



c) A combination of supportive networks can enhance the personal skills of young people and help them attain better health.

The introduction of both these areas of the Ottawa charter ensure that young people are supported not only by parents, but schools, teachers, employers, peers, sporting groups and social or cultural organisations.

Supportive networks such as parents, teachers, coaches and peers can all work together and aim to positively influence young people on how to live their lives.

Through this support young people can enhance their own personal skills and develop a more positive attitude and understanding of their role in society.

This support will help them to help others they feel need help in the same situation they did.