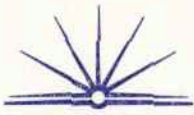




BOARD OF STUDIES  
NEW SOUTH WALES

c) Supportive networks are ~~sets~~ groups of people that are there to help each other in times of need and also in everyday living. Supportive networks include family, friends, teachers, counsellors, etc. and provide a safe and supportive



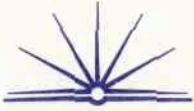
environment for the individual. A support network for a young person needs to be able to provide financial support, food, water, warmth, peace and physical, emotional, and mental support.

As the young people spends a lot of time with these supportive people, they can also be taught personal skills, usually by their parents and teachers. These personal skills include decision making skills, problem solving skills and conflict resolution. These skills are very important in the lives of young people as they prepares them for the future and they are skills these young people will use almost every day.

Decision making skills are important as the young person will one day have to take responsibility for themselves and will be required to make their own decisions. The young people's support networks will help influence them in deciding what is right and wrong so they can help them make the right decisions.

Sometimes it is also good for the young person to make the wrong decision so that they can learn from their mistakes. The different decisions they make in life can affect their health, for example, their diet, their habits (smoking & alcohol), the risks they take. If the right decisions are made it will result





in a positive affect on their health.

Problem-solving skills are also very important in the lives of young people as they are going to come up against many problems throughout their lives. If they are taught an effective way of problem-solving at an early age, it can give them added confidence and a higher self-esteem which will result in better health for the individual.

Conflict resolution is also important in maintaining good health. Conflict can cause stress and mental <sup>health</sup> problems ~~it~~ as well as physical injuries in some cases. If a conflict can be resolved ~~it~~ it makes life a lot easier and ~~it~~ maintains good health.