

# Impact of School Ethos and Relationships in School

**Helen Butler**  
**Manager Professional Learning**  
**Adolescent Health & Social Environments Program**  
**Centre for Adolescent Health Melbourne**

Lyndal Bond, Amy Basile, Melanie Bissett, Glenn Bowes, Sarah Drew, Sara Glover, John Hargreaves, Kruno Martinac, George Patton, Ian Seal, Lea Trafford



**Murdoch Childrens**  
Research Institute

*Healthier Kids. Healthier Future.*



Centre for  
**ADOLESCENT**  
**HEALTH**

# Different approaches to school and health promotion

- Health promotion/education in schools
- Schools that promote health
- Solution-focused vs problem-focussed

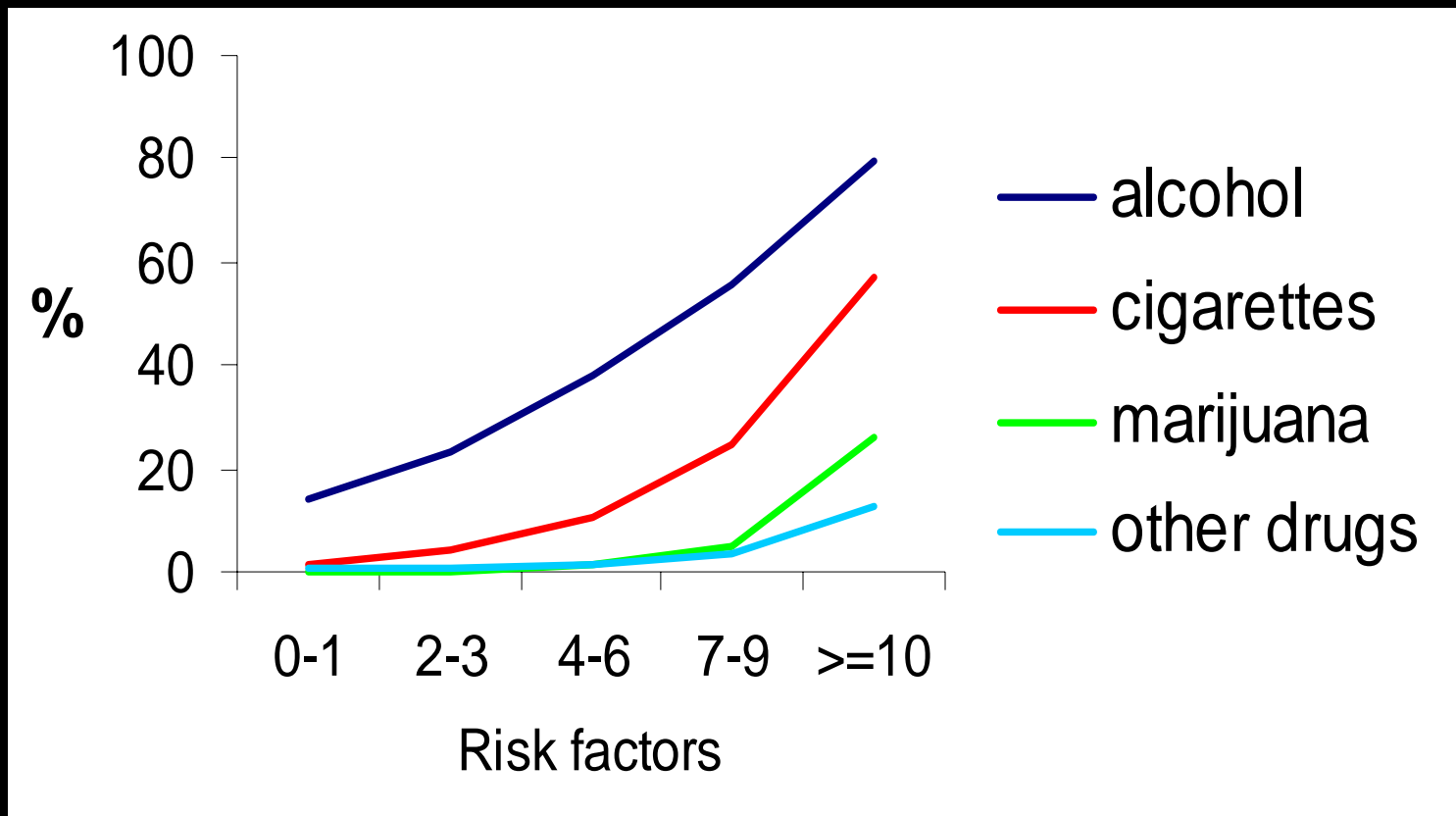


# School as setting for health promotion...

- Scare them
- Tell them - information
- Just say no -Social resistance training
- Tell each other - peer education
- Identification of young people 'at risk'



