

Skills commonly used in Health Education include the following

Personal actions and skills for managing self	Interpersonal skills support the wellbeing of the other person and/or support the relationship between people, such as:	Local community or nationwide ('societal') health promotion strategies include using knowledge and skills when working collectively to take action. This includes actions such as:
<ul style="list-style-type: none"> • Self-management e.g. stress management, time management, self-nurturing • Positive self-talk (rational thinking) • Decision making - taking personal responsibility for acting in ways that promote wellbeing • Personal goal setting, action planning, implanting, reflecting and evaluating • Critical thinking and using reliable information • Values clarification • <u>Having personal knowledge</u> and skills* and knowing when to use them such as: <ul style="list-style-type: none"> ○ <i>Effective interpersonal communication (see the list of interpersonal actions right)</i> ○ <i>Expressing feelings appropriately</i> ○ <i>Asking for help from trusted others</i> ○ <i>Help seeking - accessing and using systems and agencies (e.g. at school or in community) that support wellbeing</i> 	<p>When interacting with others <u>using</u>:</p> <ul style="list-style-type: none"> • Effective listening • Assertiveness and using I statements, • Joint problem solving, • Giving positive and negative feedback • Negotiation and compromise, • Supporting and caring • Showing empathy • Valuing others - respecting the diversity of others – being inclusive. <i>In other words, NOT to bully, harass, intimidate, abuse or discriminate against people</i> 	<ul style="list-style-type: none"> • Advocacy – letter writing, petitioning, protesting, campaigning for change • Group processes for identifying issues to know where to target actions, e.g. questioning, surveying, interviewing ... • ... Critical thinking to understand situations – e.g. who is advantaged/ disadvantaged, seeing different perspectives and using these understandings to make decisions about actions • Collective goal setting, action planning, implementing, reflecting and evaluating (ACLP used for collective action) • Campaigning, presenting, advertising – making people aware of issues and what they can do about them • Implementing existing laws, policies or other guidelines at local community level and more widely

*Sometimes, deciding what is a 'personal skill' and what is an 'interpersonal skill' is situation specific.

Generally speaking interpersonal skills are any skills we use when we interact and communicate with other people.

- Sometimes we might say these skills are personal when we are talking about having **personal knowledge** of these skills – knowledge of what the skills are and the 'skill' of knowing how and when to use them.
- In other situations we use interpersonal skills when contributing to community actions, especially when we need to communicate our ideas or contribute to some form of action.

This can be confusing so in most cases it pays to say that **interpersonal skills** are any skills used to interact or communicate *directly with another person*.

If we are using *interpersonal skills to contribute to a community action*, we tend to think of this as a **societal** action or strategy.