



c) Supportive networks enhance the personal skills of young people and enables them to attain better health. There are many supportive groups within a young persons life whether it be family, school, friends, workplace or health facilities and organisations. Family especially parents play a huge role in the health of young people. ~~The~~ The Family is a major influence on a young person from the time they were born, health practices is one issue that parents will be able to have emphasis on. Role modelling is an important part of supporting networks to enhance personal skills.

Schooling provides supportive networks not only with teachers but professionals in counselling and friends. It is important to provide young people with supportive networks because they are still growing and learning and need guidance and support with health choices