

# Youth News

## Multicultural Youth Pledge

The Multicultural Youth Pledge is coordinated by the Centre for Multicultural Youth Issues. This campaign is working to set the record straight, get some balance into the discussion, counter myths and provide information about the situation of migrant and refugee young people.

You can participate in this campaign in a number of ways:

- Sign the Multicultural Youth Pledge
- Send a link to this campaign to a friend
- Help us tell the other side of the story
- Talk to Members of Parliament on this issue.

To participate visit the website on [www.cmyi.net.au/](http://www.cmyi.net.au/)

## Teen Health

An excellent website by Children Youth and Women's Health Service presenting health information, including how to be a happy healthy teenager, healthy choices, relationships and advice. Check out their website on [www.cyh.com/SubDefault.aspx?p=159](http://www.cyh.com/SubDefault.aspx?p=159)

## How becoming a mother impacts on young women's experience of homelessness



The **Becoming a Mother** project from the Key Centre for Women's Health in Society at the University of Melbourne's School of Population Health investigated how becoming a mother impacted on young women's experience of homelessness.

To have a look at the report visit:

[http://www.kcwhs.unimelb.edu.au/\\_data/assets/pdf\\_file/0017/65231/BAM.pdf](http://www.kcwhs.unimelb.edu.au/_data/assets/pdf_file/0017/65231/BAM.pdf)

## Mobile Phones and Bullying

Having a mobile phone can be fun. It's a gr8 way 2 tlk 2 friends, and an xInt way of letting mum & dad know when you need a lift home ;)! Unfortunately, some people are using mobiles to bully others by sending insulting or threatening SMS or using their mobiles to spread nasty rumours.

The Australian Mobile Telecommunications Association (AMTA) offers tips for managing mobile phone bullying at [www.amta.org.au/amta/site/amta/downloads/pdfs\\_2006/Bullies%20-%20teen.pdf](http://www.amta.org.au/amta/site/amta/downloads/pdfs_2006/Bullies%20-%20teen.pdf)

## Your Sex Health

A website, Your Sex Health, has been developed by a team at Melbourne University. Aimed at young people (16–25), it plays out scenarios based on real-life dilemmas they face, such as becoming pregnant, being pressured into sex, and relationship problems. Visit <http://www.yoursexhealth.org/>

## Drink Spiking

A website providing information that will improve your understanding of drink spiking and may help you or your friends from becoming a victim. Visit [www.thesource.gov.au/drinkspiking/default.htm](http://www.thesource.gov.au/drinkspiking/default.htm)

## Novelty Contact Lenses

Novelty contact lenses have become increasingly popular amongst young people, particularly on the party scene. While the coloured plastic lenses don't alter vision, they sit on the surface of the eye and can cause serious harm if misused.



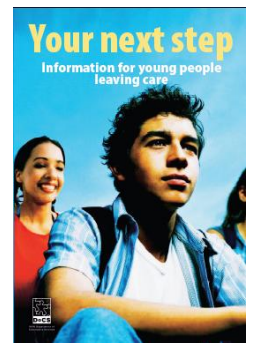
For more information visit  
<http://www.health.sa.gov.au/Default.aspx?tabid=352>

## Nutrition Australia

A great website for teenagers that has some good advice on developing your own food style, as well as recipes and fact sheets. Have a look at [www.nutritionaustralia.org/Nutrition\\_for\\_all\\_ages/Teens/teens\\_index.asp](http://www.nutritionaustralia.org/Nutrition_for_all_ages/Teens/teens_index.asp)

## Your Next Step: Information for young people leaving care

Leaving care and starting out on your own can be a challenge but you don't need to do it alone. There are a range of services, benefits and organisations to support you. This booklet gives you useful information, contacts and websites to help you make the transition to independent living. Download the booklet by visiting [http://www.community.nsw.gov.au/docswr/assets/main/documents/leavingcare\\_booklet.pdf](http://www.community.nsw.gov.au/docswr/assets/main/documents/leavingcare_booklet.pdf)



## More Mates = More Risk

Targeted at young P1 drivers, this resource aims to raise their awareness of the risk associated with carrying passengers and provide some 'one-liners' they could use with their mates when they want to avoid this risk by not taking passengers.

Visit [www.youthsafe.org/young\\_resources.shtml](http://www.youthsafe.org/young_resources.shtml) to view this resource.

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## Interactive Biopsy

Every cigarette causes damage to the body. Reduced fitness, asthma, reduced taste and smell, bronchitis and premature wrinkling are a few of the health problems experienced by young people.

View the [Interactive Biopsy](#) - find out more about how smoking affects the body by running your mouse over various sections of the body.

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