

School-based Youth Health Nurse Service

The School-Based Youth Health Nurse Service aims to promote positive health outcomes for young people and their families.

Nurses work with school staff on curriculum, teaching and learning activities; provide health information and referrals; support the development of an environment and school culture which promotes health and wellbeing and liaise with the community and other services.


Did you know?

You can talk to the School Health Nurse about a range of health and wellbeing issues.



What the students are saying

- "I'm listened to."
- "I feel as if I have a comfortable and accepting nurse to go to when I have panic attacks, with tools to calm me down."
- "Was very helpful and changed the way I was thinking."



In 2016, our nurses provided information to **272,962 students** in **2,682 educational groups!**

Did we help you with your problem?



Top 5 education sessions

How many students attended our top 5 groups?

Nutrition and Physical activity 12,000 students	Sexual health 20,400 students	Mental health 56,800 students	General health and Wellbeing 57,100 students	Role promotion 73,100 students
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- Growth and Development** (Icon: Boy with soccer ball)
- Relationships** (Icon: Heart)
- Feeling sad, worried or angry** (Icon: Sad face)
- Healthy eating and exercise** (Icon: Apple and dumbbell)
- Personal or family problems** (Icon: Handshake)
- Smoking, alcohol and other drugs** (Icon: Cigarette, beer, and bottle)
- Sexual health** (Icon: Pillbox)

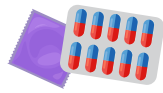


Group Health Education Topics



Drugs and Alcohol

- Looking after a mate
- Staying safe
- The law
- Decision making
- Information



Sexual health

- Support services
- Sexuality
- STI's
- Contraception



Healthy relationships

- Healthy Vs. Unhealthy
- Respect
- Bullying
- Sexual assault



Mental Health

- Support services
- How to help a friend
- Stress management
- Anxiety



Nutrition

- Healthy eating
- Physical activity
- Nutrition requirements
- Looking after your body

What are the top 5 issues students see the SBYHN for?



What the teachers are saying

"The support offered to our students via our SBYHN is a valuable resource at our school."

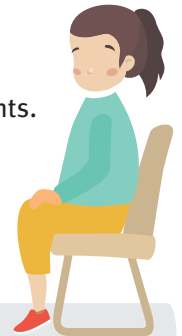
"Provides a valuable contribution to support team in the school."

"Your service has always benefited our most vulnerable students."

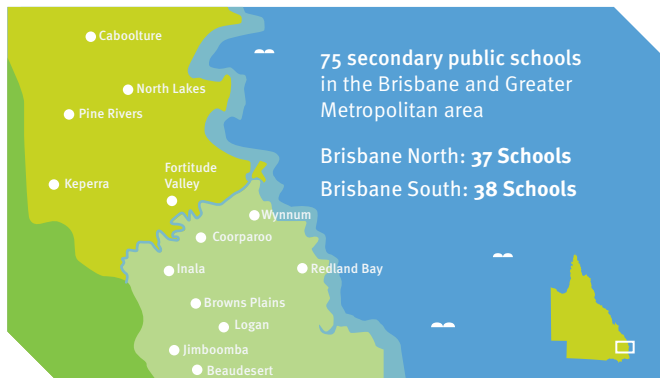
In 2016

SBYHN's saw a total of **4,904 students** in face-to-face appointments.

Year 10 had the highest rate of appointments with the SBYHN, however across the years they are fairly evenly spaced **13% - 20.4%**



Find us here



SBYHN's have a range of qualifications

Bachelor of: Nursing; Social Science (Psychology); Science (Specialist Practitioner-School Nursing)

Graduate Certificate in: Child Health; Mental Health; Sexual Reproductive Health; Alcohol, Tobacco and Other Drugs

Graduate Diploma in: Child Health; Adolescent Health; Health Science; Mental Health; Sports Science; Infant, Child and Adolescent Health

Masters in: Nursing; Nursing Education; Public Health; Counselling; Midwifery; Child Health

On average our SBYHN's have **10yrs clinical experience** plus **5yrs as a SBYHN**



For more information,
Please contact your local State High School.

