**Public health helping schools:**

**“Skin Guards” - Skin Health Program**

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**(In this program teachers get help in doing their fourth health promotion task of holistic health promotion /HHP, see short summary in the frame below/: improving health literacy and health competencies of children.)**

***Holistic health promotion in Hungarian schools: short summary***

*In Hungary the holistic health promotion (HHP) for schools is prescribed by law since 2012 and it means a holistic, whole school approach where health promotion has to be part of the every day life of the school - with participation of the whole school, parents and the public environment. HHP contains four health promoting tasks for teachers to do in their every day work:*

*I.) Healthy eating - potentially based on local food products;*

*II.) Daily physical education fulfilling health promotion criteria and other forms of physical activity;*

*III.) Use of appropriate pedagogic methods (including also the use of arts) to enhance mental health;*

*IV.) Improving health literacy and health competencies of the children.*

The increasing prevalence of skin tumors, the uncritical spread of tattooing and piercing and the increase in the proportion of young patients having sexually transmitted diseases in the recent years has supported the need for educational programs for young individuals. For this reason, we have launched a series of informative lectures covering various topics of skin and sexual medicine for young population between 14-18 years of age, in the form of 20-minute lectures. At the end of 2017, a Skin Health Team called “BőrŐrök” (”Skin Guards”) was established, and the Skin Health Program was launched.

We ask for pre-registration, but the participation is free of charge and thanks to the supporters of our program we even offer our guests various gifts (e.g., condoms, sunscreens, paper tissues, etc.). In the program, co-workers of the Department of Dermatology, Venereology and Dermatooncology of the Semmelweis University participate on a voluntary basis, for no extra payment.

Participants in the program:

**Hunor Gergely,** M.D. His presentation entitled *„Sex: I don't know where to put it”* gives important information in a humorous manner, in the language of teenagers, richly illustrating the structure and function of the male and female genital organs. We included the Budapest Medical Students’ Association (BMSA) in our health program. One of its members presents the most important options for male and female contraception in our program.

**Alexandra Brunner,** M.D. In her presentation entitled “*Sexually Transmitted Infections: How to Win?”*, she speaks about sexually transmitted infections, symptoms, ways of spreading and the possibilities of prevention and screening.

**Andor Hodossy-Virágh,** M.D. gives a lecture entitled *"Honestly about tattoos"*, and he talks about the aims, preparation and removal of tattoos. After a historical review, he presents the possible dermatological side effects of tattoos. He also informs about the regulation of making tattoos in Hungary and in the European Union.

**Ilona Bencés**, chief nurse gives a talk entitled “*Turmix - Health Education enjoyably*”. It is based on our everyday life habits, illustrates the relationship between good and incorrect hand washing, sneezing and infectious diseases. She explains why it matters how much we sleep and gives practical suggestions for good hair care as well. The rapporteur deals with the problems that affect youngsters the most, taking into account the age-related characteristics of adolescents.

**Anikó Kovács,** M.D. In her lecture entitled *"Annoying Red Dots"*, she talks about the manifestation and clinical symptoms of acne which may be highly frustrating for teenagers. She gives information about regular and professional skin care, the importance of the cooperation of beauticians and dermatologists. In the second half of her lecture, she also explains the possible ways of epilation.

**Enikő Kuroli,** M.D. In her presentation entitled “*Light protection, moles, melanoma*”, she illustrates the process of sunburn and the different skin types with pictures and diagrams. Further, she speaks about moles, teaches students how to apply the ABCDE rule. She demonstrates the dangers of melanoma and draws attention to the extremely damaging effects of tanning beds.

The program is closed by a playful quiz.

In cooperation with the Hungarian Health Visitor Association, Hungarian health visitors also participated in our program. (Health visitors are specialized nurses in Hungary who work on the field of social medicine. They are social workers and nurses at the same time.)

We try to involve as many teenagers as possible in our Skin Guards program.

Important information about the program and photos are available at <http://semmelweis.hu/borklinika/bororok/>