



Course syllabus

Faculty of Social Sciences
Department of Education

1PE504 Att främja psykisk hälsa bland barn och unga, 7,5
högskolepoäng

To promote mental health among children and young people, 7.5
credits

Main field of study

Education

Subject

Education

Level

First cycle

Progression

G1N

Date of Ratification

Approved 2023-02-06.

Revised 2025-04-23. Revision of the reading list.

The course syllabus is valid from autumn semester 2025.

Prerequisites

General entry requirements.

Objectives

Upon completion of the course, students should be able to:

- identify and account for basic concepts within the field of mental health and ill health, and relate these to promotional health activities,
- apply basic concepts and methods within the field of promoting children's and

young people's mental health,

- problematise basic concepts and the application of these.

Content

Within the scope of the course, students are given the opportunity to learn more and gain a deeper understanding of children's and young people's experiences of mental health. The course discusses mental health and ill health in young people, what aspects that promote health and aspects that prevent ill health. The course also looks into various actors' importance to the work with young people at the social level, group level and at the individual level. Basic theories and concepts within the field of mental health in children and young people as well as health promotional factors are discussed. The course gives the students the opportunity to integrate theoretical knowledge and practical health promotional work.

Type of Instruction

Teaching takes place in the form of lectures and seminars.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course objectives takes place on two occasions with one oral group presentation and one individual written assignment.

In order to receive a grade of Pass in the course, the course objectives must be attained.

For a grade of Pass with Distinction in the course, it is required that the student receives the grade of Pass with Distinction for the individual written assignment.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course as well as to new students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Almqvist, Lena & Björk, Eva (2023). *Förskolans roll för att främja psykisk hälsa*. Stockholm. FORTE: Forskningsrådet för hälsa, arbetsliv och välfärd. 8 pages. Available on the Internet.

Bähr, Kristina (latest edition). *Psykisk hälsa i skolan: främja, skydda och stärka*. Natur & Kultur. (192 pages).

Folkhälsomyndigheten. (2021). *Vad är psykisk hälsa?* Stockholm:

Folkhälsomyndigheten. Available on the Internet.

Hellénus, Mai-Lis. (2022). *Varje rörelse räknas*. FRÄMJAFYS, Kommittén för främjande av ökad fysisk aktivitet, Regeringskansliet. 66 pages. ISBN: 9789198678369.

Hellström, Lisa & Linda Beckman (2021). *Det är lite mer så här mainstream att ha psykisk ohälsa samtals om ungas behov och livsfärdigheter*. Malmö: Libris. 63 pages. ISBN: 9789178771691.

Hellström, Lisa & Linda Beckman. (2020). *Att Främja Hälsa Och Förebygga Ohälsa Bland Ungdomar*. 56 pages. ISBN: 9789178771103.

Kostenius, Catrine & Maria Warne. (2020). Främja Psykisk Hälsa – Elevers Erfarenheter Och Förslag Visar Vägen För Skolan. *Socialmedicinsk Tidskrift* 97.5-6 : 847-865. Available on the Internet.

Partanen, Petri (2019). *Hälsa För Lärande - Lärande För Hälsa*. 134 pages. ISBN: 9789175593357.

Ramberg, Joacim. (2021). *Att Främja Psykisk Hälsa Bland Unga I Skolan*. Skolverket. 10 pages. Available on the Internet.

Wikman, Sofia (2018). *Unga Mår Allt Sämre - Eller?* Rapport av Mind i samarbete med Högskolan i Gävle och Länsförsäkringar. 60 pages. Available on the Internet.

Additional scientific publications, approximately 100 pages.