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.