

(c) Supportive networks not only offer advice, encouragement and support for young people allowing them to cope, but also open them up to various other personal skills and actions that enable young people to attain better health.

Establishing a mentor relationship with an adult or older person, allows a young person to gain



advice and seek help from an experienced person, whom they can trust. This mentor however should also encourage the young person to gain personal skills ~~or~~ to deal and cope on their own. For example, the mentor can educate them on the various coping skills and social problem solving skills that can help them to attain better health.

For example:

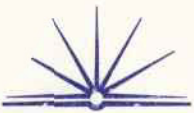
Perspective - The ~~the~~ high levels of stress and hysteric associated with various situations often cause young people to view them out of proportion.

Perspective allows young people to stay calm, & view the situation simply as it is.

Disengaging - Attaining this skill allows young people to separate from the problem and gain a sense of perspective. This allows young people to remove themselves from emotionally demanding situations.

These are examples of two coping skills that can be attained by a young person allowing them to attain better health.

Negotiation & Compromise is a social problem solving



skill that allows young people to stay calm, and negotiate their problems, to reach a decision.

Supportive networks can also assist in enhancing personal skills that enable young people to attain better health by encouraging them and empowering them to gain a sense of connectedness. This involves being connected to the community → being involved in community activities allows young people to feel like they are valued and are able to gain a sense of achievement. & also purpose.

Supportive networks are also effective in that they allow young people to feel like they have a future. An effective support network should be encouraging young people to think about their future, and encourage them to consider future opportunities.

Sense of Purpose - gaining a sense of purpose, allows young people to feel like they have



Something positive to live for. It allows them to feel valued and have high feelings of self worth and esteem.

Identifying opportunities - Support networks should be encouraging young people to take risks and opportunities regarding their future. Allowing them to be confident and aim to succeed, in what they choose.

Therefore supportive networks can enhance personal skills - like coping skills, social problem-solving skills, developing a sense of connectedness, and a sense of future, that can enable young people to attain better health.