

Youth News

National Survey of Young Australians 2008

http://www.missionaustralia.com.au/document-downloads/cat_view/34-social-policy-reports

Mission Australia has conducted its seventh consecutive annual survey of young Australians. The survey is the largest of its kind in Australia and in 2008 received over 45,500 responses from young people across the country.

Don't turn a night out into a nightmare

<http://www.drinkingnightmare.gov.au/internet/drinkingnightmare/publishing.nsf/Content/home>

The main objective of the National Binge Drinking Campaign is to contribute, along with the range of existing education, policy and regulatory initiatives, to a reduction in harm associated with drinking to intoxication amongst young Australians.

A step back in time brings a healthy future to Aboriginal communities

The Australian

Nicolas Perpitch - March 28, 2009

<http://www.theaustralian.news.com.au/story/0,25197,25253528-23289,00.html>

CHILDREN at the Djarindjin-Lombadina Aboriginal community, north of Broome, are turning their backs on junk food and embracing a new twist on more traditional fare, cooking up chilli con kangaroo and satay dugong as they learn the benefits of a healthy diet.

The modern teenager: myth or marvel?

All in the Mind - ABC Radio 28/03/2009

<http://www.abc.net.au/rn/allinthemind/stories/2009/2527118.htm#transcript>

Monosyllabic, messy, self-conscious and sleepy—science now has the tumultuous teenager in its sights. Are they risk-takers with brains still under construction? Or competent adults grossly misinterpreted by modern science? From evolutionary theories to the bright lights of the brain scan—a provocative debate is being waged.

Bursting the Bubble

<http://www.burstingthebubble.com/>

Something not right at home? Bursting the Bubble is for teenagers - it's about abuse by family members. It provides quizzes, stories, advice and more.

When love hurts

<http://www.dvrcv.org.au/whenlove/>

Visit 'When love hurts' - a website for teenagers on relationships, respect and abuse. Take the respect checklist, the relationship quiz, read true stories and more.

Even Young People Are Vulnerable to Stroke

<http://www.accessibility.com.au/news/even-young-people-are-vulnerable-to-stroke>

Contrary to conventional thinking, it's not just senior citizens who can suffer from a stroke. One-third of the estimated 780,000 Americans who have strokes each year are under age 65. Even teens, children and infants can be susceptible.

Youth council report on cyberbullying released

<http://www.kids.nsw.gov.au/uploads/documents/CyberbullyingReportforMinisterFinalDec08.pdf>

The NSW Youth Advisory Council has made recommendations to the Minister for Youth, the Hon. Graham West on strategies to build awareness of cyberbullying and its affects on young people.

Loozit

www.chw.edu.au/kids/loozit/



The Loozit study offers a new and exciting FREE weight management program available for young people aged between 13 and 16 years.

The Loozit study empowers young people with skills, knowledge and confidence to re-gain control of their body size, build self esteem, set healthy active goals and to get more fun out of life!

Scientists speak out on mobile phone, cancer link

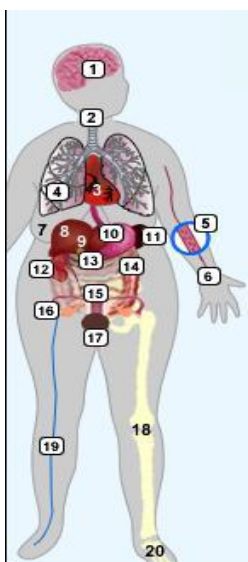
Lateline - Australian Broadcasting Corporation 02/04/2009

Ticky Fullerton

<http://www.abc.net.au/lateline/content/2008/s2533725.htm>

Over half the world now pays to have a mobile phone. But any research into a link between mobiles phones and brain cancer looks like 'unfinished business' especially with children. Some countries like France and even Finland, the home of Nokia, are changing policies on mobile phones and two leading Australian scientists have spoken out.

Animation: effects of obesity



Obesity (excess body fat) is an increasingly important issue in Australia. Doctors use the body mass index (BMI) to determine whether a person's weight is in the healthy range. To calculate your BMI, divide your weight in kilograms by your height in metres squared. For example, if you weigh 70 kg and you are 1.7 m tall, your BMI is $(70 / 1.7 \times 1.7) = 24.2 \text{ kg/m}^2$. A BMI greater than 25 kg/m² indicates that you are overweight, while a BMI greater than 30 kg/m² indicates that you are obese.

Obesity can cause problems with many organs in the body — view this animation to discover why obesity is bad for your health:

<http://www.mydr.com.au/nutrition-weight/animation-effects-of-obesity>