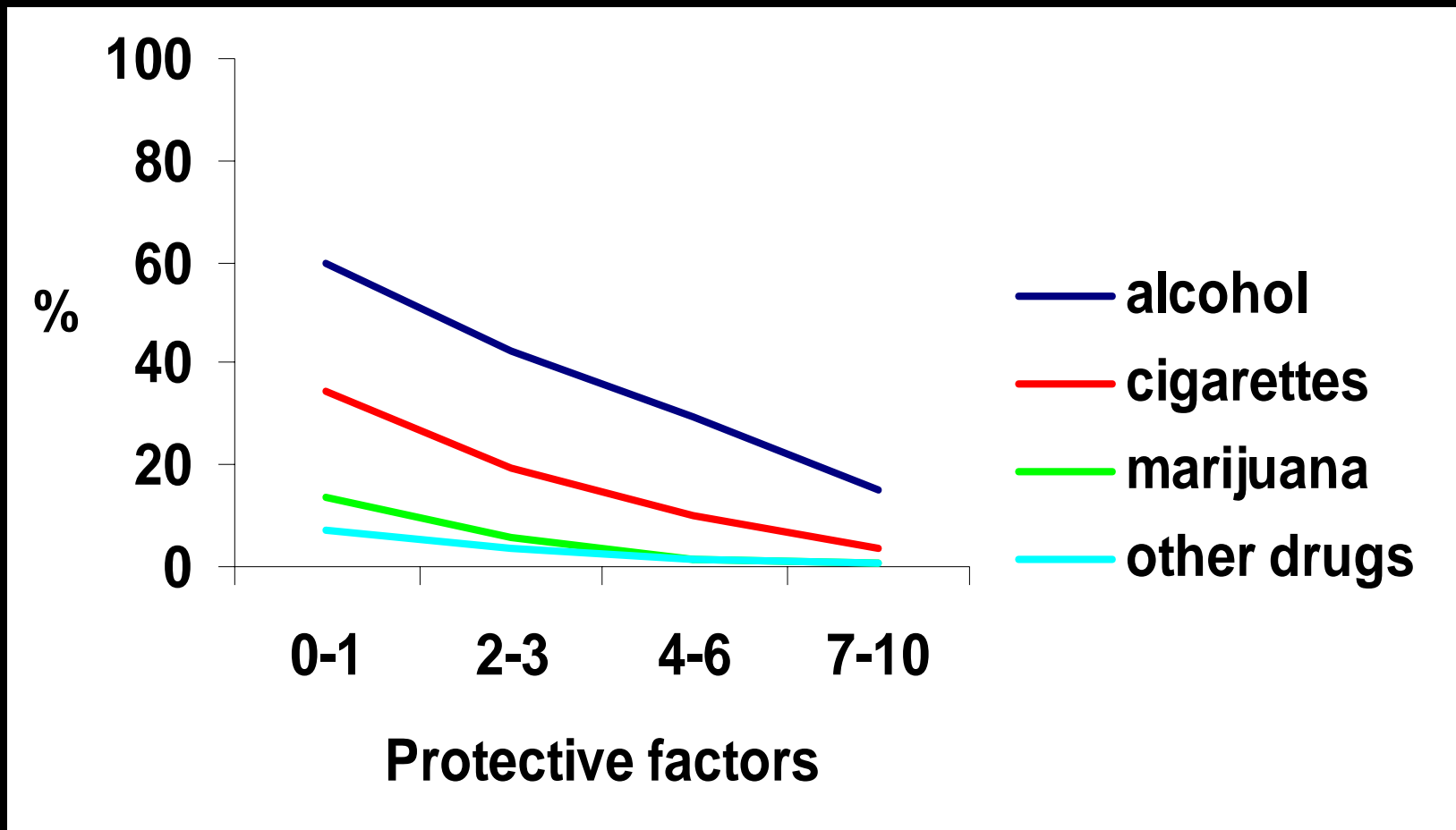
# Risk factors for substance use - individual, family, school, community/cultural, life events



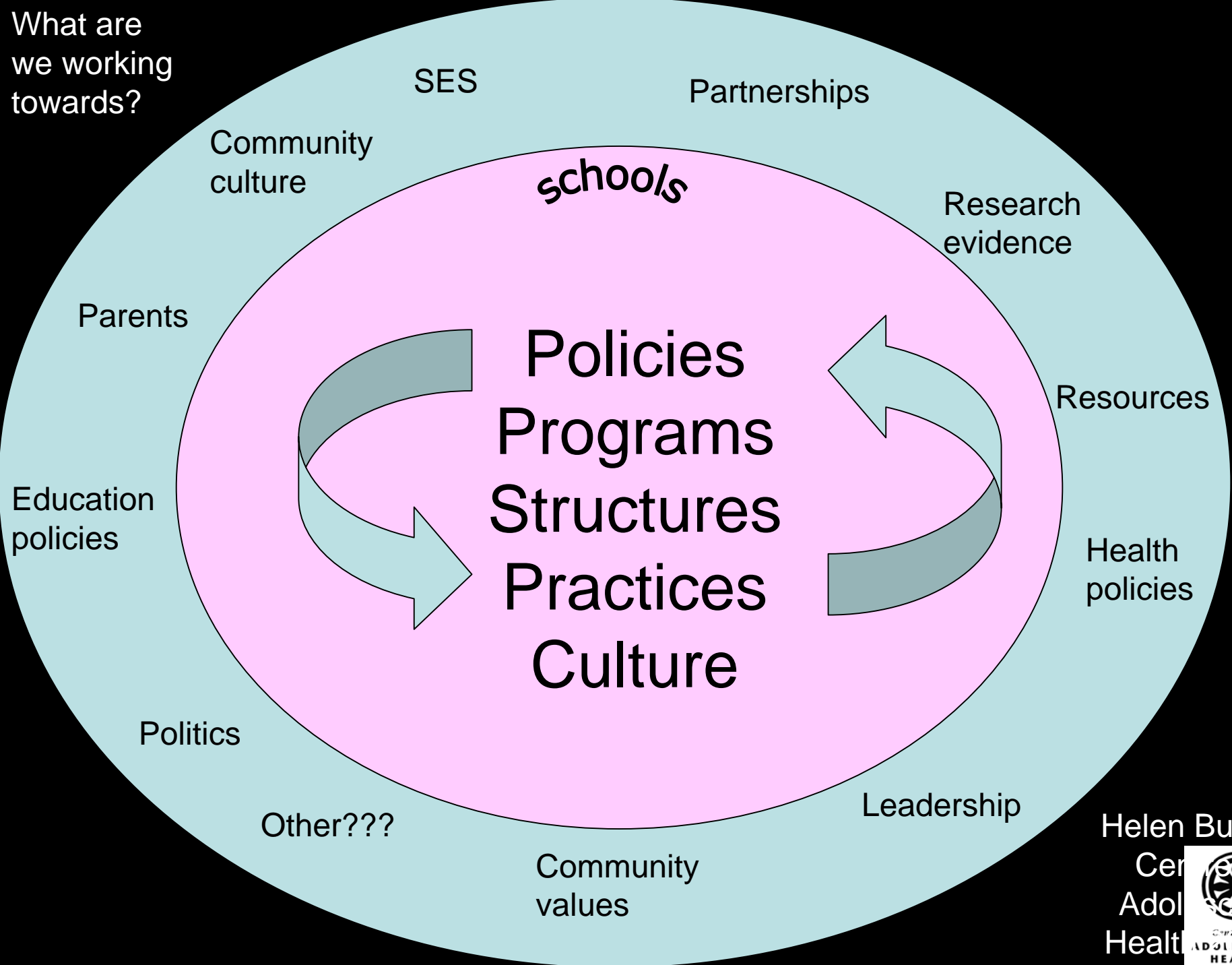
Improving the Lives of Young Victorians, DHS 2000



