

## What does the school-based youth health nurse do?

The School Based Youth Health Nurse works with students, school staff and parents to:

- address concerns or problems about health and wellbeing
- create a more supportive, healthy school environment
- connect people to other support services inside and outside the school.

The school-based health nurse can see young people in private to talk about:

- health concerns
- relationships
- personal and family problems
- smoking, alcohol or drug use
- sexual health
- healthy skin
- feeling unhappy or stressed
- puberty, growing up
- healthy eating, exercise, weight and eating problems
- getting in touch with the right service
- anything that affects health and wellbeing

**Confidentiality** The School Based Youth Health Nurse works in the school but is employed by Queensland Health. The Nurse is required to keep information confidential (not talking about it to other people) unless the young person agrees the nurse can do otherwise. However, if the nurse believes the young person is at risk of being hurt or hurting someone else, the nurse may need to discuss this information with a service or agency. If the nurse thinks it is best to talk to someone else about the problem, they will explain reasons why and talk with the young person about this.

In most cases, it is best for young people to also talk to their parents about any problems and concerns they have, and the School Based Youth Health Nurse can help them to do this.

**Getting the best help for health needs** The School Based Youth Health Nurse is available to talk to anyone about any concerns or problems they may have. Some problems may be better dealt with other professionals in the school or community. If the young person agrees, the nurse can work with other support staff in the school, or health professionals in the community to help with their problems. These professional might include:

- guidance officer
- doctor
- chaplain
- alcohol and drug counsellor
- psychologist

**Working with Students, Staff and Parents for healthier, more supportive schools** Apart from seeing young people on an individual basis, the School Based Youth Health Nurse works with the school community to identify and act on issues that may affect the health of students and the school community as a whole. This includes helping with curriculum, teaching and learning activities, supporting the development of an environment and school culture that supports health and wellbeing, and working with the community and other services.

**Accessing Services**  
To access services provided by the School Based Youth Health Nurse appointments may be made directly through the School Administration office on (07) 54533222.