



(b) Young people are considered to be the healthiest population sub-group in Australia, however their diverse nature of their lives affects their health status in different ways to the general population.

Young people have a high ~~incidence~~<sup>incidence</sup> of mental illness. It is a very stressful time with contributing factors along the way such as:

- exploration / discovery of sexuality
- School life - H.S.C exams etc
- Peer pressure, seeking peers approval, acceptance
- Family issues, e.g. child wants more independence parents want to hold on.

All of these factors can contribute to depression which in some cases will result in self-harm or suicide.

Young people also have a very high incidence of injury due to their activeness and risk taking behaviours. Young people participate in a lot of sports



especially sports such as surfing, skateboarding, snowboarding, skydiving, abseiling, etc....

Another contributing factor to the high incidence of injury amongst young people are their risk taking behaviours such as reckless driving, binge drinking experimentation with drugs. All of these factors which result in their diverse nature of lifestyle will affect the health status of young people.