



Centre for Disease
Prevention and Control
Republic of Latvia

Tools and materials for school health promotion

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20.06.2019.





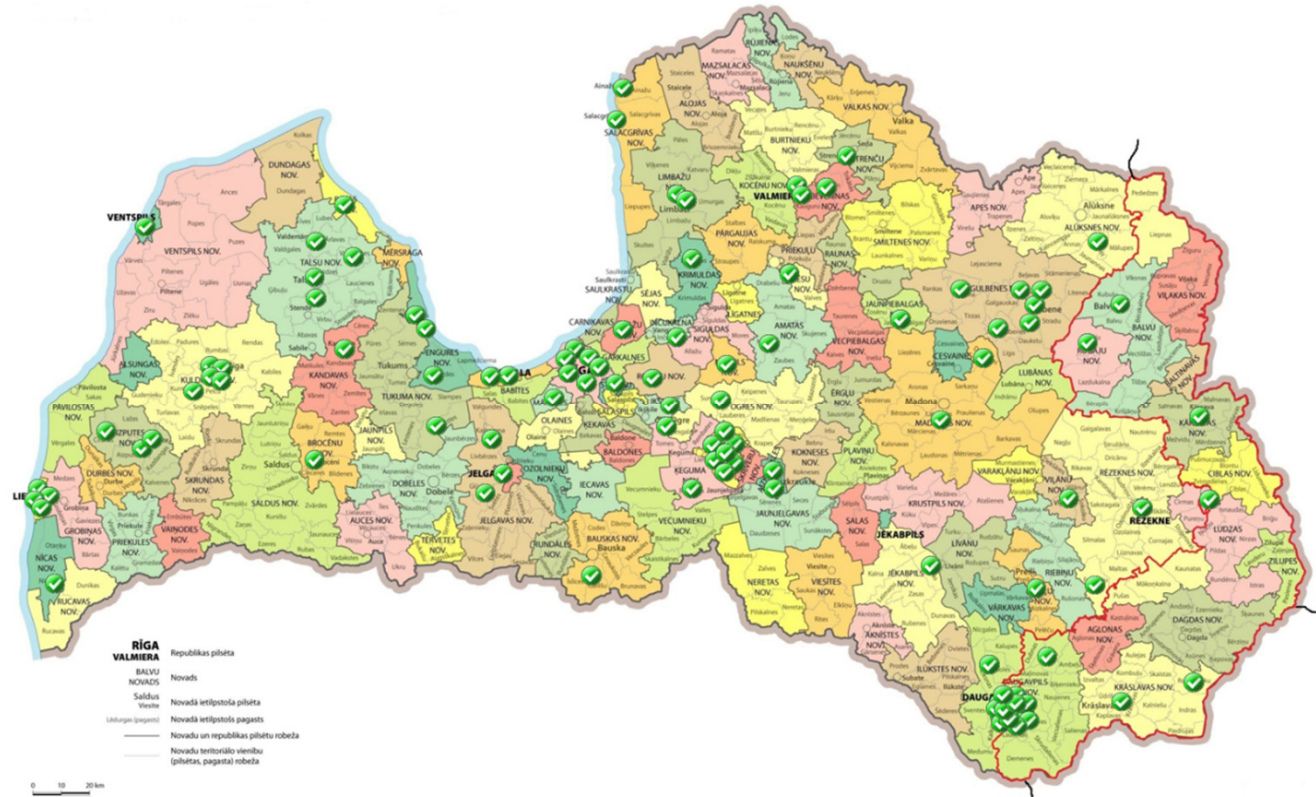
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National Network of Health Promoting Schools (renewed in 2015)



NACIONĀLAIS
VESELĪBU
VEICINOŠO
SKOLU TĪKLS

There are **103 educational institutions** in the network (9 of them - kindergartens)





