



c). Supportive networks in throughout the community, schools, and workplaces have the ability to enhance personal skills that enable young people to attain better health.

Throughout the community, support groups are constantly advertising the importance of health and physical activity for the youth. physical activity at a young age helps to prevent diseases of the circulatory system, cardiovascular disease, heart diseases, and obesity at an older age.

Supportive networks can enhance personal skills ~~by~~ throughout schools by ~~giving~~ giving youth the knowledge, and direction in life



to lead a healthy lifestyle. This is supported by the subjects "Lifemanagement studies", and 'Personal development, health, and physical education, which teaches students about healthy lifestyles, diseases, cancers, and peer pressure amongst people at school.

Part time jobs also create supportive environments, whilst giving youth the knowledge, and experience to achieve greater things in life.