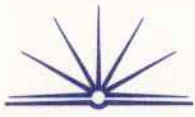


c) Supportive networks can improve a young person's health both ~~ph~~ physically and mentally.

Young people are still growing up and experiencing life and life experiences for themselves, however they still do not know enough about the world and need encouragement (to boost self-esteem) and the knowledge that they can always talk to someone, and know that help is there.

Having supportive networks around to help whether it's family, friends, school teachers or neighbours can alter a young person's attitude and improve their mental, social and physical health.

Personal skills like listening, talking, understanding your feelings need to be encouraged towards



a young person. Family are usually the greatest supportive network and can help the young person to achieve their goals and gain self-worth by telling them skills to learn throughout life and their own experiences.

If a young person has positive and encouraging feedback coming from their networks, then they will feel good about themselves and give them confidence which helps them to ~~reach~~ attain better ~~the~~ health.