

## MEDIA RELEASE

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### **'Our Health Our Way' leads the way to good health for Aboriginal young people**

Today, NSW Kids and Families launched the 'Our Health Our Way' resources for Aboriginal young people. The resources explain how easy it is to access appropriate healthcare for Aboriginal young people aged 12 to 24.

Young people aged 12 to 24 years can have significant health needs which affect their health now and in the future.

"Talking to a doctor about personal issues can be embarrassing for young people. Subjects such as sex, drugs and pregnancy can be difficult to talk about but are very important to a young person's health," said Ms Christine Corby, a Member of the NSW Kids and Families Board and Chairperson of the Aboriginal Health and Medical Research Council of NSW.

NSW Kids and Families commissioned 33 Creative an Aboriginal media, events and communications company to produce a series of videos for Aboriginal young people. The seven 'Our Health Our Way' videos feature Aboriginal young people talking about their health, where to go and what's important to know about healthcare.

In the process of developing the videos, 33 Creative and NSW Kids and Families consulted with Aboriginal young people in metropolitan and rural/regional areas of NSW to identify the key concerns Aboriginal young people have about their health and healthcare.

"The consultations revealed young people often put off going to a doctor. At NSW Kids and Families we hope these resources will encourage young people to have regular check ups and to stay connected to health services," said Ms Corby.

The videos address issues that are important for young people – their healthcare, their rights in healthcare, confidentiality, getting a Medicare card, finding bulk billing providers and pregnancy. They also highlight the important role played by Aboriginal Medical Services.

The videos are available on the NSW Kids and Families website and on DVD. Additional supporting resources have also been produced, including posters, brochures and lesson plans for use in schools.

To download the online version of the videos and other resources, visit [www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au) (under publications 'multimedia'). To order a hard copy of the videos and resources, please contact Youth Health and Wellbeing Team, NSW Kids and Families E: hulya.bicici@doh.health.nsw.gov.au

NSW Kids and Families is the NSW Health agency that provides statewide leadership and guidance to improve the health and wellbeing of children, young people and families in NSW. Aboriginal young people have been identified as a key priority group in *Healthy, Safe and Well: A Strategic Health Plan for Children, Young People and Families 2014–24*. NSW Kids and Families works in partnership with health agencies, including Aboriginal Medical Services, to implement this Plan.

*Media inquiries: NSW Kids and Families*

**Spokesperson:**

Ms Christine Corby, Board Member on NSW Kids and Families Board and Chairperson of the Aboriginal Health and Medical Research Council of NSW and CEO of Walgett Aboriginal Medical Services