



(c) Young people can attain better health through accessing support networks, overcoming barriers, asking for help and even developing a mentor.

Supportive networks can teach the ~~the~~ young people to develop personal skills such as positive self thoughts, disengaging and distancing, the ability to perceive problems and ~~even conflict resolution~~ other problem solving skills such as constructive arguing, conflict resolution, and the ability to empathise.

Each of these skills are taught or encouraged by ~~support networks~~. people who are support networks to young people. They can include professionals, teachers, counsellors, parents, friends or

award
for
personal
success

any trusted adult.

The ~~the~~ personal skills that may be enhanced include positive decision making such as decisions in regards to health enhancing or health compromising behaviour. or even in regards to career options and opportunities.

The ability of young people to overcome barriers ~~and~~, access support networks and ask for help one all personal skills developed by the encouragement ~~and positive~~ of other people.

Support networks such as counsellors assist with young people ~~the~~ perhaps experiencing mental or emotional health issues. These issues ~~and~~ can be addressed and often overcome through the use of support networks.

Family and friends are also considered support networks and would assist in



enhancing personal skills ~~such as~~ ~~positive~~
~~to~~ among young people that allow
them to attain better health - these
may include simple household skills or
more complex social skills, either way
the support, ~~and~~ feedback and motivation
provided by support networks would
assist in developing and enhancing
good personal skills to attain better
health.