

# PLANNING FOR HEALTH EDUCATION

- 1. Identify consumer/clients/patients and their characteristics
- 2. Identify consumer needs
- 3. Decide goals for health education
- 4. Formulate specific objectives
- 5. Identify resources
- 6. Plan content and method in detail
- 7. Plan evaluation methods
- 8. ACTION, Carry out the health education
- 9. Evaluate

# Stage 3: Decide on Goals for Health Education

- Raising Health Consciousness
- Giving Clients Health Knowledge
- Improving Clients Self-awareness
- Facilitating Clients Attitude Change
- Helping Clients to Make Decisions
- Helping Clients to Change Behaviour
- Effecting Social Change

# Stage 4: Formulate specific Objectives

- Rumuskan tujuan secara khusus: Pendidikan kesehatan reproduksi bagi anak SMA kelas II dengan diskusi tanya jawab
- Materinya, sasarannya, tempat dan caranya

# Stage 5: Identify Resources

- YOU:
- People who can help you
- Your client or client group
- People who influence your client or client group
- Existing policies and plans
- Existing facilities and services
- Material resources

# Stage 6: Plan Content and Method in Detail

- Which methods are the most appropriate for your objectives
- Which methods will be acceptable to the consumers
- Which methods you find comfortable to use