# Protective factors for substance use - individual, family, school, community/cultural, life events



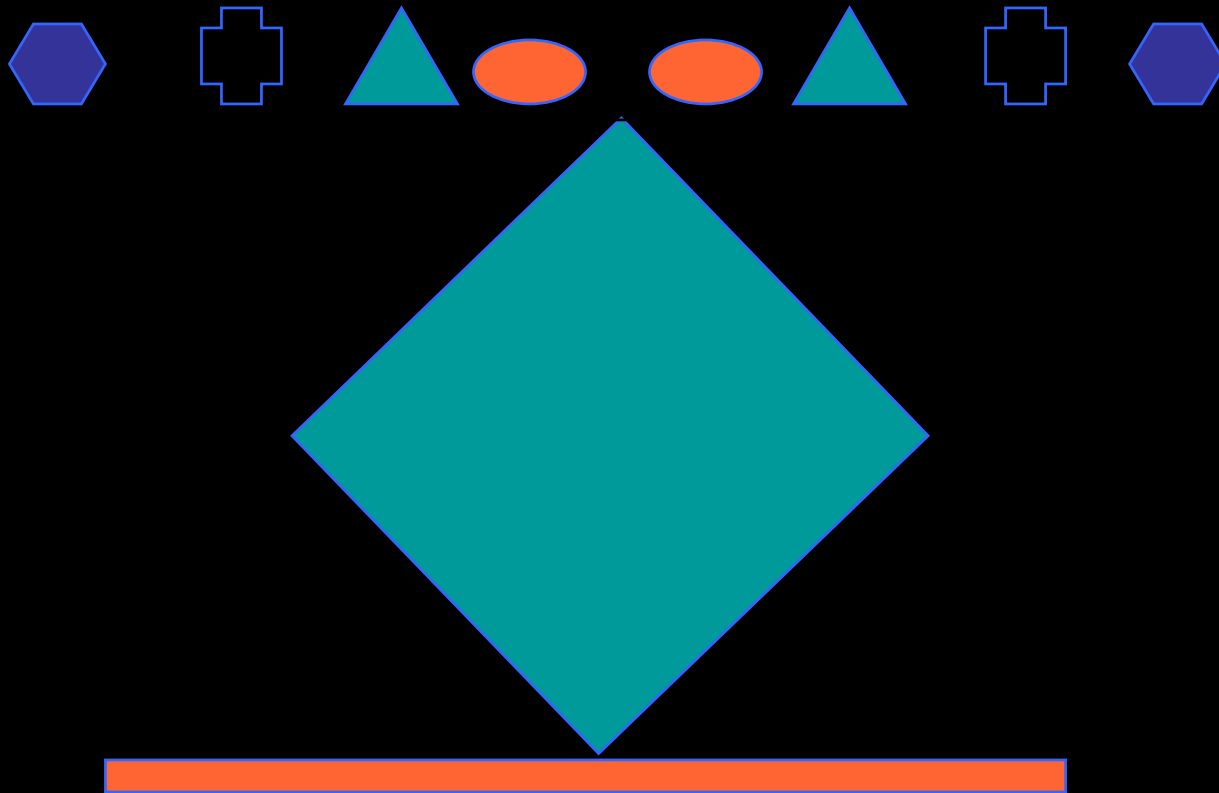
What are we working towards?



