

P01-343

GROUP AND INTEGRATIVE ACTIVITIES IN ADOLESCENT'S HEALTH PROMOTION AT A PRIMARY SOCIAL PROTECTION SERVICE

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Introduction: External causes have been responsible for increased morbidity and mortality rates in Brazil. The most affected age range includes adolescent and young people, indicating the need for investments in public policies with a focus on health promotion.

Violence, as one of these causes, has become treated as a public health problem, influenced by social determinants of health.

Objective: Describe health promotion practices involving adolescent participants in a health promotion and education group.

Aims: Enhance the understanding of adolescent's health promotion.

Method: A qualitative and descriptive experience report was carried out at the Child and Adolescent Care Center in the interior of São Paulo State - Brazil. The programmed activities involved 15 adolescents and took place on sports courts, streets and sidewalks near the Center and in a room for group discussions.

Results: The themes drugs, sexual and reproductive health, interpersonal violence at school and in the neighborhood emerged from the adolescents' inquiries while accomplishing the proposed tasks in the different study environments. Group discussions were perceived as spaces for reflection and relaxation, and also as facilitators of bonding and, at the same time, of group adherence.

Conclusion: For the study subjects, making good friends, participating in sports and leisure, and talking about themes that are in line with their needs represented an important facilitator for health promotion and social inclusion.