School-based Youth Health Nurse Service

The School-Based Youth Health Nurse Service aims to promote positive health outcomes for young people and their families.

Nurses work with school staff on curriculum, teaching and learning activities; provide health information and referrals; support the development of an environment and school culture which promotes health and wellbeing and liaise with the community and other services.

Did you know?
You can talk to the School Health Nurse about a range of health and wellbeing issues.

What the students are saying

“I’m listened to.”

“I feel as if I have a comfortable and accepting nurse to go to when I have panic attacks, with tools to calm me down.”

“Was very helpful and changed the way I was thinking.”

Did we help you with your problem?

Yes, definitely
Somewhat
Not at all

In 2016, our nurses provided information to 272,962 students in 3,682 educational groups!

Top 5 education sessions

How many students attended our top 5 groups?

<table>
<thead>
<tr>
<th>Nutrition and Physical activity</th>
<th>Sexual health</th>
<th>Mental health</th>
<th>General health and Wellbeing</th>
<th>Role promotion</th>
</tr>
</thead>
<tbody>
<tr>
<td>12,000 students</td>
<td>20,400 students</td>
<td>56,800 students</td>
<td>57,100 students</td>
<td>73,100 students</td>
</tr>
</tbody>
</table>
Group Health Education Topics

<table>
<thead>
<tr>
<th>Drugs and Alcohol</th>
<th>Sexual health</th>
<th>Healthy relationships</th>
<th>Mental Health</th>
<th>Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Looking after a mate</td>
<td>• Support services</td>
<td>• Healthy Vs. Unhealthy</td>
<td>• Support services</td>
<td>• Healthy eating</td>
</tr>
<tr>
<td>• Staying safe</td>
<td>• Sexuality</td>
<td>• Respect</td>
<td>• How to help a friend</td>
<td>• Physical activity</td>
</tr>
<tr>
<td>• The law</td>
<td>• STI’s</td>
<td>• Bullying</td>
<td>• Stress management</td>
<td>• Nutrition requirements</td>
</tr>
<tr>
<td>• Decision making</td>
<td>• Contraception</td>
<td>• Sexual assault</td>
<td>• Anxiety</td>
<td>• Looking after your body</td>
</tr>
</tbody>
</table>

What are the top 5 issues students see the SBYHN for?

1. Mental health 14.5%
2. Family relationships 13.7%
3. Peer relationships 8.8%
4. General medical 8.2%
5. Stress 5.5%

What the teachers are saying

“The support offered to our students via our SBYHN is a valuable resource at our school.”

“Provides a valuable contribution to support team in the school.”

“Your service has always benefited our most vulnerable students.”

In 2016

SBYHN’s saw a total of 4,904 students in face-to-face appointments.

Year 10 had the highest rate of appointments with the SBYHN, however across the years they are fairly evenly spaced 13% - 20.4%

Find us here

75 secondary public schools in the Brisbane and Greater Metropolitan area
Brisbane North: 37 Schools
Brisbane South: 38 Schools

SBYHN’s have a range of qualifications

Bachelor of: Nursing; Social Science (Psychology); Science (Specialist Practitioner-School Nursing)
Graduate Certificate in: Child Health; Mental Health; Sexual Reproductive Health; Alcohol, Tobacco and Other Drugs
Graduate Diploma in: Child Health; Adolescent Health; Health Science; Mental Health; Sports Science; Infant, Child and Adolescent Health
Masters in: Nursing; Nursing Education; Public Health; Counselling; Midwifery Child Health

For more information, please contact your local State High School.