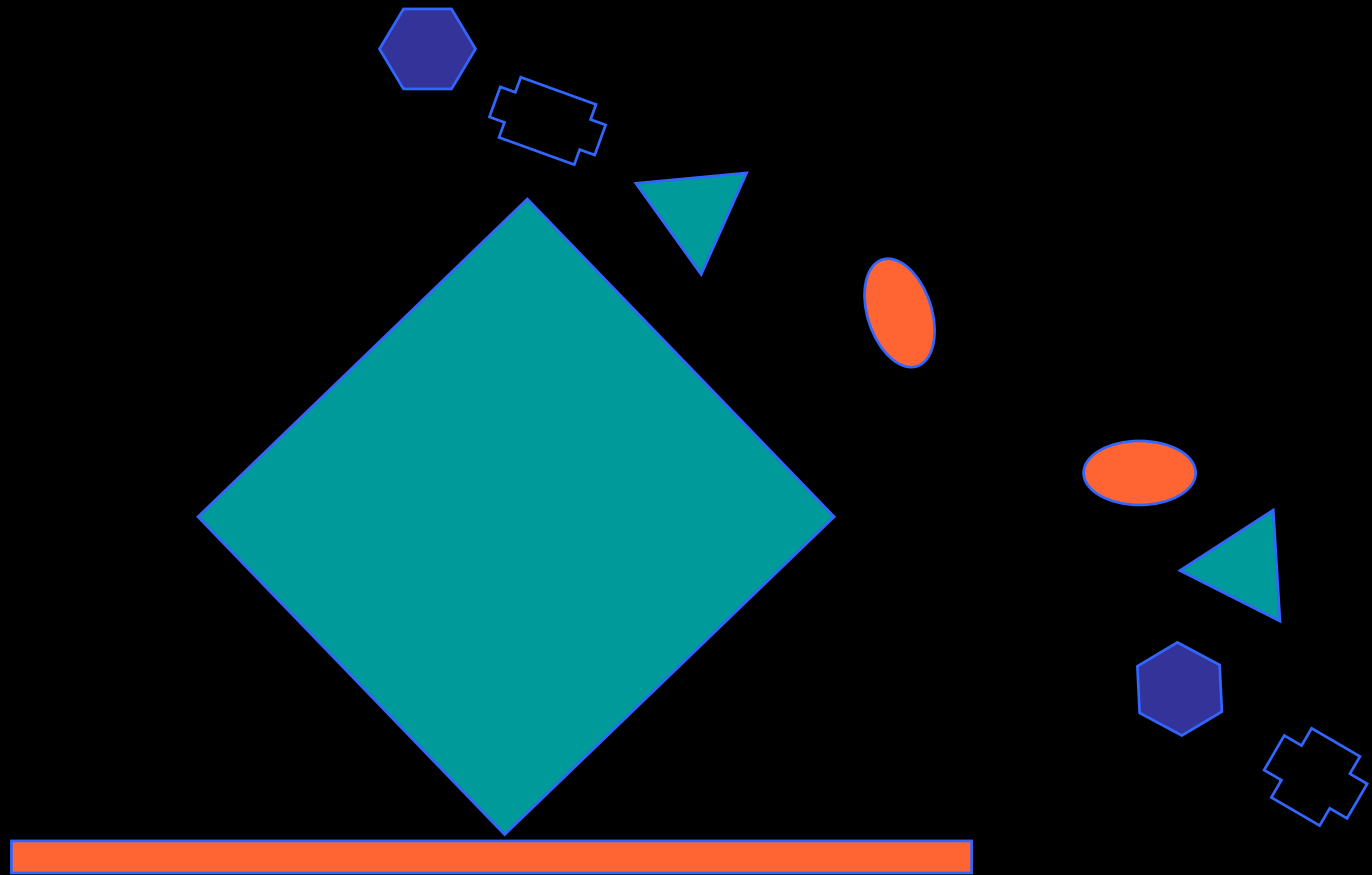
# But which problem do we address?

- A regular smoker in adolescence is:
  - 2 times more likely to diet severely
  - 3 times more likely to have psychiatric morbidity
  - 7 times more likely to be heavy alcohol drinker
  - 9 times more likely to have unprotected sexual intercourse
  - 19 times more likely to use Marijuana weekly

