

Carrying out the Education for Safety as a Chance to Minimise Risky Behaviour of School-age Children and Youth

Abstract

Experiences in many countries show unequivocally that the engagement in the overall activities aiming at shaping people's health behaviours, that is, at undertaking efforts to increase competence of individuals and even groups at different levels of social life organization, yields expected effects. It has been known for a long time that preventing harmful phenomena is much more profitable than actions against negative results which have already emerged. One of the important elements of a lifestyle, often having tragic health consequences is undertaking risky actions in the everyday life of school-age children and youth.

Key words: *health of school-age children and youth, lifestyle, prevention, safety, trauma, accident, injury, trauma with burning.*

Healthy life is a basic aim of every human, determining practically every sphere of human behaviour (Z. Chromiński, 2003, p.3). One of the conditions for such a life is an awareness that health is not a permanent state, therefore in all periods of life dissemination and promotion of the healthy lifestyle is so important (E. Juško, B. Niziołek, 2000, p. 42).

Lifestyle and health actions can, or even should change within the scope of human life. However, the most important period of its shaping is childhood and youth. This shaping is heavily influenced by health actions carried out by adults, most often parents and teachers, providing a child with certain life conditions and being a role model of conduct, who a child copies and often accepts uncritically. Participation of every man in searching for, creating and controlling one's own health is a **basic rule of health promotion**. Such an approach of a modern