

SOCIAL HEALTH

- Social health is a Tier 1 Intervention for schools. Protective and preventative.
- Social Health: One's ability to build, maintain and improve mutually benefitting relationships with, but not limited to family, friends, peers, working relationships, online relationships, relationship with technology, relationship with one's environment and the relationship with self.
- Physical Health wasn't in every school with set standards until after the Civil War to make sure the nation was fit to prepare future generations for war. However, WW1 had 1/3 of recruits physically unfit for combat. After this, more funding and legislation was implemented to standardized and improve quality of course. Social Health can be the new physical health in our schools to improve the health of our students.
- Social Health is an overarching umbrella to help both education and the mental health of students.
- Anything you are doing inside of your schools to build, maintain, and improve the quality of relationships with students, parents, and/or staff in your schools can fall under Social Health.
- Articles talking about improved quality of relationships leading to better health
https://www.outsideonline.com/health/wellness/social-fitness-happiness-longevity-waldinger/?utm_campaign=OOL%20-%20NL%20-%20Bodywork&utm_medium=email&hsmi=243450727&hsenc=p2ANqtz-8ciLPtS4tLTelfo4WojqiGzgElhSctVY2ClxFc8wzgtzdsf2chyFWpfBp8e9iAKcJRo4Nzxc5SEB6C3TUqMBtzU4t8g&utm_content=243396994&utm_source=hs_email

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0258535>

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