

Hauora (Health)

Grand Prior's Award Scheme

updated September 2016

Health affects every one of us in many different ways and we all have a different view of what health is and what being healthy means to us. This badge explores health in the view that in order to be 'healthy' we need to not only have a fit and strong body, but we also need to care for our emotional, social and spiritual side of our well-being. The hauora badge aims to empower cadets with the ability to make informed healthy choices and understand the impact of these in later life. This includes the actions related to personal hygiene and fitness as well as understanding and coping with various emotions (stress, grief..). Cadets will also be exposed to activities that build awareness of the influencing factors towards health, how they can help others and the various health related services available in our communities.

Specific Skills

- Taha tinana / physical (personal hygiene, fitness, nutrition, sexual, growth and development..)
- Taha hinengaro / mental and emotional (feelings, intellectual, coping with anger, stress, grief..)
- Taha whanau / social (healthy relationships, belonging, empathy, culture..)
- Taha wairua / spiritual (personal identity, values, meanings..)

Cross Curricular Links

- Caregivers
- Home Technology
- Faith
- Fitness
- Māoritanga

First Aid Integration

- Medical conditions

Safety Considerations

- Ensure that activities and discussions are delivered in an emotionally safe environment as certain subjects can be uncomfortable for cadets (unhappiness, grief, bullying, drug, sexual abuse..). All St John members have access to the Member Assistance Programme and leaders are encouraged to have experts or people with substantial experience deliver in these areas.

Gold Level Assessors

- Registered Health Professionals including Allied Health (e.g. Registered nurses, GPs, Mental Health Workers, Social Workers, etc)
- Health Teachers
- Māori Health Promoters / Workers / Kaumatua

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Hauora (Health) Badge Objectives

Green Level		<i>cadets will be able to...</i>
<p>Taking Care of Ourselves</p> <p>Principles of a healthy lifestyle and how to perform tasks effectively (washing hands, brushing teeth..)</p>	<ul style="list-style-type: none"> Explore and demonstrate what makes a healthy lifestyle (nutrition, sleep, relaxation, exercise, hygiene..) Describe the procedures of how to look after themselves and what to do when they are sick (colds, fever..) Have an understanding of 5 moments of hand hygiene, why it is important and relevant to health 	
<p>Learning about Themselves</p> <p>Exploring their personality, emotions, spirituality and appreciating others emotions and individuality</p>	<ul style="list-style-type: none"> Explore and explain various personal feelings and demonstrate how to cope with conflict (anger, bullying..) Discover and share their personal identity (what makes them special / unique, describing their family, culture..) 	
<p>A Healthy Lifestyle</p> <p>Informing others of keeping healthy and monitoring their personal health over a period of one week</p>	<ul style="list-style-type: none"> Promote a selected simple health related task (sun safety, hygiene, dental care..) that informs others of what to do Monitor their lifestyle over the course of one week that explores their diet, relaxation, hygiene and exercise Have an understanding of how and why there are changes to heart rate, respirations etc when undertaking exercise 	
Blue Level		<i>cadets will be able to...</i>
<p>Growth and Development</p> <p>Changes from infants through to childhood, the needs of a body and maintaining their well-being</p>	<ul style="list-style-type: none"> Discuss how their body has changed from when they were an infant to now and what a body needs to grow and develop Describe how various illnesses can be prevented and their health maintained (food poisoning, meningitis, check-ups..), include 5 moments of hand hygiene – the importance of hygiene in illness prevention Explore and discuss requirements on childhood vaccinations, including parental consent, pros/cons etc 	
<p>Emotional Well-being</p> <p>Understanding their own values and building awareness of techniques in dealing with stress, depression..</p>	<ul style="list-style-type: none"> Explain how they can deal with a variety of personal problems that affect their well-being (stress, unhappiness..) Explore and share their personal values with others and demonstrate assertiveness in maintaining those values 	
<p>Health Promotion</p> <p>Informing others on the concept of Hauora (physical, mental, emotional, social and spritual well-being)</p>	<ul style="list-style-type: none"> Look at the Treaty of Waitangi and the 3 P's – partnership, participation and protection and why it is still relevant today Introduce models of health e.g. Biological, Holistic, Indigenous Promote a health related condition (diabetes, heart disease, mental illness..) that builds awareness and understanding 	
Gold Level		<i>cadets will be able to...</i>
<p>Looking after the Body</p> <p>The negative effects of various external factors on the body and awareness of the health needs of the elderly</p>	<ul style="list-style-type: none"> Explain how various external factors can impact the health of a body (exercise, diet, drugs, smoking, alcohol..) Describe the various health related needs of older people and how they can be catered for (diet, social activities, exercise..) Research 5 moments of hand hygiene and its relevance to Paramedicine 	
<p>Helping Others</p> <p>Active listening and coping with grief and loss</p>	<ul style="list-style-type: none"> Demonstrate how to effectively assist someone else through a difficult situation (active listening, paraphrasing..) Discuss and inform others of how to cope with grief and loss Understand the principals of the Code of Health and Disability Services and their Consumer Rights 	
<p>Issues in our Community</p> <p>Exploring health issues and conditions that have a significant impact on New Zealanders</p>	<ul style="list-style-type: none"> Research and present information on a health related issue (obesity, drugs, sexual, mental..) that outlines the causes, impact and various services that address the issue Discuss the impact on the above health issue on emergency service workers, health workers and what St John offers its member to assist with this eg Members Assistance Programme Present a project based on the health condition promoted at blue level. Look at its effect nationally and globally 	

