

Q 23 cont.

(c) There are many different types of supportive networks that put in place to ensure that ~~the~~ young Australians develop the right sort of personal skills to attain better health.

~~The personal skills that young people should learn to acquire are things like, education on nutrition, proper ~~the~~ dietary needs to maintain optimal nutrition, ~~on~~ on the benefits of exercise and living an active life,~~

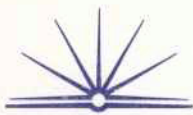
The networks need to create, feelings of self worth, goal setting, supportive environments, belongingness, self help,

participation, a feeling of achievement, feelings of hope and future prospects.

Supportive networks such as 'work for the dole' creates an environment that promotes a feeling of achievement and participation among the unemployed

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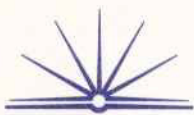




it helps them see that they have a future and can achieve things in their lives giving them a sense of self worth. It also helps them become part of a group giving them a feeling of belonging and teamwork.

The legal injection rooms and the needle exchange programs are also creating a supportive environment for ~~the~~ people with drug problems, they are showing them that they are part of a big group and that there is support and help if they need it.

The development of hotlines, help quit phone lines, kids help line create support for those who need it and also help to develop these people's personal skills by enabling them to quit what they are addicted to and live a healthier life and by educating them on the risks they are taking ~~to~~ it



is encouraging them to quit.

Kids help line gives children support and information on how to deal with problems in the home, at school, or with themselves. The support helps them to realise there is hope and encourage goal setting and participation in actively attacking the problems they are going through.