

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?

Yes, definitely

Somewhat

Not at all



Growth and Development



Relationships



Feeling sad, worried or angry



Healthy eating and exercise



Personal or family problems



Smoking, alcohol and other drugs



Sexual health

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."

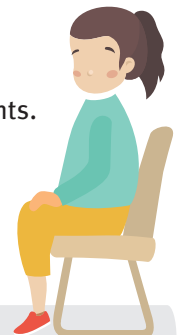
"Your service has always benefited our most vulnerable students."

In 2016

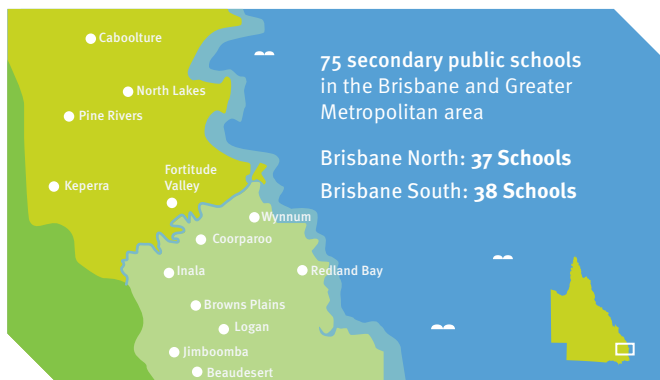
SBYHN's saw a total of
4,904 students
in face-to-face appointments.



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; 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.

