



S·H·E

Schools for Health in Europe

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My experience in the field of Health Promoting Schools

I graduated primary health nurse in 1980 and since then health promotion has become a big part of my DNA. My work as a primary health nurse has consisted in health-promoting and preventative visits to young families, health-promoting interventions in schools for pupils and teachers, also setting health promotion on the agenda in collaboration with parents, children, youngsters, practitioners, social workers and psychologists. My thesis in Art Therapy was about interventions for preschool-aged children. In my therapeutic work at The Danish Cancer Society, I also taught many teachers how to handle children in grief at schools around the Region of Southern Denmark. In the Research Center for Health Promotion, all employees have a health-promoting approach to their jobs. Health promotion is seen more broadly as a mere antidote to illness but also to embrace dimensions of good life and the importance of social relationships. For the past eight years, together with colleagues, I have developed and tested a research and dialogue-based health education tool in health-promoting communication for professionals and volunteers. The concept has been developed through a user-driven innovation process actively involving professionals, family members and volunteers.

My link to SHE

I have followed SHE on the sidelines through my close "SHE colleagues" in The Research Center of Health Promotion since SHE became part of UC SYD in 2017 I am fascinated by the many enthusiastic members who provide both practical and research knowledge to SHE just as I listen with great interest to stories from the many interesting meetings that my colleagues participate in SHE. The cultural exchange undoubtedly adds value to the individual's health-promoting intervention in their own practice - for the benefit of children, parents and colleagues around the world.

My future ambitions for SHE

I hope that SHE will continue and further develop its good work as a platform for the development and promotion of health promotion in schools for the benefit of future generations. The world now and in the future needs to strengthen children's empathy for others. Therefore, my vision is that empathy becomes a more visible part of health promotion in schools around the world. Helping children cultivate their capacity for caring and concern - for empathic actions.