



ESDGP

www.esdgp.org.au

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Youth
wellbeing

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Looking good



Exercise prolongs your life, gives a sense of achievement & keeps you looking good on the inside as well as on the outside

Exercise helps you feel good about yourself & increases self confidence

Your body weight does not indicate muscle to fat ratio because muscle weighs more than fat: don't obsess over body weight

Exercise helps maintain a healthy muscle to fat ratio

Do 30 minutes of moderately intense physical activity preferably most days of the week e.g. dancing, power walking, swimming

Exercise reduces risk of dying prematurely from heart disease & reduces the risk of developing diabetes, high blood pressure & other chronic diseases

Infectious diseases



Chickens in Australia do not have avian influenza. Birds that carry avian influenza don't fly to Australia

Most people get the common flu by touching something that has a respiratory virus on it, then touching their eye, nose or mouth

People catch meningococcal disease from contact with respiratory secretions via e.g. coughing, sneezing or touching unclean handkerchiefs/tissues/hands

When you drink from a bottle your throat germs may go back into that bottle allowing other people to drink them

The skin on your hands gets dirtier in 1 day than the rest of your whole body does in 7 days. The hands carry more germs than any other part of your body

Blood, semen and vaginal fluid can carry HIV, Hep B & Hep C; the viruses can then enter your bloodstream by e.g. unprotected sex, sharing needles, razor blades or toothbrushes. Kissing and handshaking can't spread HIV, Hep B or C

Sex in the city



Only 50% of young people are having intercourse

About 5% are attracted to both sexes, with <1% solely interested in the same sex

25% of teenagers have had sexual intercourse without using a condom

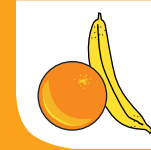
About 25% use withdrawal thinking it will prevent conception

Many people don't realise that they **can** transmit disease and become infected through oral sex

Oral sex without consent from either partner is also a form of sexual assault

Both partners need to agree to have sex (& you can change your mind)

Eating well



A healthy body weight depends on consuming the right number of calories i.e. how much, not what you eat/drink

Increase fibre: eat more serves of fruit & vegetables; 2 fruit & 5 vegetables a day

Minimise saturated fats (e.g. red meat, palm oil), avoid trans fats (e.g. margarine, peanut butter, cheesy spreads), choose unsaturated fats (e.g. fish, sunflower oil, cottonseed oil, corn oil) & monounsaturated fats (e.g. olive oil, avocado, nuts and oils from nuts)

Choose low GI foods over high GI foods: they keep you feeling full for longer

A good alkali-acid balance = eat more fruit & vegetables (alkali) than protein & grains (acid). This reduces risk of diseases

Yes, dark chocolate in moderation is good for you if it contains minimum 55% cocoa

Party time



Cannabis causes addiction in about 10% of users. Smoking cannabis can increase risk of lung disease, reduce motivation, energy & concentration

It can also lower immunity, reduce male fertility & cause irregular periods in women

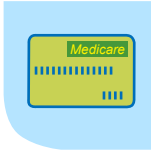
Ecstasy can have serious immediate side effects such as: the body overheating, seeing/hearing things that aren't there, seizures and flashbacks. You **can** overdose on ecstasy

GHB (date-rape drug) + alcohol/other drugs **can** kill; ICE kills

Nothing will sober you up. Alcohol takes hours to leave your body & there is nothing you can do to speed up your metabolism to break down alcohol. You cannot save up all your drinks for one night

Tobacco – it's all been said. Don't be stupid, don't smoke

GPs can be adolescent friendly



Curiosity (e.g. about topics in this brochure) is healthy and normal; you may want someone to talk to

GPs are totally confidential and trustworthy

Privacy – 16+ years old: no parents required to see the doctor

Good attitude - non-judgemental

Interviewing style - 2 way communication

Accessible

Payment - 15+ years old: apply for your own Medicare card online at: www.medicareaustralia.com.au

Your GP can see you now