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'Be Healthy, Be Happy' Programme

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This programme was developed based on consultation with staff, volunteers and young people in relation to the needs of adolescents today. Specifically, this programme focuses on four areas of health and well-being including; physical health, social health, mental health and spiritual health. The programme consists of 2 modules, each containing over 14 hours of facilitated content to achieve specified learning outcomes. This programme is aimed at 12-18 year olds.

Background

The Be Healthy, Be Happy programme consists of four overarching concepts; Physical Health, Social Health, Mental Health and Spiritual Health. Within these components a number of issues are dealt with such as stress, bullying, alcohol/drug use and depression in a way that enhances the young people's capacity to cope with challenges as they emerge and aims to build their resilience and social support network in a real and tangible way. Throughout this programme participants engage with topics such as friendships, problem-

solving, spiritual qualities such as kindness, fairness and gratitude all of which contribute to one's health and well-being.

The programme is based on international evidence in terms of health and well-being education. The activities in the programme are underpinned by theories and principles of youth work as well as Maslow's Hierarchy of Need (Maslow, 1943), The Four Dimensions of Health, (O'Toole and Kropf, 2010) and the Health Belief Model (Rosenstock, 1966 and Becker, 1974). All of the activities in this manual incorporate the experiential learning cycle (Kolb et al, 1971) in the processing which is vital for reflection and application of the learning.

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