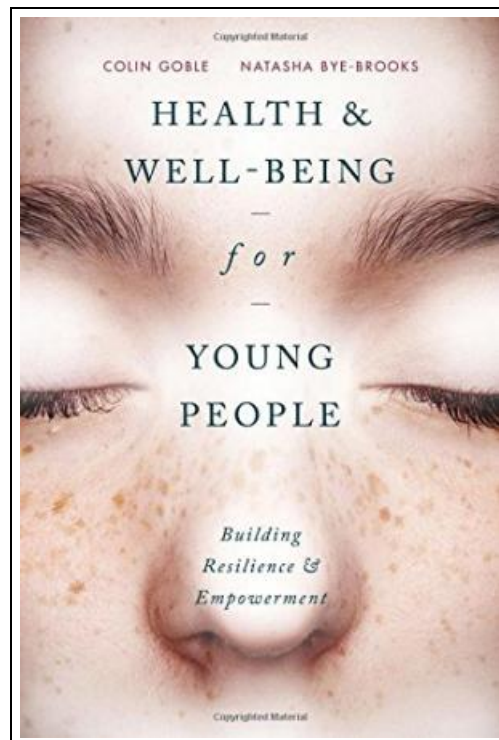


Health and Well-being for Young People: Building Resilience and Empowerment (Paperback)



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Reviews

A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and i encouraged this publication to learn.
(Elena McLaughlin)

HEALTH AND WELL-BEING FOR YOUNG PEOPLE: BUILDING RESILIENCE AND EMPOWERMENT (PAPERBACK)



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Palgrave MacMillan, United Kingdom, 2016. Paperback. Condition: New. 1st ed. 2017. Language: English . Brand New Book. Ethical beliefs, direct personal experiences, and the knowledge we accumulate from sources such as TV dramas, magazines and social media all shape our ideas about health and wellbeing. In this highly engaging new book, Colin Goble and Natasha Bye-Brooks bring the focus to young people, particularly adolescents, and explore the main challenges in creating and maintaining a society where young people can thrive, both physically and mentally. Tackling issues such as nutrition, sexual health, disability and substance misuse, the book provides an in-depth examination of the key concepts and theoretical perspectives surrounding health and wellbeing. Topics covered include:* Adolescence as a life stage, with particular focus on psychological, behavioural, social and cultural development and the concept of the teenager * The impact of environmental issues such as poverty, poor housing and lack of access to green spaces on young people s health and wellbeing* Acute mental health problems in young people, such as anorexia nervosa, schizophrenia and Obsessive Compulsive Disorder* The sexualisation of young people, and identifying sexually vulnerable young people* The impact of poor nutrition and low levels of physical activity, combined with the socially-influenced body imageClear, concise and highly accessible, Health and Wellbeing for Young People provides an invaluable introduction to the key issues and debates that relate to the health and wellbeing of young people, both in the UK and beyond.



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