

## Introduction

Youth Social Action (YSA) refers to the activities taken by young people to develop themselves and positively impact their communities and/or society. Examples of Youth Social Action include organising a neighbourhood clean-up, starting a fundraising campaign for a local charity, advocating for policy changes and becoming a mental health ambassador to help others with their mental health. This document enables staff to teach young people about mental health, which will help young peoples feel more confident coming up with their own Youth Social Action projects.

This guide is part of a series of similar guides covering key Youth Social Action topics (i.e., physical health, environment, poverty, and inclusion and diversity) developed as part of a 2 year Youth Social Action programme that engaged over 100 schools.

This guide focuses on Healthy Habits and is divided into five sections.

1. Why Focus on being healthy?
2. When can we Teach Young People about the Importance of Sustaining Healthy Habits?
3. Teaching Healthy Habits - Background Reading
4. Five Lessons Plans

Each lesson plan lightly integrates learning or practice of a specific life/employability skill such as oracy, teamwork, reflection and/or problem-solving. In addition, each lesson links learning to potential youth social projects that other young people have delivered to make a difference.

The lessons are typically provided during step 2: of the Ormiston youth social action 5-step process.

### Step 2 - Explore

Inspire	The second step involves further developing the young people's skills, organisation into teams and agreeing to roles. Young people will be learning about social issues as part of the curriculum, undertaking research into issues they care about and existing potential solutions. Potential plans of action that students might deliver to address issues are starting to emerge.
<b>Explore</b>	
Plan	
Act	
Reflect	