Slimību profilakses un
kontroles centrs

Collaboration with Health Promoting schools





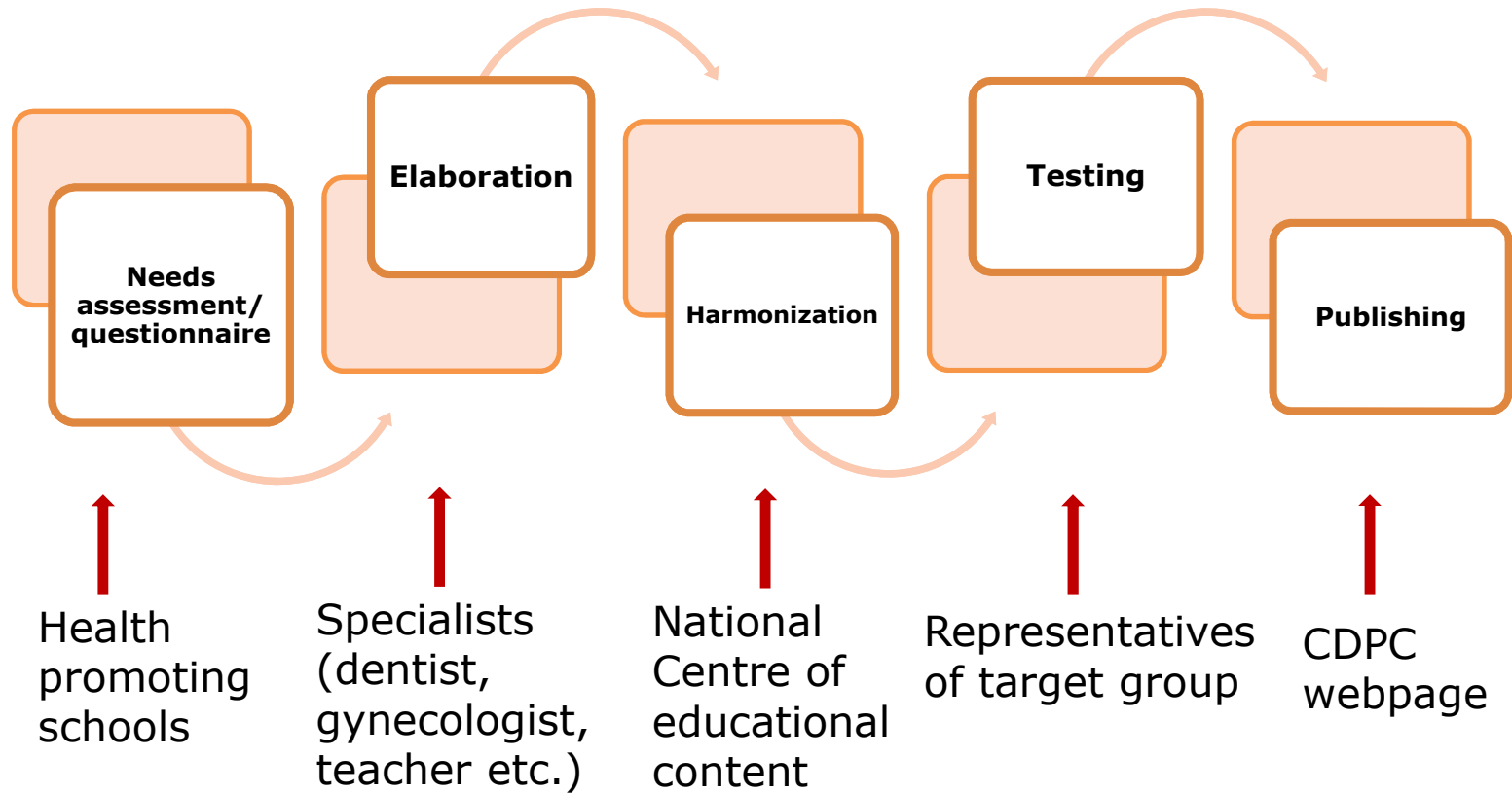
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Tools and materials



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Elaboration of materials for schools health promotion





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Personal hygiene

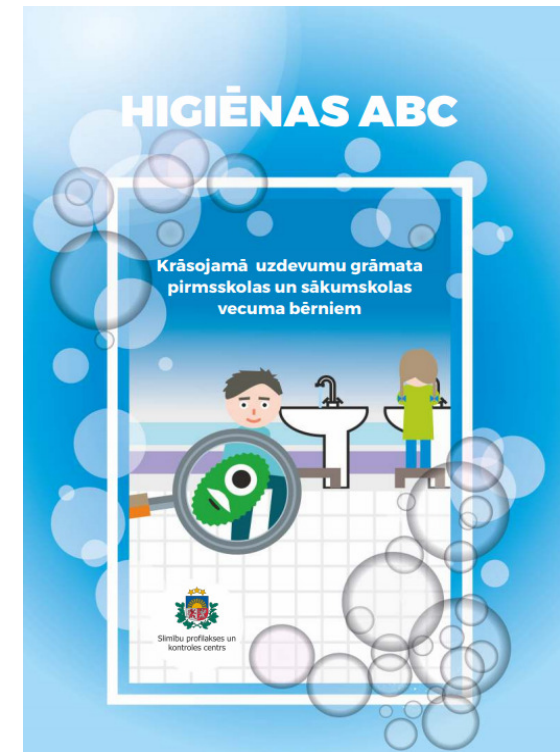
Animated video about
proper hand washing
Target group: children
aged 4 till 8 years



