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# Target-group-centred health literacy definition for children and young people

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## Source

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Health literacy of children and young people starts early in life and can be defined as a social and relational construct. It encompasses how health-related, multimodal information from various sources is accessed, understood, appraised, and communicated and used to inform decision-making in different situations in health (care) settings and contexts of everyday life, while taking into account social, cognitive, and legal dependence.

As such, health literacy is observable in children's and young people's interaction and practices with health-related information, knowledge, messages in a given environment (so called 'health literacy events or interactions'), while encountering and being promoted or hindered by social structures (in micro, meso, and macro contexts), power relationships, and societal demands.