



## The National Health Education Group believes that:

young people deserve good health education.

We are an organisation for professionals dedicated to the wellbeing of children and young people.

### We do this by:

- promoting PSHE
- informing, influencing and implementing national and local policy
- providing personal and professional development opportunities and support to our members and colleagues.

Since 1986 the National Health Education Group has evolved and adapted to changing agendas with the needs of children and young people at its heart.

### Wellbeing

Wellbeing is defined in the Children Act 2004 as the promotion of physical and mental health; emotional wellbeing; social and economic wellbeing; education, training and recreation; recognition of the contribution made by children to society; and protection from harm and neglect. The Education and Inspections Act 2006 places a requirement on schools to promote pupils' wellbeing as well as their academic achievement.



## Good practice by our members

**Effective Personal, Social and Health Education** equips children and young people with the knowledge, skills and understanding to make informed choices about their lives. It enables them to build their self-esteem and thus contributes to their academic and social achievements.

**Drug Education** delivered within the context of PSHE provides children and young people with knowledge and understanding about legal and illegal drugs and provides them with opportunities to explore their personal values and practise their skills.

**Sex and Relationships Education** provides accurate information on sex, contraception and sexuality and explores values and moral issues. The development of communication and decision making skills is of paramount importance.

**Citizenship Education** challenges children and young people to explore their responsibilities as well as their rights and provides a framework for the development of their involvement in democracy – in and out of school.

**National Healthy Schools Programme** provides a framework for the delivery of the PSHE curriculum and of whole school issues relating to raising standards of teaching and learning and, hence, achievement.



**Youth Services**, through their curriculum, deliver education within both formal and informal settings particularly to young people who are 'disaffected'. They have a unique and significant contribution to make to the personal and social development of young people.

**Whole school staff training** undertaken continually in order for staff to build the confidence and competence necessary to meet new challenges and opportunities.

### How we work

Members of each regional group meet on a regular basis to share ideas, discuss concerns and identify and deliver professional development.

Each regional group elects representatives to the Regional Representatives National Group. This group meets regularly with, and has representation on, a wide variety of national organisations including DCSF, Drug Education Forum, Sex Education Forum, PSHE Association. News and developments are cascaded back to all members.

The NHEG also has a website containing contact details of all current members and news of forthcoming events. There is also a forum area for members where items for discussion and advice can be posted.

**Are you a professional whose main role is concerned with personal, social, health and economic wellbeing of children and young people?**

**Do you have ideas and examples of good practice to share?**

**Ever feel in need of support and advice?**

**Feel the need to influence national and local policy and practice?**

**Looking for a network of peer support?**

#### **How we are organised**

The National Health Education Group consists of 9 regional groups:

East of England  
East Midlands  
London  
North East  
North West  
South East  
South West  
West Midlands  
Yorkshire and Humber

#### **Like to join us?**

You can apply to join through the membership representative of the regional group that covers your area.

#### **For further information visit:**

[www.nheg.org.uk](http://www.nheg.org.uk)

#### **or contact**

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