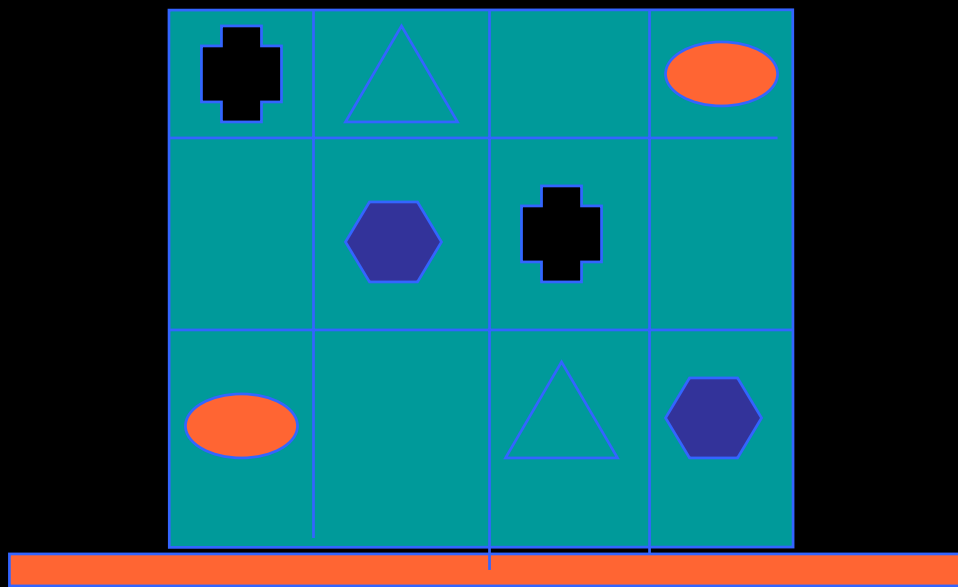
# *Health education interface*



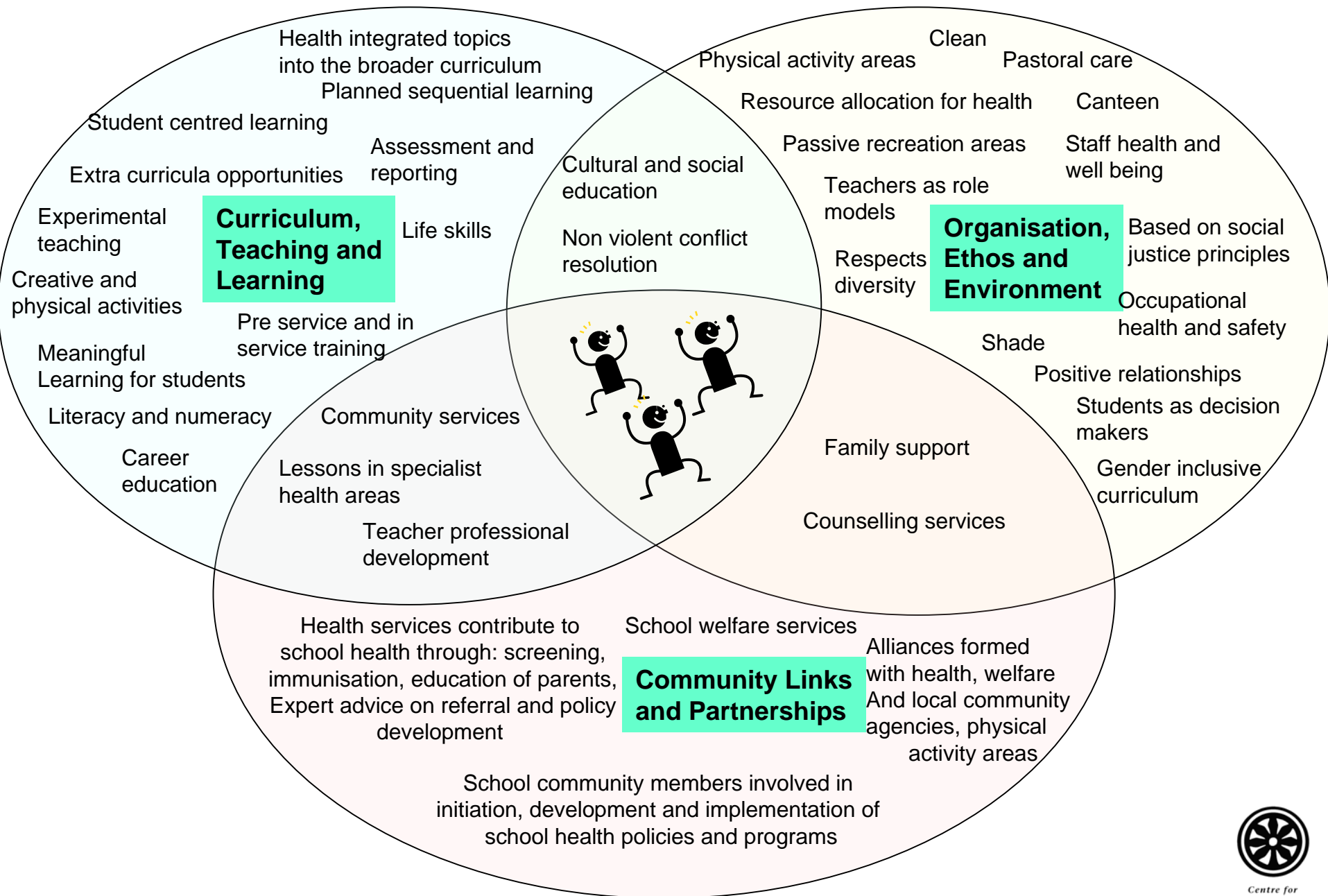
# *Health education interface*



# *An integrated model*



# HPS framework



Health promotion