

# School Based Youth Health Nurses

## A Guide for Parents

Queensland Health, School Based Youth Health Nurses (SBYHN) offer services to secondary schools across Queensland, including Schools of Distance Education.

These nurses focus on preventative health for young people and provide:

- a confidential health service
- health information to students, teachers and the school community
- intervention and links to other services as required.

SBYHNs are **not** employed to administer medications, deliver health procedures or provide routine first aid. Queensland state schools offer these services via other staff members.

In accordance with the SBYHN program management guidelines and Memorandum of Understanding, this service is accessible by all students in a secondary setting.

### How the SBYHN can support your teenager

#### Confidential student appointments

Your teenager can make an appointment with the SBYHN to discuss any questions they have about their health.

These appointments are **confidential**, and the nurse will not share any information without your teenager's consent unless

there is a risk to their health in not sharing this information with others.

In most cases, it is best for young people to talk to their parents about health and wellbeing issues. The SBYHN can support your teenager to do this.

#### Consent

Generally the law recognises that young people (usually over the age of 12 years) have the right to self-determine access to a health service.

The SBYHN will assess if your teenager has a sufficient level of maturity and understanding regarding the issues and the health services proposed.

Where they assess that your teenager does not have sufficient levels of maturity and understanding, the SBYHN will seek consent from you, as the student's parent.

#### Services

Individual health consultations with your teenager may include:

- early detection of actual or potential health problems
- providing information, options or referrals regarding relevant health services to provide them with further assessment, treatment or support and
- providing brief interventions and/or referrals as appropriate.



Some of the main issues for which young people access a SBYHN are:

- mental health, including social and emotional wellbeing
- relationships
- stress
- eating issues
- sexual and reproductive health
- drugs (including tobacco and alcohol) and
- growth and development.

Where possible and with the young person's consent, the school may establish a team approach with school support staff to address the health needs of the young person.

## Other Nursing Services in Queensland state schools

In addition to the SBYHN program, Education Queensland employs Registered Nurses ([EQRNs](#)) to work in state primary and secondary schools, to assist school personnel to safely manage the health needs of students with verified disabilities and specialised health needs, supporting their participation in an educational program.

## Further information

Contact your school's administration for further information on the SBYHN service and other health services available to support students' health and wellbeing.