

SCHOOL BASED YOUTH HEALTH NURSE

Working with students, their families and school staff for healthier school communities.

How do you get to see me: You can drop in and see me during lunch breaks and before and after school. You can also make an appointment at the student services counter to see me during class times.

What Does the Youth Health Nurse Do?

The 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 school

The Youth Health Nurse can see young people in private to talk about:

- Health concerns
- Relationships
- Personal and family problems
- Smoking, alcohol and drug use
- Sexual health
- Healthy skin, puberty, growing up
- Feeling unhappy or stressed
- Healthy eating, exercise, weight and eating problems
- Getting in touch with the right services
- Anything that affects health and wellbeing

Apart from seeing people on an individual basis, the 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 curriculum, teaching and learning activities, supporting the development of an environment and school culture that supports health and wellbeing, and working with community and other services.

Confidentiality

The 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 others) unless the young person agrees the nurse can do otherwise.

However, if the young person the nurse is seeing is at risk of being hurt or hurting someone else, the nurse may need to discuss this information with another service or agency. If the nurse thinks it's best to talk to someone else about a problem, they will usually explain the reasons why and talk with the young person about this.

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

Getting the Best Help for Health Needs

The Youth Health Nurse is available to talk to anyone about any concerns or problems they may have.

Some problems may be better dealt with by 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.

At times it may be best for the young person to see another professional for further assistance, eg.

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

As a general rule, the Youth Health Nurse does not provide:

- treatment eg. medications, injections, first aid
- physical examinations
- ongoing counselling for psychological or educational problems.

Working with students, staff and parents for healthier, more supportive schools

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