

Resources for young people



Adolescent Transition

Adolescent Transition Education Package | **Fact Sheet 12a**

An information sheet for patients transitioning from paediatric to adult health services

The following websites are great resources about issues that you may be facing now or in the future. This fact sheet will come in handy as you transfer to an adult health service. Keep in mind that these websites offer general information and you should always talk to your healthcare team and your parents or carers, to be clear about any information that is specific to you. These sites have quality information about issues like physical health, emotional health, sexual health, your rights and laws, alcohol and drugs.

Health and wellbeing

Somazone

www.somazone.com.au

Somazone provides quality health information developed by young people for young people. You can also find help and support for your physical, emotional and social health needs as a young person. You can read other young people's stories or learn more in the Q&A section.

Reach Out

<http://au.reachout.com/>

Reach Out was designed to help young people understand mental health issues and wellbeing. Here you'll find information on alcohol and drugs, family and relationships, independence, school and university, sexuality and more. You can also get involved in the online community through forums, blogs and special projects.

Bullying No Way

www.bullyingnoway.com.au

Bullying can be a big issue at school or in the workplace. Bullying No Way aims to raise awareness in schools about bullying, as well as providing information about different forms of bullying, and how to get help and who to talk to if you're being bullied.

Centre for Adolescent Health

www.rch.org.au/cah

There is useful information, resources and links on the Centre's website for young people, their parents and carers, and health professionals.

Better Health Channel

www.betterhealthchannel.vic.gov.au

The Victorian Government Better Health Channel offers a variety of health information on specific conditions and treatments as well as tips for healthy living. You can get general information on topics like relationships and sexual health. You can also search for health services near you.

Mental health

headspace

www.headspace.org.au

headspace provides mental health and wellbeing support, information and services to young people across Australia. Headspace can help you not only with useful information about mental health but on where you can get help, what to expect when you get there, stories from others and events you can attend.

beyondblue

www.youthbeyondblue.com

Youth beyondblue specifically deals with depression and anxiety. These are the most common mental health issues faced by young people. Here you will find useful information about these conditions and how you can get help for yourself or a friend.

The Butterfly Foundation

www.thebutterflyfoundation.org.au

The Butterfly Foundation provides support to Australians suffering from eating disorders and negative body image issues. You can find information

on specific eating disorders, body image, and self esteem. There is also a section where you can find support through a range of services and programs.

Sexual health

Your Sex Health

www.yoursexhealth.org

Your Sex Health provides information about reproductive and sexual health as well as emotional, practical and relationship issues. You can also read some real stories written by other young people about their own experiences.

Melbourne Sexual Health Centre

www.mshc.com.au

Family Planning Victoria

www.fpv.org.au/portals/young-people/

Family Planning Victoria has information for young people about sexual health concerns as well as links to local clinics for young people to attend. There are also sections for disability support and support for same-sex attracted youth.

Like It Is

www.likeitis.org.au

Like It Is provides lots of information about sexual health including puberty, sexuality, peer pressure, contraception and sex. The website tells it like it is in a helpful and informative way where you can get information, advice, play games, hear from role models and ask Dr Phil a question.

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Alcohol and drugs

National Drugs Campaign

www.drugs.health.gov.au

National Drugs Campaign aims to reduce young Australians motivation to use illicit drugs by keeping them well informed. You will find information on specific drugs, their side-effects, consequences of use as well as how to get help for yourself or a friend.

Laws and rights

Law Stuff

www.lawstuff.org.au

Law Stuff is a youth friendly website that provides information about laws and rights related to young people. The site covers topics such as: alcohol and cigarettes, bullying, discrimination, medical advice, privacy, sex, tattoos and voting.

My Nite

www.mynite.com.au

My Nite aims to raise awareness of drugs, alcohol, cyber safety and much more by summarising the most relevant laws that apply to young people when they are out having fun. The website gives some great tips on going to parties, organising parties and how to be safe when at a party. This is a good source of information for adolescents about to turn 18 years old.

Support groups

RCH support groups directory

ww2.rch.org.au/supportgroups/directory/

The RCH Support Groups Directory provides details of relevant support groups related to child and youth health. You can find a service that is condition specific including diabetes, arthritis or cancer, or more general such as homelessness, chronic illness or alcohol support.

ChIPS

www.rch.org.au/chips/

ChIPS is a peer support program for young people aged 12 – 24 living with a chronic health condition. Young people

start with an eight week group program with other young people. Following this a young person becomes a ChIPER and can attend social activities including two annual camps.

Livewire

www.livewire.org.au

Livewire is an online community for young people living with a health condition and their parents/carers or siblings. The community links other young people who are similar ages together into a forum where discussions, activities, competitions and games take place.

Educational and vocational resources

These websites inform you about the range of education and employment opportunities that are available including studying the Victorian Certificate of Applied Learning (VCAL) or Victorian Certificate of Education (VCE), going to university, undertaking an apprenticeship, or heading off to TAFE. There are also some great sites about how to find a job. Education and employment are important areas for you to consider during adolescence as you are likely to be making choices about what you will study in the future, or perhaps debating whether studying is the right option for you. These decisions are complex and stressful for everyone and can be even more so for young people who have an ongoing health condition to factor into their life choices and decisions as well.

Year 12 What Next?

www.myfuture.edu.au/

Year 12 What Next is a highly recommended resource for students about to complete Year 12. Information can be found on future work opportunities, higher education, working while you learn, and how education and training pays off.

Australian Apprenticeships

www.australianapprenticeships.gov.au

Australian Apprenticeships is a good resource for young people thinking

about or wanting to undertake an apprenticeship.

Australian Universities

www.australianuniversities.com.au

Australian Universities is an informative website for young people who are looking to undertake further studies when they finish Year 12. You can search universities across Australia and then link to their websites.

Department of Education, Employment and Workplace Relations

www.deewr.gov.au

This Australian Government website provides young people with a range of information on schooling, higher education, skills, TAFE, employment and workplace relations.

Job Guide

www.jobguide.thegoodguides.com.au

Job Guide offers assistance to young people to help them find an occupation. Occupations and a list of courses relevant to the occupation are all available to help young people understand what they need to do to get their dream job.

Job Search

www.jobsearch.gov.au/default.aspx

Job Search is an Australian Government website that offers a free service to help Australians find jobs in their state.

VCAA

www.vcaa.vic.edu.au

The Victorian Curriculum and Assessment Authority provides young people with information about the VCE and VCAL, as well as lots of other useful information for school students.

RCH Education Institute

www.rch.org.au/education

The RCH Education Institute is committed to ensuring that young people continue their connection to learning while in hospital. They can link you to a range of information or get in touch with your school to discuss extra support.

For more info contact:

The RCH Adolescent Transition Team on **9345 4858/4980**

or find email details and more info on **www.rch.org.au/transition**

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