

This is a Programme of Education for Health, which promotes **healthy lifestyles in the youth population**.

It is a freely distributed program which provides materials, training and support in the school and family environment and the main components of the educational activities in the acquisition of healthy lifestyles.

We believe that success in learning healthy habits of our youngsters depends on the participation and collaboration of all who take active part in their lives. Therefore, the program operates in the **school and family environment**.

LA NEVERA IN THE SCHOOL ENVIRONMENT

It is a Transversal Programme of Education for Health, which makes a proposal of activities in the areas of Sexuality, Nutrition, Drug Dependence and Adolescence, for all school subjects and pursuit involving the greatest number of teachers and students and that meet two keys objectives:

1. Work within various school subjects on the same aspect, concept, attitude, value, information, conduct., getting the greatest repercussion on the student
2. Facilitate the teacher's process of educating for health, contributing with developed activities, support in the classroom and not overloading them with more work.

Characteristics of the programme La Nevera in the school environment	
Objective:	Promoting healthy lifestyles in the young population by providing materials, training and supporting the school environment.
Recipients:	Students of 1st and 2nd cycle of Compulsory Secondary Education in School Centres in Alicante.
Activities:	Teacher or tutor works with proposed learning forms of the programme related to the following areas: Adolescent development Prevention of drug dependence Prevention of eating disorders Affective-sexual education
Educational units:	There are many actors involved in the education for healthy habits of young people and for this reason the proposal focuses on coordinating efforts and providing a solid content of the work we do in the classroom. This has been taken to the various thematic units in the areas of Nutrition, Sexuality and Adolescence, for first and second cycle of the compulsory secondary education. These units are offered at the beginning of the school year to the school centres to implement a set of joint activities in contrast to the idea of isolated activities.

	(It can be implemented completely, 4 areas or any particular area)
Accreditation:	The program offers to teachers who implemented the activities an option to recognize their educational work with a certificated of 10 hrs. (CEFIRE)
Realization period:	The programme is implemented during the school year.
Centres participating in the implementation of the programme:	The program implementation began in school year 2003-2004. And from then on the programme was constantly developing year after year, which manifested also in the constant increase of teachers, students and schools centres which have been participating in the programme.