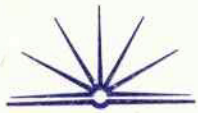




d) Supportive networks allow people to develop their understanding of health and ways to maintain and manage it better. Support networks provide a place for young people to go, so they may discuss things which are of concern to them and their overall health. Support networks may include teachers, parents, friends or other family members, health professionals etc. They enable an individual to build positive self concepts and feel good about themselves and the person they are. They can help create a sense of future and give the individuals life a purpose and meaning. Support networks are important in developing coping skills so young people may view things in perspective and not over-react to a problem. They can help a person develop a sense of connectedness, This lets the individual know that someone will always be there is ever they feel the need to talk about issue occurring in their life that they may require help with.

Supportive networks can also assist in the development



of healthy literacy skills which increases the chance of the young person furthering their education and being able to gain independence in the community and wider world.

Supportive Networks such as public health centers are able to provide individuals with information on how to better plan their lives and attain the desired level of health. Through the use of support networks in these ways it is possible for young people to achieve their desired level of health.