

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

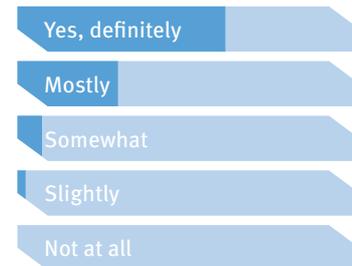
"It was nice talking confidentially"

"I feel safe when I speak to the SBYHN, and I always feel comfortable and welcomed"

"Helped me get over my anxiety and taught me a breathing pattern"

From January to October 2017, our nurses provided information to **270,481 students** in **3,070 educational groups!**

Did we help you with your problem?



Top 5 education sessions

How many students attended our top 5 groups (Jan–Oct 2017)?

Nutrition and Physical activity 18,915 students	Sexual health 20,865 students	Mental health 59,751 students	General health and Wellbeing 55,773 students	Role promotion 98,429 students
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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 issues students see the SBYHN for?



What the teachers are saying



“Our SBYHN is an important part of our student services team”

“Always willing to support students and help staff out wherever possible”

“We really appreciate the SBYHN Service and all the work that is happening”

In 2017

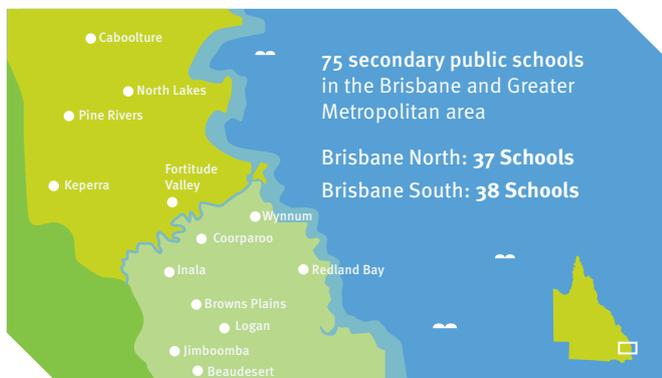
SBYHN's saw a total of
8,216 students
in face-to-face appointments



Year 10 had the highest rate of appointments with the SBYHN, however across the years they are fairly evenly spaced



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**



Updated: January 2018



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

