

SHEU [Schools Health Education Unit] provide a free resource that links to research on the Internet about children and young people's health and wellbeing.

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SHEU

Recent additions to the free research resource that supports those concerned with the health and wellbeing of children and young people

In January 2006, The Schools Health Education Unit [SHEU] began sending out a monthly email with links to research. The links were to information, chosen from the SHEU's databanks and the Internet, about the health and behaviour of young people aged 16+. The links were mainly to research papers and, where possible, to the complete paper or at least an abstract.

The development of the resource grew out of the SHEU's research work with schools and colleges across the country. It was clear that those working with children and young people did not have much time to search for relevant research that could support their work.

To join colleagues who work with children and young people and who receive this free resource please contact [David McGeorge](#)

To find more research please click on the following [link](#).

The resource is regularly updated and recent additions include:

[Effects of school environments on student risk-behaviours: evidence from a longitudinal study of secondary schools in England](#)

"... schools with rigid 'boundaries' (weaker relationships), for example, between staff and students, or learning and broader development, engender weaker student school commitment and sense of belonging, particularly among disadvantaged students, leading to greater involvement in risk-behaviours." ... "Our results provide direct support for the theory of human functioning and school organisation and suggest a sense of belonging in school might be particularly protective factor among secondary school students."

[Association Between the Activity Space Exposure to Parks in Childhood and Adolescence and Cognitive Aging in Later Life](#)

"Factors such as road traffic accidents seem to be important in determining the size of an adolescent's activity space and their propensity to spend time in natural environments, which may ultimately promote or inhibit their successful cognitive aging later in life."

[The role of school-based health education in adolescent spiritual, moral, social and cultural development](#)

"Overall, the majority of young people who reported receiving PSHE education were positive about the benefits of this school-based health education. Positive perceptions of PSHE education were significantly associated with increased spirituality among young people, reduced engagement in both fighting and bullying perpetration and increased general self-efficacy."

[Influences on diet and physical activity choices of 11-13-year-olds in a school setting](#)

"A qualitative approach explored the factors that influence diet and physical activity choices of 11-13-year-olds, from secondary schools in Devon, with a particular focus on the impact of the school environment." ... "Participants demonstrated good knowledge of what constitutes a healthy lifestyle and its importance for future health, although it was not necessarily seen as a priority at this stage of life. Key influences on their choices were their peers and family, although participants also identified that the school environment influences the food choices they make while there."