

BASIC APPROACHES TO HEALTH- SAVING EDUCATION OF SCHOOLCHILDREN IN UKRAINE AND FINLAND

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Abstract

- Human health is the basic value of the individual
- The article focuses on the main approaches to health education of schoolchildren in secondary schools in Ukraine and Finland
- Strong health of the younger generation is a guarantee of successful development of the entire nation

Keywords:

- health-saving education
- health
- approaches to health-saving activity
- healthy lifestyle
- schoolchildren's health
- health culture

The aim of the article

- is to analyze the main approaches to health education of students and identify the need for healthcare work with students in Ukraine and Finland

Materials and methods

For achieving the aim of the article, we have used theoretical methods of research:

- analysis and synthesis of scientific literature and information sources of health-saving topics
- comparative-pedagogical method (for studying foreign experience)

Results and Discussion

Before highlighting the peculiarities of the process of health-saving education we consider it expedient to focus on the basic concepts of our article:

- **Healthy lifestyle** is a certain way of human life, which involves formation, strengthening and preservation of health
- **Health-saving education** – the interaction of the teacher and the student in the educational process, which ensures mental, physical and social well-being of each participant of the process

As the main approach to ensuring health education the school of health is aimed at:

- productive education for health formation
- providing adequate opportunities for physical education and rest
- provision of school sanitary and medical services
- healthy nutrition programs and food safety
- projects for the promotion of a healthy lifestyle

Health-saving education in Ukraine is implemented through the following principles:

- do not hurt
- caring for the student's and teacher's health
- continuity of training
- interdisciplinary approach to learning
- responsibility for own health
- high activity

**Finnish “Schools for health promotion” there
are the following approaches to health
education:**

- taking care of yourself and others
- prevention of the main causes of illness, disability, mortality
- creation of a healthcare environment through medical services, physical and social conditions;
- influence on schoolchildren's behavior, etc.

Conclusions

- So, we have found out that a developed society has the following features: presence of a high level of education and constant development of a health culture. The basic approaches, methods, techniques and skills for the development of health-saving skills of students in the context of school education are complex. The approaches to health-saving activities in Ukraine and in Finland are aimed at improving the health of each person and nation as a whole.

**Thank you for your
attention!**

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