

health and well-being national challenge 2024

scouts background



"He who has health, has hope; and he who has hope, has everything."
Arabian Proverb



be prepared



introduction

Scouting is part of the global society where today many people suffer from mental illness during their lifetime. Scouting seeks to create a safe environment that promotes the development, well-being and safety of children and young people. We should create an ideal space to be able to listen and be listened to.

The health and well-being of our members becomes a top priority if Scouting is to achieve its mission. Having good physical and stable mental health means well-being in general.

Looking after physical and mental well-being will help us manage our emotions, manage stress, and enjoy a more active and fulfilling life.

General health, and particularly mental health, is extremely important to everyone!

SCOUTS South Africa has adopted the **Health and Well-being Challenge** as our **National Challenge for 2024!** Health and well-being are fundamental aspects of a Scout's development, and they play a crucial role in the overall Scouting experience, contributing to the overall development of Scouts and preparing them for a healthy and fulfilling life.

why health and well-being?

In Scouting, it is our priority to build a safe environment which promotes the development, well-being and safety of children and young people.

Whether you are currently healthy or unwell, looking after your health and mental well-being is an essential part of enjoying a long and fulfilling life. We need to equip children and young people with the necessary knowledge and skills to understand and take care of their health and mental health and support people around them.

In Scouting, it is the responsibility of all to take care and look after each other to ensure everyone feels well.



the challenge

SCOUTS South Africa's National Challenge 2024 addresses the Scouts for SDGs Campaign (Sustainable Development Goals), and will focus on SDG 3, the Good Health and Well-being learning path where young people will:



- Understand the importance of mental health.
- Interact and empathise with people suffering from illnesses.
- Encourage others to decide and act in favour of promoting health and well-being for all.
- Develop a personal commitment to promoting health and well-being for themselves, their family, and others, including considering volunteer or professional work in health and social care.
- Include health-promoting behaviours in their daily routines.
- Have the capacity to perceive when others need help and to seek help for themselves and others.



requirements

The Challenge for Scouts is broken down into **six ways to well-being**, starting with taking time to **Connect** with themselves and others, spending time doing things with family and friends, talking to people, as this promotes wellbeing.

Committing an act of kindness is associated with an increase in wellbeing and, as Scouts, we are encouraged to **Give** of our time to others with a service project in doing a good turn to **engage** and help someone at home, school or in your community.

We promise to 'help other people' and so we should **Take Notice** and be aware of the people around us and if they seem unhappy, we should check to see that they are okay. In this fast-paced life in which we live, we also sometimes need to just slow down and take time out to look around us, take in our environment and enjoy the moment.

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Scouts are expected to **Be Active** which has the benefit of encouraging social interactions as well as providing some level of exercise.

The Scouts are encouraged to **Keep Learning** and further their own personal development with the acquisition of a Scoutcraft, Scout Interest, or a Challenge Badge, which should assist with their own personal Scout advancement requirements.

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

And lastly, promoting **Healthy habits** for scouts is integral to their overall development. These habits not only contribute to physical health but also play a significant role in character building, teamwork, mental well-being, leadership, and the establishment of lifelong habits.

Full details of all the requirements for the *Health and Well-Being National Challenge 2024 – Scouts: Challenge* can be found [HERE](#). (Ctrl + Click to follow the link)



By taking up the National Challenge, young people throughout South Africa will be enabled to develop their knowledge, skills, and attitudes essential for achieving the Sustainable Development Goals (SDGs) and become an active part of the global Scout Movement's drive to empower young people for global environmental action.

By completing all the requirements of the *Health and Well-being National Challenge 2024*, Scouts will automatically qualify for the SDG 3 Badge, *Good Health and Well-Being*, the requirements for which are as follows:

SDG 3 *Ensure healthy lives and promote well-being for all at all ages.*

Do any TWO of the following:

- Earn the Public Health Scout Interest Badge.
- Complete the Aids Awareness peer educator training.
- Complete the Service Theme in your next advancement level.
- Play a leading role in a Patrol, Troop, or District activity to address at least one health challenge in the community
And complete the First Aid requirements in your respective advancement level.





health and well-being ♥

Several factors contribute to better physical and mental health. It's important to note that individual needs and circumstances vary, but the following factors are generally recognized as beneficial for overall well-being:

