and other professionals. Visits to food fairs, show cooking, 112 service, walk tours, etc.



Last year, as an eTwinning school we carried out two eTwinning projects related to health: “Good communication improves our well-being” and “Diet or D.I.E.T. (Did I Eat That)? DIET-WINNING for a better health” both have been awarded by the Quality Label.

# Objectives

- Promote healthy lifestyles and habits in the nutritional and food fields. Strengthen habits of body care and health.
- To know, detect and prevent situations of risk to health, especially related to the consumption of addictive substances.
- Incorporate the practice of physical exercise on a daily basis as a daily habit, to promote the personal and social development of students.
- To promote understanding and appreciation of the importance of preserving the environment because of its impact on human health.







# Research questions

- How often do you eat different food groups?
- What do you eat for breakfast, lunch and dinner on a regular basis?
- How often do you eat soft drinks and snacks?
- How often do you smoke or consume alcoholic beverages or other addictive substances?
- How often and intensely do you practice physical exercise?
- How's your self-esteem level?
- How often and what are the digital devices you regularly use? Do you know the risks?
- Do you usually practice any measures to preserve the environment?

# Methods

All students fill out a health questionnaire at the beginning of the course to know about their initial state of health, eating habits, physical activity practice, consumption of digital devices and their relationship with the environment.

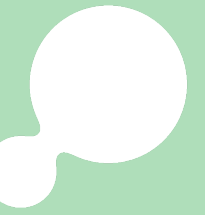


## FICHA DE SALUD DEL ALUMNADO CURSO 2020-2021

Esta ficha de salud pretende aportar información al Departamento de Orientación y a Jefatura de Estudios del CIPFP Ciutat de l'Aprenent para poder facilitar la prestación de ayuda en caso de necesidad al alumnado que lo solicite, durante el horario escolar y dentro del centro.

Esta información es confidencial.

# Methods



During the course through the tutorials, we are exposing the different topics in greater depth through infographics, training pills, workshops, excursions, etc. At the end of the course we determine the degree of impact on all groups through a final survey to measure the degree of satisfaction.

**Uso responsable de las TIC**

Piensatelo dos veces, antes de publicar nada.

**RIESGOS**

- GROOMING
- PHISHING
- SEXTING
- SEXTORSION
- VAMPING
- CYBERBULLYING
- Gossiping
- GOSSIPING
- TECNOADICCIÓN
- MALWARE

**PROTOCOLO BÁSICO DE ACTUACIÓN**

- Diálogo y confianza del menor en familiares y profesores.
- Proteger los datos personales con un antivirus o firewall.
- Ser conscientes de la información que llega a terceros.
- Desarrollar la competencia digital del alumnado.

**MEDIDAS DE PROTECCIÓN ESPECÍFICAS**

- ¡Protégete!
- Privacidad
- Cyberbullying
- Sexting
- Sextorsión

**CYBER SECURITY**

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## Valoración del curso "Proyecto Vida Saludable"



Envía tus comentarios sobre el curso que acabas de hacer, por ejemplo, qué opinas de sus objetivos y contenidos, de la metodología empleada, de su utilidad, de los ponentes y de la coordinadora.





# CONCLUSIONS

Students have actively participated in all the proposals with a high motivation and involvement.

Given the size and complexity of the centre, we are very satisfied with the results achieved, which have been possible thanks to the collaboration of the City of Valencia, the Health Center of San Marcelino, Public Health, the Local and National Police, the Fire Brigade and many more public and private entities.

The project brings added value to the curriculum of each training cycle as health is a cross-curricular topic. This project helps students and teachers to become aware of their health and the need to preserve it throughout life.



**THANK YOU FOR  
YOUR ATTENTION!**

