

# 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.



Growth and Development



Relationships



Feeling sad, worried or angry



Healthy eating and exercise



Personal or family problems



Smoking, alcohol and other drugs



Sexual health

## 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."

## Did we help you with your problem?

Yes, definitely

Somewhat

Not at all

In 2016, our nurses provided information to

**272,962**  
students

in **2,682** educational groups!

## 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

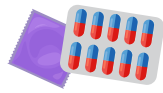


## Group Health Education Topics



### 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?

1

Mental health  
14.5%

2

Family relationships  
13.7%

3

Peer relationships  
8.8%

4

General medical  
8.2%

5

Stress  
5.5%



## 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."

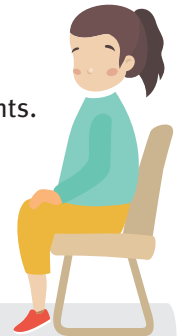
"Your service has always benefited our most vulnerable students."

## In 2016

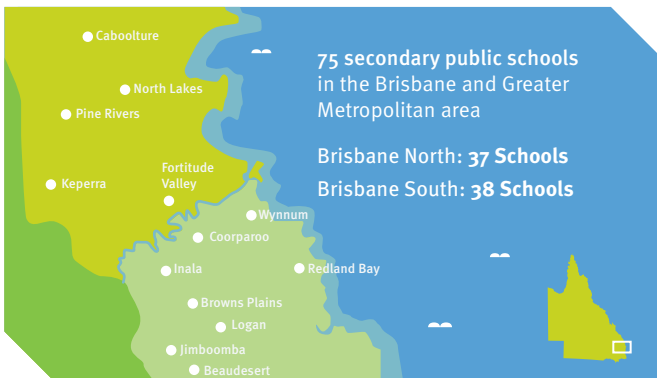
SBYHN's saw a total of  
**4,904 students**  
in face-to-face appointments.



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 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.