often seen as being “done to schools” rather than core business

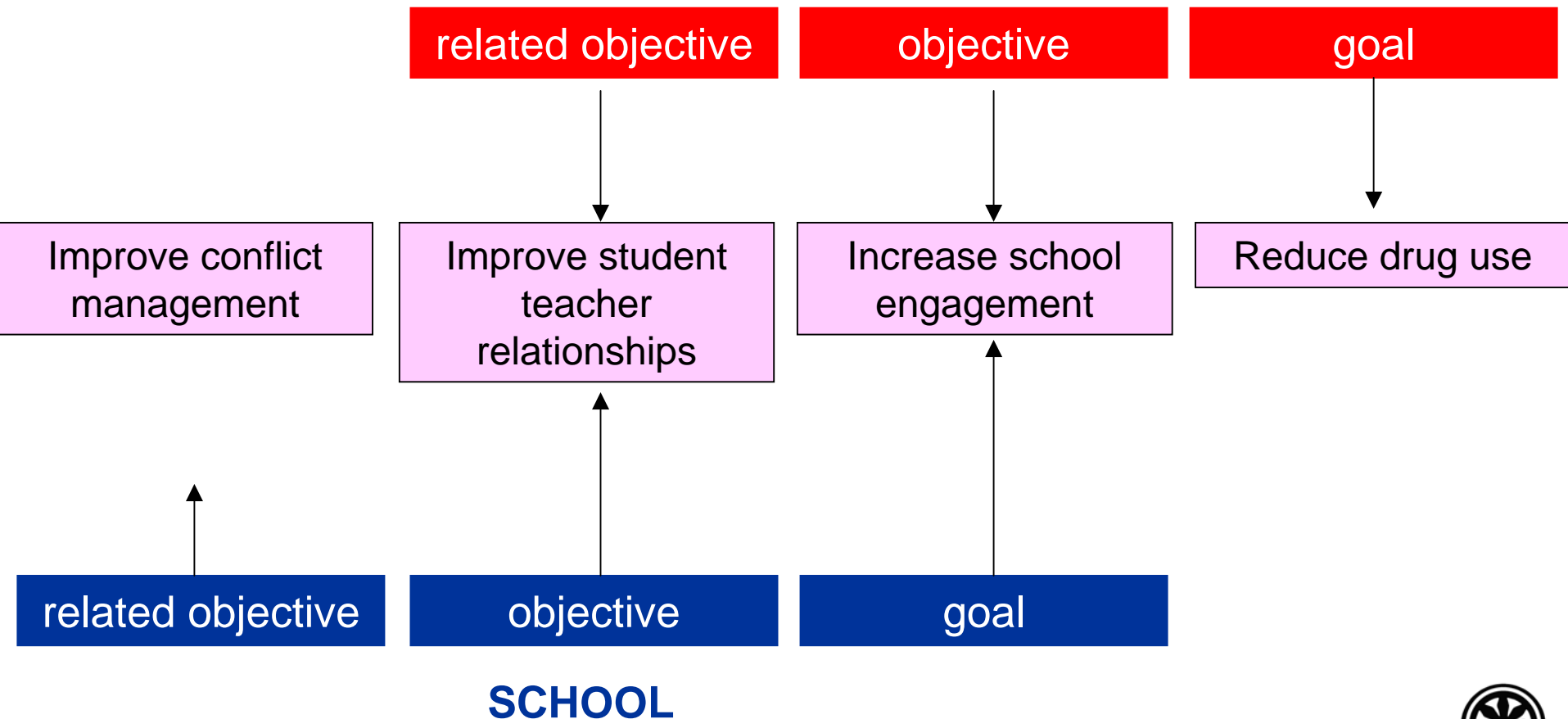


Blueprint for Victorian Government Schools, 2004

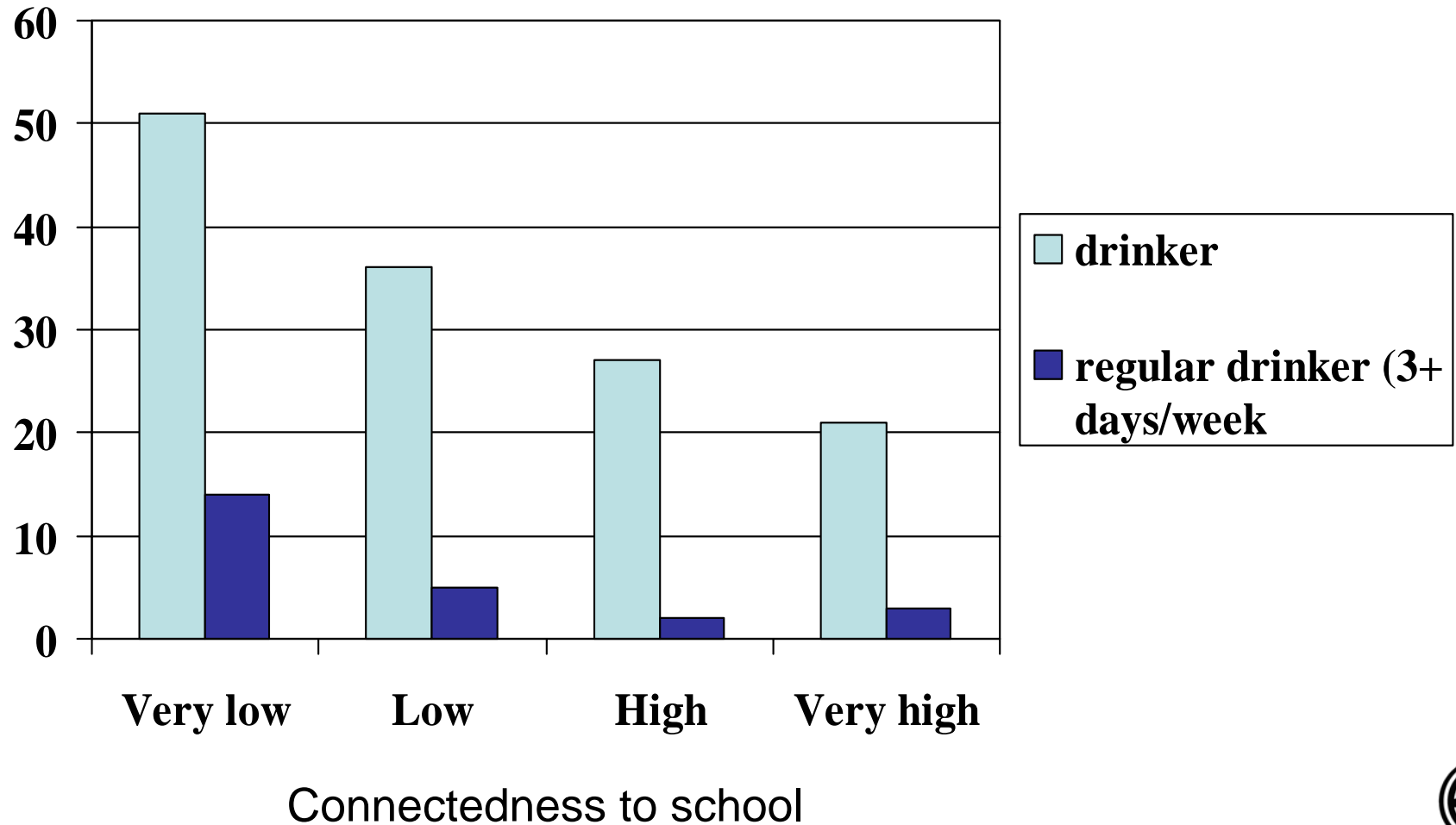