Suggested Delivery

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE	WEEK SIX	WEEK SEVEN	WEEK EIGHT
GREEN								
At division	Basic Body Needs Basic necessities of life (food, water, shelter, warmth, love..)	Life at Home Explore actions of a healthy lifestyle at home (hygiene..)	Life Outside Home Actions of a healthy lifestyle at school and in the community	When I'm Sick Actions in taking care of themselves and looking after others	Feelings & Emotions Various feelings and how we deal with these each day	What Makes Me, Me? Uniqueness, family, culture and things that make them individual	Mental Health Explore what taking care of our mental health means to us	My Healthy Life Inform others about the importance of keeping healthy
Set tasks	Setting Goals "What I hope to learn and achieve.."	Progress Task Monitor lifestyle and keep a record of diet, hygiene and relaxation	Small Research Task Identify the health organisations in the community that are accessible to a variety of people and what they provide	My Emotions Recording times when they experience a different emotion	I'm Special Present what makes them unique (poem, speech, poster..)	Self Evaluation "What I have learnt, how this will impact my future health.."		
BLUE								
At division	The Human Body Anatomy and discuss the body systems that keep us healthy	Preventing Illness Safe practises at home that can prevent various illnesses	Early Childhood Major changes that occur during infancy and early childhood	In the Womb Explore the process of growth during pregnancy *	Emotional Well Being Personal and society's views towards mental health and illness	Relaxation Values and ways of dealing with stress and unhappiness	Health Promotion Hauora and the relevance to our well being. Develop and present in groups how to ensure a healthy lifestyle (play, skit, speech..)	
Set tasks	Setting Goals "What I hope to learn and achieve.."	Anatomy Exercise Label a skeleton and 3 main organs (heart, brain, lungs, stomach..)	Thinking Activity Create an activity for a 5 year old that builds cognitive growth	"Awareness" Research Task Explore a mental illness and report back at division (causes, symptoms, assistance, promoting understanding of the condition..)	Progress Task Monitor and record lifestyle (diet, feelings, exercise, hygiene..)	Self Evaluation "What I have learnt, how this will impact my future health.."		
GOLD								
At division	Adulthood Major changes that occur in the body during adulthood	External Factors Negative impact of various external factors on the body	Older Adulthood Changes in later life and the impact on those around us	Grief and Loss Stages of the grieving process and how to support others	Active Listening Tools in helping others through difficult times and situations	Community Issues Issues evident in the community (violence, suicide, alcohol..)	National Issues Current major health issues (obesity, heart disease, diabetes..)	Self Confidence Peer pressure, saying "no" and activities that build self-confidence
Set tasks	Setting Goals "What I hope to learn and achieve.."	Advertising Task Tally ads that promote products that impact our health negatively	Health Promotion Task #1 Develop a brochure for an older adult (65+ years) that could be used to remind the importance of regular medical check ups	Health Promotion Task #2 Develop a promotional tool that builds awareness and understanding of a current health related condition in New Zealand	Self Evaluation "What I have learnt, how this will impact my future health.."			

* This session is specifically on growth over the nine months in the womb before birth (not conception, childbirth.. which would require consent).

Ideas Bank

Possible Activities

Note: These activities can be used for any level so long as difficulty is modified to ensure it is both achievable and challenging.

Dirty Hands

Dip cadets hands in dye or mud and get them to wash their hands. Regroup and discuss how much they have cleaned and the importance of washing thoroughly.

Dr Mason Durie's Whare Tapawha Model

Place four large signs on the sides of the main hall. As an activity, have cadets place pictures on the walls, stories, or ideas of how they meet all four dimensions of hauora (family and relationships; physical health; thoughts and feelings; and spiritual). This can be a great sharing activity and lead to discussions of how all four sides make up our well-being.

Wealth or Well-being?

Explore what 'healthy' means to different people and cultural groups by interviewing three diverse people.

Health-related Disasters

Look at pandemics of the past (black plague, avarian flu, current risks..) and how we can prevent and prepare for a pandemic.

A Healthy Community

Develop health profile of their region that illustrates the services available, unique health issues, needs that are catered for and needs that aren't addressed. A discussion around possible solutions to neglected needs would be beneficial (eg: surgery waiting lists)

Health Promotion Task

Promote a health related issue in their local community or family (informative brochure, poster, advertisement campaign, week of community events that build awareness..)

St John Resources Available

- St John Youth Website
- Badge information cards and book inserts
- Resource packs and assessment sheets
- Regional and District Assessors Lists

Outside Sources

People / Organisations

- People involved with community health organisations (see websites below)
- People who could assist with a session on grief and loss (counsellors, local religious leaders, funeral directors..)
- Local Kaumatua
- Life Education Trust

Potential Resources

Websites

- www.moh.govt.nz
- www.immune.org.nz
- www.cancernz.org.nz
- www.hpforum.org.nz
- www.spinz.org.nz
- www.nhf.org.nz
- www.kidshealth.org
- www.diabetes.org.nz
- www.plunket.org.nz
- www.tki.org.nz/r/hpe/kal
- www.nzs.com/health
- www.ana.org.nz
- www.nzhis.govt.nz
- www.healthed.govt.nz
- www.arthritis.org.nz
- www.skylight.org.nz
- www.everybody.co.nz
- www.who.int
- www.handhygiene.org.nz

Resource Packs

Public Health Units have a large assortment of books, videos and other resources from a range of organisations to save time sourcing these individually.