



school based
YOUTH health nurse

YOUR HEALTH MATTERS

Healthy school communities

The Youth Health Nurse works with the school community on issues that may affect the health and wellbeing of young people and the school community as a whole. This includes helping with curriculum, teaching and learning activities; providing health information and referral; supporting the development of an environment and school culture that supports health and wellbeing; and working with community and other services.

The Youth Health Nurse works with young people, school staff and parents to:

- promote health and well being
- create a supportive, healthy school environment
- connect people with other support services.

The Youth Health Nurse can provide health and wellbeing information about:

- healthy eating and physical activity
- feeling unhappy or stressed
- relationships
- healthy skin
- sexual health
- smoking, alcohol and other drugs
- personal and family problems
- growth and development.

Confidentiality

Young people have a right to confidentiality when accessing health services. As a health service provider the Youth Health Nurse respects this but there are some things which the nurse must refer or act upon. Please discuss what can be expected about confidentiality with the Youth Health Nurse. This will only take a moment.

In most cases it is best for young people to talk to their parents about health and wellbeing issues. The Youth Health Nurse can support young people to do this.

Getting the best help for health

At times other services can provide more appropriate or further help or support for young people. The Youth Health Nurse will discuss the options for working with other services or linking young people with the right services.



The Youth Health Nurse does not provide:

- treatment such as medications, injections, first-aid
- physical examinations
- ongoing counselling for psychological problems.

Your Youth Health Nurse is:

Appointments can be made to see the Youth Health Nurse before or after school, during breaks or in class time.

Queensland Health

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