

# The Sustainable Development Goals

## Goal 3: Good Health and Well-Being

- Reduce the number of mothers who die during childbirth (mainly a problem in developing countries.)
- Stop babies and young children dying when things can be done to help them (access to medicine, healthcare etc.)
- End the spread of diseases that can kill people - AIDS, malaria, tropical diseases and diseases carried in water.
- Promote mental health and well-being.
- Help prevent people becoming addicted to drugs and alcohol.
- Improve the treatment of those addicted to harmful substances (drugs and alcohol.)
- By 2020 halve the number of deaths from road traffic accidents.
- Make sure everyone is informed about and has access to family planning services and information.
- Make sure everyone can get treated who needs it.
- Reduce the number of deaths from chemicals in the air, water and soil.
- Make sure all countries have good education and controls on smoking.
- Help all countries to act on early warning signs when there are big health and global health risks.



### Possible Learning Activities

- Look at vaccinations children receive in Scotland. Explore how these help to keep children healthy. Compare and contrast this to a country where these vaccinations are not routinely given looking at reason why and the possible consequences of this.
- Research diseases and how they spread.
- Explore what mental health is and look at how pupils can look after their own mental health to contribute to their general well-being.
- Drugs and alcohol – discuss the physical and mental effects of drugs and alcohol on the body. Examine the consequences of alcohol and drugs misuse on people's lives.
- Sign up to the Junior Road Safety Officer Programme (JRSO) so pupils can take the lead in highlighting road safety issues in their local area.
- Investigate how chemicals get in to the air, water and soil and how we can protect ourselves against the damaging effects.
- Pupils can write/perform/present an informative assembly on smoking presenting their peers with the facts about smoking and the possible risks to health.
- Examine a local or global topical health issue. Explore how the issue was dealt with and the impact it has on people and place considering if anything could have been done to prevent the issue or treat it more effectively.

## **Curricular Links**

### **Health and Wellbeing**

- I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and if this happens there is support available. **HWB 1-06a/HWB 2-06a/HWB3-06a**
- I know that there are some medicines and some other substances that can be used in a safe way to improve health and I am becoming aware of how choices I make can affect my health and wellbeing. **HWB 1-38a**
- I understand the effect that a range of substances including tobacco and alcohol can have on the body. **HWB 2-38a**
- I understand the positive effects that some substances can have on the mind and the body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. **HWB 3-38a/ HWB4-38a**
- I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health. **HWB 3-41b/HWB 4-41b**

### **Social Studies**

- Having considered responses to a recent international crisis, I can contribute to a discussion of the effectiveness of the responses. **SOC 3-19a**

## **Resources**

[United Nations - Goal 3 Good Health & Well-being](#)

[World's Largest Lesson - Goal 3 Teaching Resources](#)

[Keep Scotland Beautiful - Report: Scotland's Local Environmental Quality In Decline](#)

[OPAL - Air Quality Survey](#)

[Scottish Association for Mental Health](#)

[Childhood Vaccination Schedule - NHS Scotland](#)

[Junior Road Safety Officers](#)

[Road Safety Scotland](#)

[Brake: The Road Safety Charity](#)

[Health Scotland - Smoking Factsheets](#)

[Ash Scotland - Children, Young People and Tobacco](#)



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ISO 14001:2015 Certification No.208826