Methodological
material for
teachers



Coloring book with
tasks for children

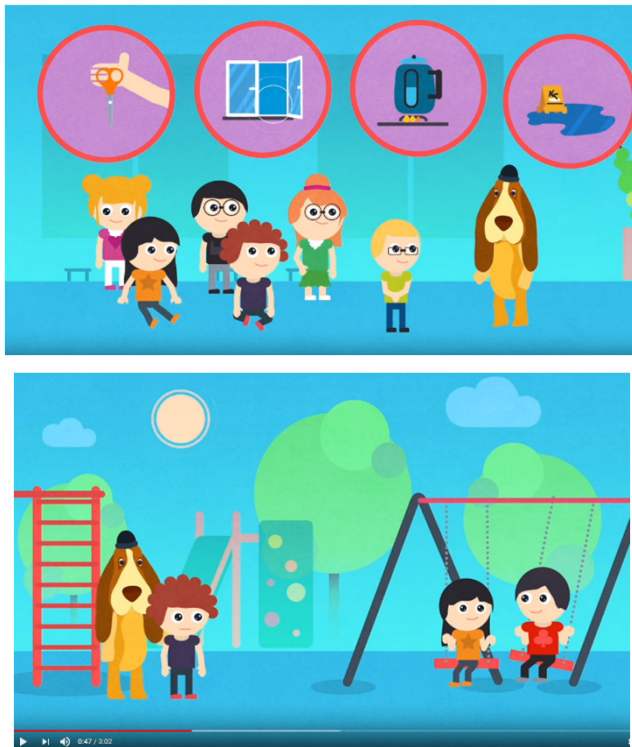




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Injury prevention

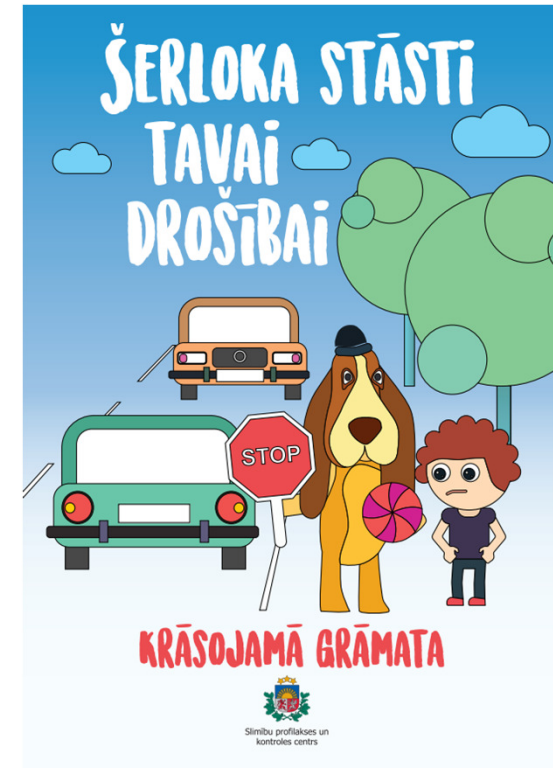
Animated video about
injury prevention
Target group: children
aged 4 till 8 years



