

The science of behaviour change

Learning Foci	Understand/Know/Do	Suggestions for pedagogies/strategies	Supporting resources
The science of behaviour change	<p>What can students do with what they know and understand? What learning will endure beyond school?</p> <p>Investigate and understand key principles that underlie successful behaviour change from behaviour change research e.g., awareness of triggers, using choice architecture or environmental changes to nudge behaviour change, rewards and incentives, small/achievable changes, understand different strategies work for different people.</p> <p>Acknowledge that behaviour change can be hard to achieve.</p> <p>Use the process of regressive inferencing to analyse why people might behave as they do.</p> <p>Use a decision matrix.</p> <p>Understand and apply the concepts of delay discounting and short- and long-term thinking, and stress reactivity.</p> <p>Investigate and tell stories of success related to achieving health behaviour change.</p> <p>Discuss the effectiveness of framing health messages in a positive or negative way.</p> <p>Investigate the effectiveness of personal health data and tracking apps.</p>	<p>Envisage and design: what would a shop supporting community health look like?</p> <p>Read and discuss a case study on a community's efforts to reduce sugary drink consumption. Identify the different factors involved such as social norms, access, and advertising, and discuss how these factors contribute to the complexity of the issue.</p> <p>Regressive inferencing: work backwards from the point of sugary drink consumption to understand social, political, economic, and other influences (Kelly & Barker, 2016).</p> <p>Engage in episodic future thinking – imagine a situation in the future – if current behaviour continues – what will the consequences or outcomes be? Imagine different reactions and outcomes.</p> <p>Reflect on, discuss, and analyse decision-making using scenarios:</p> <ul style="list-style-type: none"> • What types of decisions and factors influence the choice to buy/consume sugary drink? • Explore concepts of fast and slow thinking, and how to make a conscious, thoughtful choice – consider both values and facts. <p>Understand trade-offs between smaller short-term rewards/pleasure and long-term benefits (delay discounting). Recognise and value long-term rewards to improve in-the-moment decision-making.</p>	<p>Local case studies of community action, e.g., school policy, workplace wellness campaign, local action against advertising, use of a mobile app</p> <p>The Decision Playbook</p> <p>Scenarios and prompts</p> <p>Encouraging Health Behaviour Change: Eight Evidence-Based Strategies AAFP</p> <p>Using health psychology to help patients: theories of behaviour change - PubMed (auckland.ac.nz)</p> <p>Behaviour Change: Ministry of Health. (n.d.). Retrieved from https://www.health.govt.nz</p>