- **Regular Exercise:** Physical activity is crucial for maintaining a healthy body and mind. It helps reduce the risk of chronic diseases, improves cardiovascular health, and enhances mood by releasing endorphins.
- **Balanced Diet:** Eating a nutritious and well-balanced diet provides the body with the necessary nutrients for optimal functioning. A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats supports physical and mental health.
- **Adequate Sleep:** Quality sleep is essential for physical and mental recovery. Lack of sleep can contribute to a range of health issues, including impaired cognitive function, weakened immune system, and mood disorders.
- **Stress Management:** Chronic stress can negatively impact both physical and mental health. Techniques such as mindfulness, meditation, deep breathing, and yoga can help manage stress and promote relaxation.
- **Social Connections:** Maintaining positive social relationships is crucial for mental health. Social support provides emotional well-being and can act as a buffer against stress. Loneliness and social isolation, on the other hand, are associated with various health problems.
- **Hydration:** Drinking an adequate amount of water is essential for overall health. Dehydration can negatively affect physical and cognitive functions.
- **Substance Use:** Avoiding the consumption of substances like tobacco, alcohol, and especially recreational drugs, contributes to better health. Substance abuse can have serious physical and mental health consequences.
- **Regular Health Check-ups:** Periodic medical check-ups can help detect and address health issues early on. Prevention and early intervention are key to maintaining good health.
- **Learning and Intellectual Stimulation:** Engaging in continuous learning and intellectually stimulating activities helps keep the mind active and can contribute to cognitive health. This includes activities like reading, puzzles, and lifelong learning.
- **Work-Life Balance:** Balancing school work and personal life is important for overall well-being. Chronic overwork and a lack of leisure time can contribute to stress and negatively impact mental health.
- **Positive Thinking and Mindset:** Cultivating a positive outlook and practicing gratitude can have a positive impact on mental health. Positive thinking can influence resilience and coping mechanisms.
- **Hobbies and Leisure Activities:** Pursuing hobbies and engaging in leisure activities can provide a sense of fulfilment and joy, contributing to overall life satisfaction.

It's important to recognize that these factors are interconnected, and addressing one aspect can often positively influence others. Additionally, individual needs may vary, so it's essential to tailor health practices to one's specific circumstances and preferences.



why participate in the national challenge?

Besides the obvious benefits of highlighting health and well-being to the Scouts and providing a programme to assist them in the awareness of their own well-being, there are several other advantages in terms of the Scout Advancement Programme.

Participation in the National Challenge will greatly assist the Patrol and Troop in achieving the Star Patrol and Star Troop Awards as there are several National Challenge activities that will contribute towards qualifying for Star Patrol and Star Troop.



In addition, there are several opportunities to complete, or partially complete, some of the advancement requirements by participating in the National Challenge.

See the *Health and Well-Being National Challenge 2024 – Scouts: Why Participate?* document found [HERE](#).

registration

Troop Scouters are requested to register their Troops for participation in the *Health and Well-being National Challenge 2024* by clicking on the **Health and Well-being Registration Link [HERE](#)** (Ctrl + Click to follow link). It's simple quick and will only take two minutes!

Please register your Troop for participation in the National Challenge 2024 by the latest 31st January 2024.

challenge period and deadline

The **National Challenge 2024** runs from 1st January to 30th November 2024. All elements of the National Challenge must be completed by 30th November 2024 and entries are to be submitted to your Regional Team Coordinator by Monday, 9th December 2024.

national challenge 2024 badge

On completion of the National Challenge 2024, the participating Scouts who successfully completed all six *Health and Well-being Challenges* will be awarded a National Challenge 2024 badge. The Scout Troop will be awarded a special *Health and Well-being Challenge* certificate.

This Health and Well-Being Challenge document should be read in conjunction with the following documents, all of which can be found on the SCOUTS South Africa website [HERE](#).
(Ctrl + Click to follow the link)

- *Health and Well-Being National Challenge 2024 – Scouts: Challenge Guidelines*
- *Health and Well-Being National Challenge 2024 – Scouts: Link to Entsha*
- *Health and Well-Being National Challenge 2024 – Scouts: Challenge Checklist*
- *Health and Well-Being National Challenge 2024 – Scouts: Programme-On-A-Plate*

Acknowledgements: – WOSM *Safe from Harm Mental Toolkit*
Scouts for SDGs