Methodological
material for
teachers



Coloring book for
children

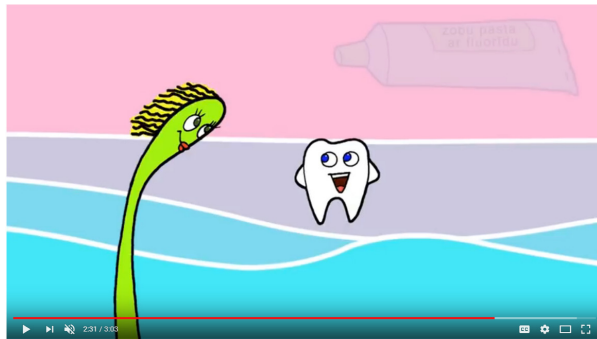




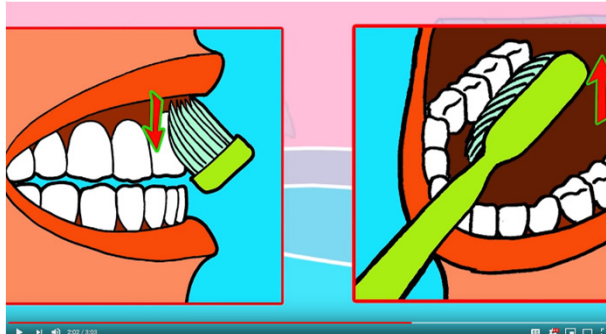
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Dental health

Animated video about proper
teeth brushing
Target group: children aged
4 till 8 years



Man ir tīri zobi



Methodological material for teachers
Content:

- General information about dental health and nutrition
- Work sheets
- Examples how to implement this issues in educational process





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Dental health (II)

Coloring book with tasks for children
(available electronical and printed versions)

Target groups:

- children aged 4 to 6
- children aged 7 to 9





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Bullying prevention

Video «Kathrin» about bullying
at school and its prevention



Methodological material for
teachers how to prevent
bullying at school

Video «Robert» about cyberbullying





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Training of teachers about bullying prevention

Main topics covered:

- Bullying and bullying prevention at school
- Introduction with videos and methodological material
- Teachers professional burnout

Results: 30 seminars have been implemented, 902 teachers educated



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Sexual and reproductive health

Video «Girls, boys and puberty»

Methodological material for teachers
how to work with this issues



Veselības ministrija



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Video «Relationships and health my responsibility»

Metodiskie ieteikumi vispārējo un profesionālo izglītības
iestāžu pedagogiem darbam ar audzēkņiem

**par reprodiktīvās veselības, dzimumattīstības,
attiecību veidošanas un atbildības jautājumiem**





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Training of teachers about sexual and reproductive health issues

Main topics covered:

- Introduction with videos and methodological material
- Recommended activities and teaching methods to talk about sexual and reproductive health
- Practical tasks, group work

Results: 15 seminars have been implemented, 288 teachers educated



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Planned materials in 2019



Educational video about personal hygiene during puberty



Educational video about healthy nutrition



Educational video about addiction prevention



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Educational activities



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Educational activities about personal hygiene and hand washing

Target group: children aged 5 – 8 years

Main activities:

- short lecture about the importance of hand washing and personal hygiene
- watching an animated movie
- learning of proper hand washing technique
- making experiments to show how microbes spread

338 lessons organized, educated 6248 children





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Handouts of lessons

Board game



Sticker and magnet



Towel





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Educational activities to prevent injuries

Target group: children aged 5 – 8 years.

Main activities:

- short lecture about injuries, the consequences of injuries and main security measures to prevent injuries
- watching an animated movie
- learning of to properly use protective equipment

331 lessons organized, educated 5902 children





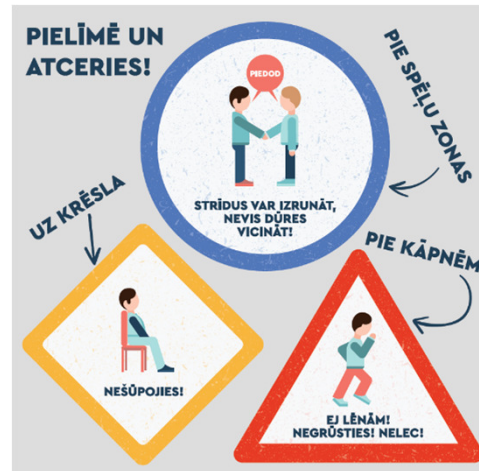
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Handouts of lessons

Board game



Stickers



Light reflector





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Educational activities about breast health and self-examining

Target group: high school students

Main topics covered:

- development of breasts, structure of breasts
- risk factors of breast cancer
- symptoms of breast cancer
- the significance of breast self examination
- practical learning of breast self-examination

32 lessons organized, educated 503 girls

KRŪŠU VESELĪBA UN PAŠPĀRBAUDE
DARBA BURTŅĪCA



20.451 likes

#veselaskrutis #parbaudisevi #dzivvolgi

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2 DAYS AGO





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Websites

www.tirizobi.lv



www.pasivasmekesana.lv



www.skaidrs.lv



www.nenoversies.lv



www.aktivadiena.lv





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Thank you!



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