Guide for parents and carers:

Ripley Valley School Based Youth Health Nurse service

Supporting Student Health & Wellbeing

⚕ What Do They Do?

The School-Based Health Nurse is here to support your child's health through a **preventative focus**, helping with:

- **Early identification** of issues
- **Brief intervention** and support
- **Harm-minimisation strategies**

They're a great **first point of contact** for students and families seeking advice or health-related help.

💬 How Can They Help?

Confidential, one-on-one appointments are available for support with:

- Alcohol, vaping, tobacco & other drugs
- Sexual health
- Growth & development
- Stress & mental health
- Puberty & body changes
- Healthy eating & exercise
- Weight & eating concerns
- Friend or family problems
- Referrals to other services if needed

🔒 Confidentiality

Your child's privacy is respected. The nurse will not share what they say **without their consent**, unless:

- There's a serious **risk to their health or safety**

Student's will be encouraged and supported to talk with their **parents or caregivers**, as it can help build understanding and support.

☑ Consent

In most cases, the law recognises that young people (usually over the age of **12 years**) have the right to **self-consent** to access health services.

The School-Based Youth Health Nurse (SBYHN) will assess whether the student demonstrates enough **maturity and understanding** to make informed decisions about the care or services discussed.

If the nurse determines that the student does **not have sufficient maturity or understanding**, they will seek **parental or carer consent** before proceeding with any health-related actions.

⃠ What They Don't Do

Please remember, School-Based Health Nurses **do not**:

- Give medications
- Provide first aid
- Treat wounds or injuries
- Teach first aid

➡ For clinical care or treatment, please see our **Nurse Practitioner**.

📍 Need to book an appointment?

Scan the QR code, see Student Services or email Nurse@ripleyvalleyssc.eq.edu.au
Your health. Your voice. Your support.