

Body Language; Delivery Outcomes of a Health Literacy and Healthy Relationships Program for Young People

Authors:

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Background/Purpose:

Body Language is a health promotion and primary prevention of violence program developed and delivered by young people for young people. It was developed in 2023 to increase knowledge and health seeking behaviour in Queensland adolescents. Holistic and trauma informed education is delivered focusing on sexual, menstrual and mental health, body image, and healthy relationships.

Approach:

The program was developed by Women's Health and Equality Queensland (WHEQ) through research; consultation with industry professionals; interagency round tables; and in collaboration with young people. It has been delivered across the wider Brisbane region for two years in High Schools, Youth Justice settings and community organisations. Body Language consists of four modules covering: navigating the health system; understanding physical and mental health wellbeing; understanding, identifying and preventing eating disorders and negative body image issues; and practising respectful, equal and safe relationships. Anonymous pre and post surveys are collected from participants each session to evaluate the effectiveness of the program and to inform ongoing program refinement.

Outcomes/Impact:

In the past 12 months, 254 young people participated in 46 Body Language modules across the Brisbane region. The deliveries occurred in 12 mainstream and flexi schools, and youth organisations with many requesting additional deliveries to other cohorts of young people. At the conclusion of the 12-month period, 80% of young people who completed an evaluation reported an increased knowledge of the content delivered.

Innovation and Significance:

Body Language is a multifaceted health promotion and primary prevention program delivered by WHEQ. With two years now of delivery and program refinement, and with evaluations consistently demonstrating effectiveness, the Body Language program is currently undergoing development for third party delivery to support the scaling of this impactful health promotion resource.

Body Language is delivered with support from Brisbane South Public Health Network and the Queensland Department of Justice.