# Aligning health and education goals

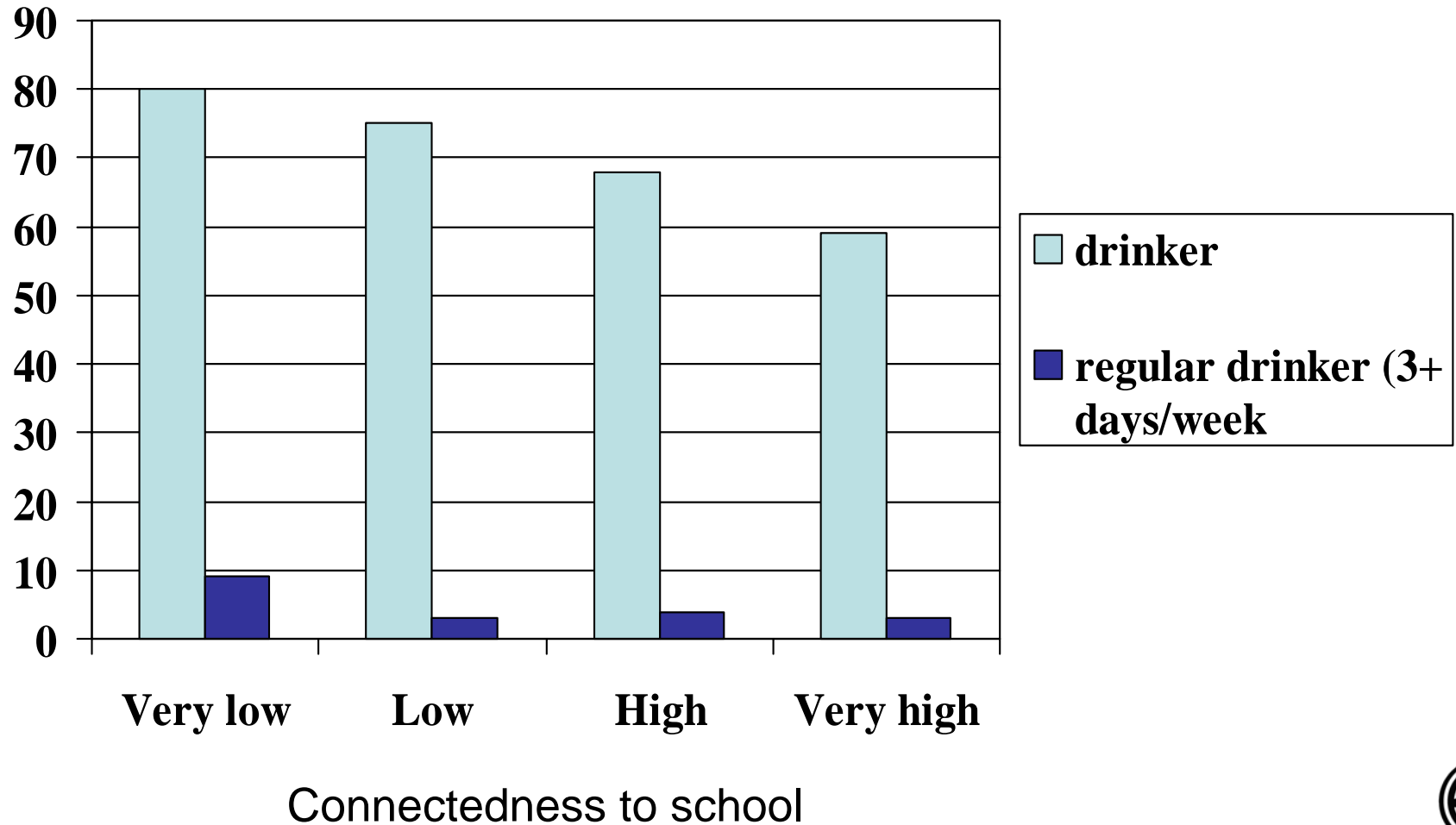
## Health Promotion Research



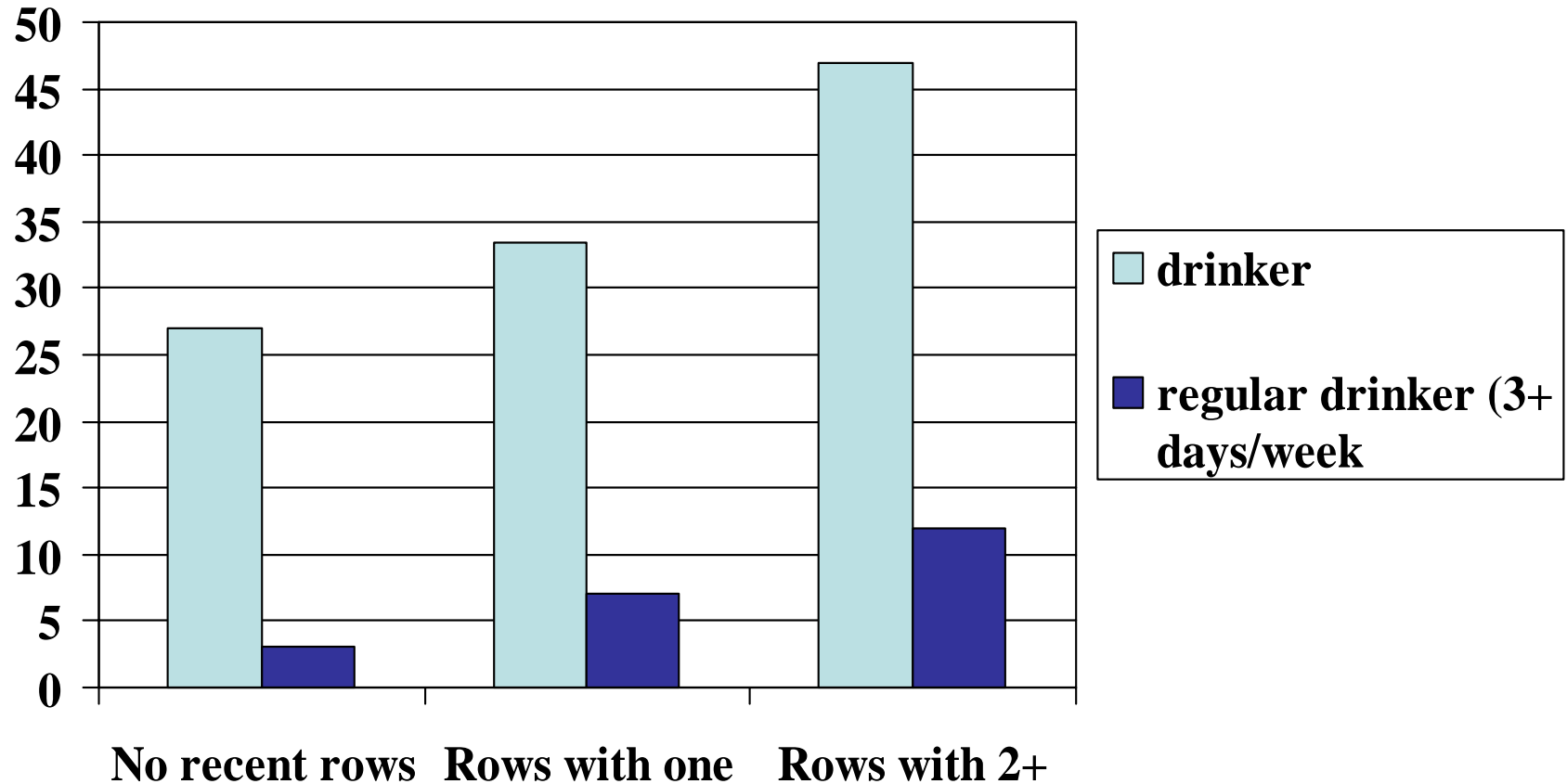
# Prevalence of drinking in Year 8 classified by school connectedness



