



Online Youth Resources and Support

Please note that age appropriateness needs to be considered before using information/resources from these websites

Alcohol and Other Drugs

Australian Drug Foundation	www.adf.org.au
Cautious with Cannabis	www.cautiouswithcannabis.com.au/main.html
Don't Turn a Night Out Into a Nightmare	www.drinkingnightmare.gov.au
Drug Info Clearinghouse	www.druginfo.adf.org.au
National Drugs Campaign	www.drugs.health.gov.au (Where's Your Head At?)
OxyGen	www.oxygen.org.au
Quit	www.quit.org.au
REDI	www.redi.gov.au
Turning Point Alcohol & Drug Centre	www.turningpoint.org.au

Asthma

Asthma Foundation Victoria	www.asthma.org.au
Asthma Foundations Australia	www.asthmaaustralia.org.au
Better Health Channel	www.betterhealth.vic.gov.au (Search 'Asthma')

Body Image

About-Face	www.about-face.org
Absolutely Every Body	www.healthpromotion.cywhs.sa.gov.au/Content.aspx?p=142
Adios Barbie	www.adiosbarbie.com

Better Health Channel	www.betterhealth.vic.gov.au (Search 'Body Image')
BodyPositive	www.bodypositive.com
Center for Young Women's Health	www.youngwomenshealth.org (Search 'Body Image')
Child and Youth Health	www.cyh.com (Teen Health > Healthy Mind > Body Image)
Completely GORGEOUS	www.completelygorgeous.com.au
Dove Self Esteem Fund	www.campaignforrealbeauty.com.au/dove-self-esteem-fund
Go For Your Life	www.goforyourlife.vic.gov.au (Search 'Body Image')
Headroom	www.headroom.net.au/lounge (Search 'Body Image')
If not dieting	www.ifnotdieting.com.au
Media Awareness Network	www.media-awareness.ca (Search 'Body Image')
Mirror Mirror	www.mirrormirror.com.au
Positive Body Image – A Weight Off My Mind	www.cyh.sa.gov.au/HealthTopics/library/WOMM_bb.pdf
Reach Out	www.reachout.com.au
Resources for Planning Body Image Interventions	www.health.vic.gov.au/healthpromotion/evidence_res/body_image
Youth Central	www.youthcentral.vic.gov.au (Health & Relationships > Body Health > Body Image)

Adapted from BodyThink (The Butterfly Foundation 2006) and Danielle Murphy, Dietitian (Adelaide Hills Community Health Services, South Australia 2008)

General

Lawstuff	www.lawstuff.org.au
Somazone	www.somazone.com.au
The Source	www.thesource.gov.au

Youth Central	www.youthcentral.vic.gov.au
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Mental Health

Head Room	www.headroom.net.au
Headspace	www.headspace.org.au
It's Allright	www.itsallright.org
Reach Out	www.reachout.com.au
Reality Check	www.realitycheck.net.au
Response Ability	www.responseability.org (Education & Children's Services > Fact Sheets & Downloads)
SANE Australia	www.sane.org
Youth Beyondblue	www.ybblue.com.au

Nutrition and Physical Activity

Better Health Channel	www.betterhealth.vic.gov.au (Search 'Nutrition', 'Healthy Eating' or 'Physical Activity')
Choice Food for Kids	www.choicefoodforkids.com.au
Go For Your Life	www.goforyourlife.vic.gov.au
MarketFresh	www.marketfresh.com.au

Programs and Frameworks

Calmer Classrooms	www.ocsc.vic.gov.au/downloads/calmer_classrooms.pdf
Circle Speak	www.circlespeak.com.au
Drug Education	www.education.vic.gov.au/studentlearning/programs/drugeducation/default.htm
Health Promoting Schools	www.newsite.ahpsa.org.au/media/framework.pdf
Heart Masters	www.kidsmatter.edu.au/programs-guide/heart-masters
It's Not OK to be Away	www.education.vic.gov.au/healthwellbeing/wellbeing/attendance/initiative.htm

Language Support Program	www.education.vic.gov.au/studentlearning/programs/lsp/proflearnguide.htm
Mind Matters	www.mindmatters.edu.au
Promoting Alternative Thinking Strategies (PATHS)	www.channing-bete.com/prevention-programs/paths
Restorative Practices	www.restorativepractices.org.au
Safe Schools are Effective Schools	www.education.vic.gov.au/healthwellbeing/safety/bullying
School Focused Youth Service (SFYS) Schools and Agencies: Working Together	www.bchc.org.au/resources/schoolsandagencies_booklet.pdf
Stephanie Alexander Kitchen Garden Foundation	www.kitchengardenfoundation.org.au
TRIBES	www.acer.edu.au/acerpress/tribes.html
Understanding Poverty Framework	www.socialsolutions.com.au/pdf/books/fpb.pdf
Wannik Strategy	www.education.vic.gov.au/about/directions/wannik/default.htm
You Can Do It	www.youcandoit.com.au/aboutyoucandoit

Relationships and Bullying

Bullying. No Way!	www.bullyingnoway.com.au
Bursting the Bubble	www.burstingthebubble.com
Reach Out	www.reachout.org.au
Safe Schools NSW	www.safeschools.com.au
School Angels	www.schoolangels.com.au
When Love Hurts	www.dvirc.org.au/whenlove

Sexual Health and Puberty

{also}	www.also.org.au
Avert	www.avert.org
Better Health Channel	www.betterhealth.vic.gov.au (Search 'Sexual Health')
Chlamydia Hard to Spell, Easy to Catch... Use a Condom	www.chlamydia.net.au
Department of Health, Western Australia	www.public.health.wa.gov.au (Topics A-Z > School Based Sexual Health Education)
Family Planning Queensland	www.fpq.com.au
Family Planning Tasmania	www.fpt.asn.au/youth
Family Planning Victoria	www.fpv.org.au
Get Clued Up	www.getcluedup.com.au
Health Insite	www.healthinsite.gov.au (Search 'Sexual Health')
The Hormone Factory	www.thehormonefactory.com
I Am Changing	www.iamchanging.com.au
Likeitis	www.likeitis.org.au
Marie Stopes International	www.mariestopes.com.au (Resources)
Not So Straight	www.otsotraight.com.au
Reach Out	www.reachout.com.au (Issues > Sex & Pregnancy or Sexuality & Coming Out)
Sextxt	www.sextxt.org.au
Sexual Health Information Networking & Education (SHINE) SA	www.shinesa.org.au
Young Pregnant & Parenting	www.ypp.org.au
Your Body Guide	www.understandingyou.com.au

Your Life	www.your-life.com.au
Your Sex Health	www.yoursexhealth.org
Youth Empowerment Against HIV/AIDS (YEAH)	www.yeah.org.au

Other

Gambler's Help	www.gspot.org.au
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