Abstract

How can interactive technology be used to facilitate health and well-being in school?
Reflections from school children in the Barents region

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The aim of this study was to elucidate school children’s reflections and ideas on how interactive technology can be used to promote health and well-being in school in the Barents region. The data was collected in the northern part of four countries; Finland, Norway, Russia and Sweden. 630 students aged 13-15 filled out the World Health Organizations’ Health Behavior in School-Aged Children self-completion questionnaire with one additional open question, which is discussed in this oral presentation (n=419). The open question focused on how school children suggest that technology, such as mobile phones, apps and computers, can be used to facilitate their health and well-being in school. The school children’s reflections and ideas on how interactive technology can be used to promote health and well-being in school are presented and discussed with school staff, such as teachers and school health care personnel, in mind.