

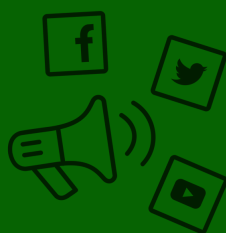
# Develop Health Literacy

Building knowledge, understanding and skills to research, apply and assess health information and services.

## Functional Health Literacy



Shift the focus from traditional sources of information



Recognise non traditional sources of information, e.g. social media, online



Research information and apply knowledge to respond to health-related questions

## Interactive Health Literacy



Develop more advanced knowledge, understanding and skills



Actively and independently engage with a health issue



Apply new information to changing circumstances

## Critical Health Literacy



Selectively access and critically analyse health information



Make judgements, critique and question information



Take action to promote health, safety, wellbeing and participation in physical activity for themselves and others

PDHPE provides opportunities for students to enhance their ability to gain access to, understand and use health information and services to promote and maintain health, safety, wellbeing and participation in physical activity.