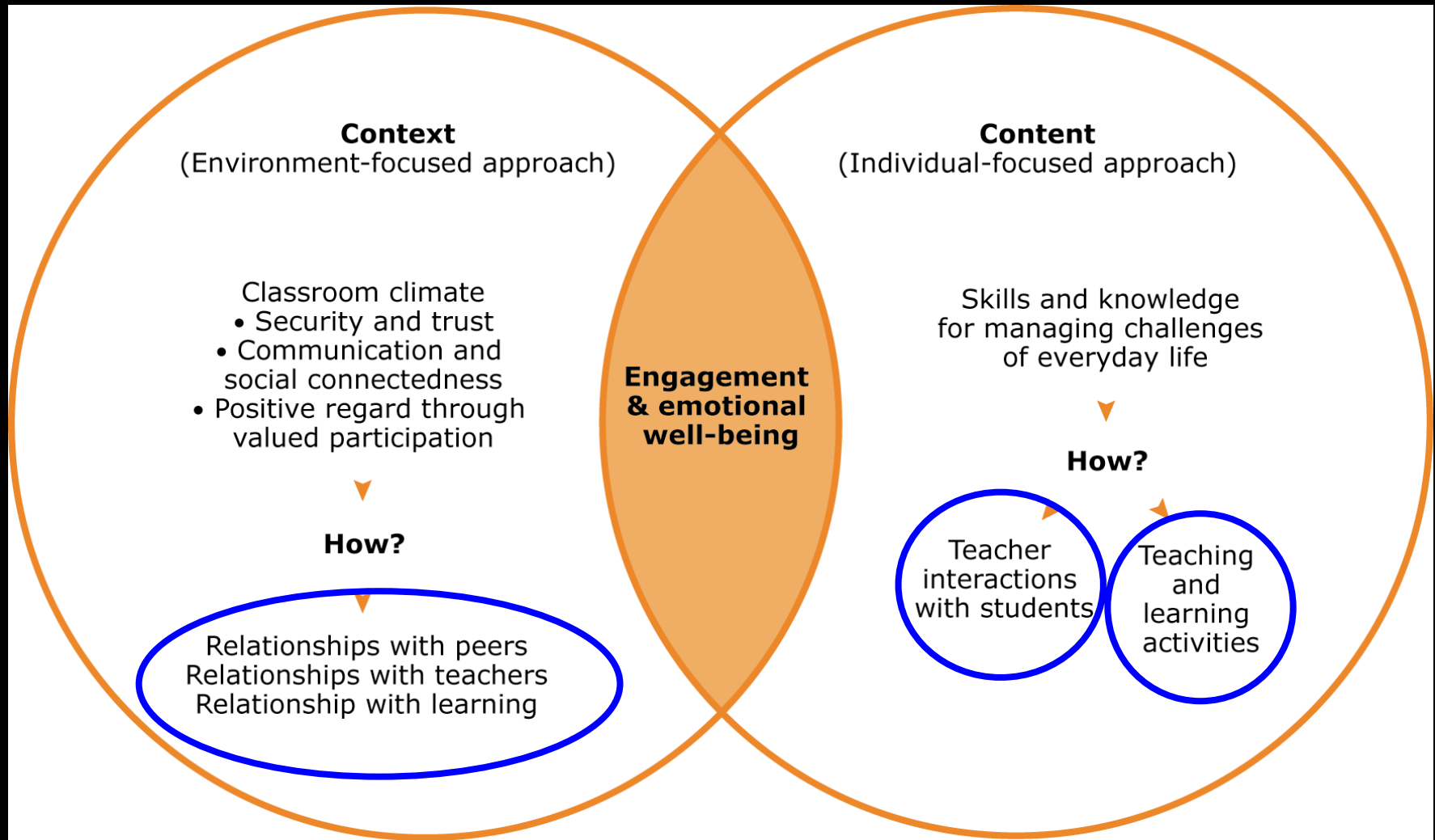
# Prevalence of drinking in Year 10 classified by school connectedness in Year 8



# Prevalence of drinking in Year 8 adolescents classified by recent rows



# The Gatehouse Project: Environment, relationships & learning



# A range of outcomes

- cluster-randomized trial
- after four years, from similar positions at baseline, marked health risk behaviours reported by 15% of intervention students vs 20% of control students
- lower rates of reported substance use, antisocial behaviour and early initiation of sexual activity in intervention schools, both in initial cohort and 2 subsequent cohorts of students

Patton et al 2006, AJPH

[www.gatehouseproject.com/publications](http://www.gatehouseproject.com/publications)

[www.rch.org.au/ahsep](http://www.rch.org.au/ahsep)



# Research question: What programs & interventions that impact on multiple outcomes can schools actually implement?

- Context is important. Use it rather than ignore it or adjust for it.
- Aim to meet a range of both health & educational goals
- Understand & apply process of school change to build health promoting practice and culture
- Integrate strategies with existing practice

