

ACTION PLAN
UNDERSTANDING AND ADVANCING ADOLESCENT HEALTH AND WELLBEING THROUGH SCHOOL-BASED EDUCATION
SMAN 1 KALABAHI

MAIN STRATEGIES	IMPLEMENTATIONS	Action Steps	Team Members	Result/Measure of Success
<p>To increase knowledge, encourage healthy attitudes, develop skills and form or change adolescent's behaviors</p>	<p>1. Integrating Adolescent Reproductive Health education into school curricula</p>	<p>1.1. ARH is taught in the classrooms as part of the subjects in the school curricula 1.2. Promoting health to the community through reproductive health campaign programs as a part of the learning processes 1.3. Using ICT tools to provide fun learning in studying health education</p>	<p>Leader: Syahriyati, S.Pd., M.Pd</p> <p>Team members: ➤ ARH Teachers for grade X, XI and XII ➤ Counselling Teacher</p>	<p>✓ Teachers deliver health education through developmentally appropriate, culturally relevant, fun, participatory activities that involve social learning strategies ✓ Students' knowledge of healthy lifestyles increases</p>
	<p>2. Teachers Capacity Building</p>	<p>2.1. Working together with Education department of Alor District and UNFPA to improve teachers competence in understanding Adolescents Reproductive Health through teachers capacity building workshops 2.2. Training for school staff: Provide staff involved in health education with adequate preservice and ongoing in-service training that focuses on teaching strategies for behavioral change</p>		<p>✓ All teachers of sman 1 kalabahi have received curriculum-specific training and have good knowledge in health education</p>

	3. Student entrepreneurship	<p>3.1. Makes healthy snacks and ice cream from local fruits and vegetables</p> <p>3.2. Promotion of healthy food products made by students to the community through training to schools nearby sman 1 kalabahi</p>	<p>Leader: Jo Tupong, S.Pd</p> <p>Team members: ➤ Entrepreneurship teacher ➤ Students committee</p>	<ul style="list-style-type: none"> ✓ Turn healthy snacks into a learning experience as one of the life skills lesson ✓ Students from nearby school had trained to make healthy food from local fruits and vegetables
To improve the social environment so that students are supported in making healthy decisions	1. Parent training (Community Evening Program)	<p>1.1. Family and community involvement: Involve family members and the community in supporting and reinforcing school-based health education</p> <p>1.2. Engaging parents through a regular meetings to help them understand about how to deal with Adolescents Reproductive Health problems</p>	<p>Leader: Syahriyati, S.Pd., M.Pd</p> <p>Team members: ✓ Counselling teachers ✓ ARH teachers ✓ Students committee</p>	<ul style="list-style-type: none"> ✓ Families and community organizations are involved in health education to supporting and strengthening school-based health education ✓ Improved family awareness rate of healthy life
	2. Peer Education (PIK-KRR)	<p>2.1. Configuring an 'Information and Counselling Centre for Adolescents Reproductive Health' (PIK-KRR) by Recruiting students to be trained as peer-educators</p> <p>2.2. Instruction for students: Provide health and nutrition education through developmentally appropriate, culturally relevant, fun, participatory activities that involve social learning strategies</p>		<ul style="list-style-type: none"> ✓ Students' knowledge of healthy lifestyles increases ✓ No more students unwanted pregnancy cases

<p>To increase access to and utilization of health services</p>	<p>1. Health Counselling and vitamins delivery for students</p> <p>2. Healthy canteen</p> <p>3. School's vegetables garden</p>	<p>1.1. In collaboration with Alor community health centers to provide health counsellings and vitamins delivery for students</p> <p>2.1. Integration of school food service and nutrition education: Coordinate school food service with nutrition education and with other components of the comprehensive school health program to reinforce messages on healthy eating</p> <p>2.2. Observe the school canteen, the teachers' lunchroom, and other areas in the school where food is available, to ensure only healthy food is available there, no cigarettes, alcohol or junkfood</p> <p>3.1. Using areas around the school to grow vegetables</p>	<p>Leader: Maria M. Meiwati, S.Pd</p> <p>Team members:</p> <ul style="list-style-type: none"> ➤ Health workers from Alor community health centers ➤ Canteen Committee ➤ Adiwiyata Committe 	<p>✓ Access to and utilization of health services at school are increases</p> <p>✓ Gardens are well maintained</p>
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