

Title: The relation between adolescents' participation and well-being

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Health is not created in a vacuum but in the relationship between individuals and their surroundings. Settings like school is therefore an important arena for adolescents since they spend the majority of their waking hours there. Earlier research has been particularly focused on risk factors related to mental illness in children and youth, rather than what promotes and strengthens their well-being. Studies from our research show that participation is a key factor for pupils positive health and well-being. With use of participatory visual methods we enable adolescents to put their eyes on, for them, critical aspects for well-being, discuss these issues together and make propsals to descision makers about change.

In order to gain understanding of the needs and values of new generations, adolescents need to be made a part of the development of their own everyday environment. This is also in line with article 12 in the UN Convention on rights of the child.

Photovoice, a participatory research metod and other visual metods I have used, enable adolescents to reflect on physical and social apsepcts in their school environment and in the community by taking photos or record cell-philms. The method, photovoice, will be described and early results will be presented from studies about well-being among students at vocational programmes at high school.

Biography

Maria Warne compleded her PhD in 2013 at the Department of Health Sciences at Mid Sweden University. She is lecturer in health sciences and her research focus on young peoples' wellbeing andparticipation. Her perspective is in the field of health promotion, often in a local context.

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