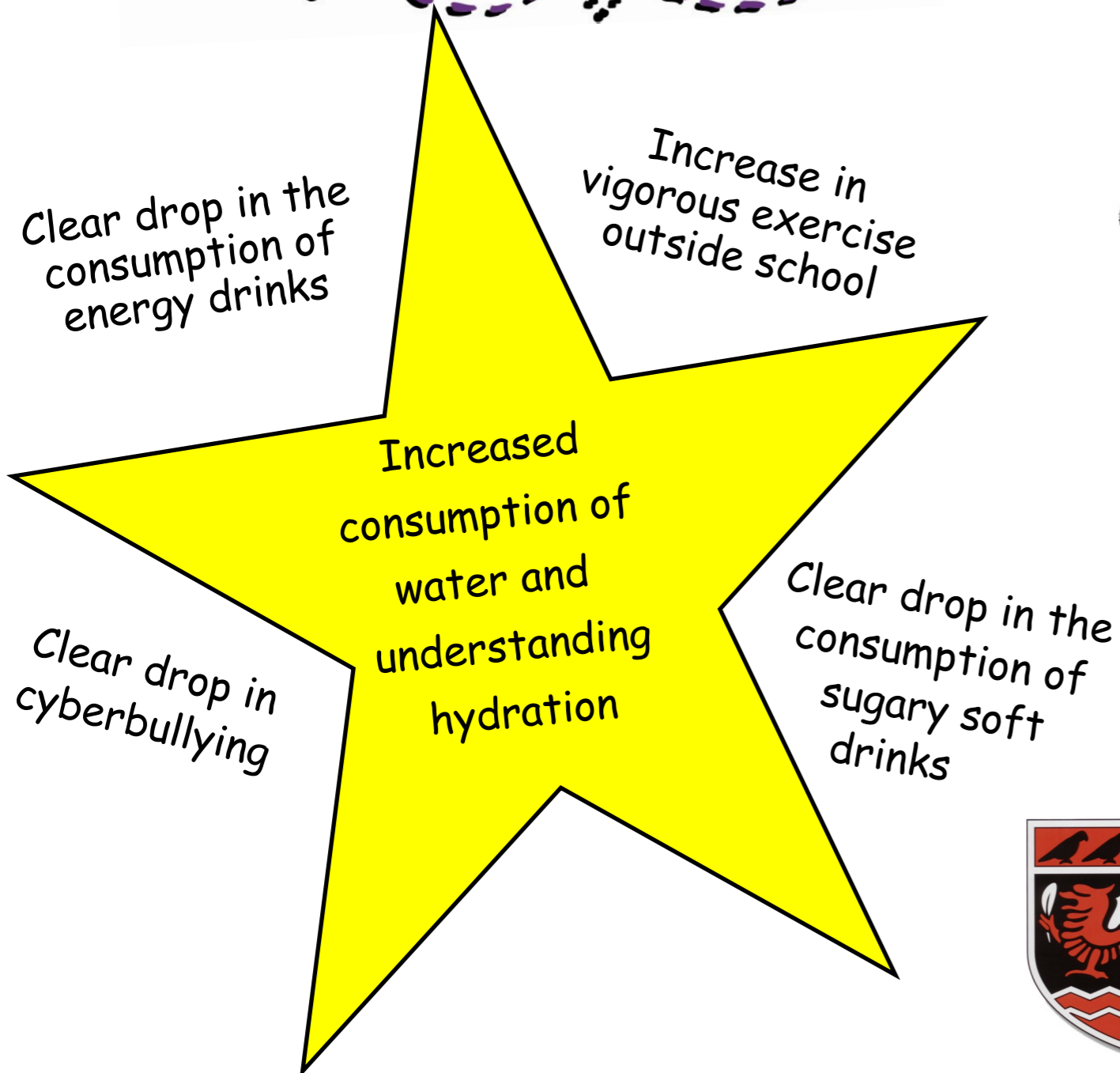


Our SHRN Report Summary

2018 Celebrate!



Summary comparing our 2018 and 2016 reports:

Since our 2016 report there are areas of health and wellbeing to celebrate and areas to continue to develop.

Key areas that were focused on since the last report include:

Water & hydration promotion, Violence in relationships, Sugary soft drinks, Energy drinks, Vigorous exercise, Cyberbullying, Psychoactive drugs, Sleep, Under pressure.

Techniques to deal with pressure



Understanding and using respectful language

Raising awareness on e-cigarettes and the dangers regarding alcohol.

Understanding the importance of sleep and sleep anchors.



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SCHOOL HEALTH
RESEARCH NETWORK