

HEALTH F'ACTORS

Promoting well-being of pupils in the school community



**#PARTICIPATIVE
APPROACH**

#EMPOWERMENT

**#LOCAL HEALTH
POLICY**

A questionnaire is distributed to pupils with 18 questions relating to 6 areas: lifestyle, environment, risk behaviour, self-esteem, social life and family life. The pupils evaluate the difference between what they consider important for their well-being (perceived health) and the way they really behave (experienced health). Individual results are used as a basis for group discussions between pupils, educators, teachers and staff. Collective data can be used by the school to design their health policy.

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