Values: values are largely determined by culture and family beliefs. Adolescence a time were values are challenged. Young people explore and compare the values they have grown up with and may challenge or modify these to suit their own beliefs. This process helps young people begin to become independent thinking adults. The peer group is one of the strongest influences in terms of challenging adolescent values—this can be positive and negative.

The influence of family/peers

- Family structures have changed over time and as a result, young people’s experiences of family life differ greatly.
- A variety of family structures are becoming much more common in relation to traditional, nuclear families.
- Individuals are now having fewer children, much later, resulting in families with one child.
- The differing family structures in modern society mean that young people now have a range of differing experiences that impact on their transition to adulthood.
- Peer group pressure may become a source of conflict with parents or caregivers.

The influence of prevailing youth cultures

- Young people in their adolescent years try to find meaning in themselves and in the world around them. This meaning can come from being part of youth culture— or a group different to mainstream society.
- Youth cultures are characterized by a certain way of dressing, type of music and language, and particular activities. Typically found in Westernised, consumer-based cultures.
- The advancement of the internet has given rise to new forms of youth culture and it is a global avenue for communication and sharing information.

The influence of global events and trends

- Young people = adaptable and resilient, and are best able to make the most of new opportunities offered by globalisation— this is the process by which social trends or traditions become adopted on a global scale.
- Globalisation has had an impact on youth employment opportunities and has led to profound changes in youth culture, consumerism, global youth citizenship and activism.
- New social situations not evident in the lives of their parents = higher levels of employment, heightened environmental awareness and a much more technological society have all combined to shape youth culture.
- Technology has a great impact here – countries are no longer ‘isolated’ and the world has become a much ‘smaller’ place. This has altered young people’s perspective of the world and their place with in it.
- The way young people cope with these issues significantly affect their health status.
- Now more common for young people to be aware of significant global events and to take a personal interest in them.
- Ease of availability of firearms = fatal suicide attempt. Rural people tend to have limited access to the support services that could help reduce this cause of death.

- **Access to health services:** metropolitan areas = greater access to health services than rural and remote areas. Young people in rural areas need to travel long distances for specialist care/ being away from family for an extended period of time.

- It is essential for young people to develop string health literacy skills so that they can access reliable sources of information and be able to analyse the health information correctly to make important health-promoting decisions.

- ‘Access’ to health services also refers to financial access.

- Financial access is directly related to socioeconomic status.
- Being resilient – that is, being able to bounce back from change and uncertainty is crucial for positive mental Health.

**Strategies young people can employ to promote resilience:**
- Opportunities to take part in demanding and challenging activities
- Opportunities for careers or further education.
- Exposure to manageable demands and opportunities to succeed in valued tasks.

- Coping skills enable young people to be self-reliant, solve problems and make informed choices that enhance health.
- Young people with a string sense of their own effectiveness and ability to cope with the circumstances in their lives are far more likely to adopt and sustain healthy behaviors and lifestyles.

**Developing health literacy skills**
- Health literacy is the ability of a person to obtain, process and understand basic health information, a vital skill for young people.
- Being aware of a range of health services and health agencies can assist a young person in need of medical care, counselling and support.
- Health promotion agencies, the media, health personnel and school health programs all have the opportunity to increase the awareness of available services among young people.

**Developing communication skills**
- Being able to articulate thoughts and feelings allows a person to express themselves and assists on maintaining positive mental and emotional health.
- Constructively sharing thoughts prevents a buildup of anger and hostility, and prevents a feeling of hopelessness.
- A person who does not communicate effectively can impact negatively on their own emotional and mental health, and the people around them.
- A young person feel valued when they are listened to and are able to express their ideas in a supportive environment, they need to continually develop their listening skills.
- Developing the skills of assertiveness, conflict resolution and empathy when communicating will give young people a greater chance to be heard.

**Accessing health services**
- Being able to access health services plays a crucial role in enabling young people to improve their health, they need to be aware of the various health services that exist in the local community and how they can gain access to them.
- Parents, schools and various community groups are all advocates for young people and guardians of their health and well-being. If young people find it difficult to access services, often these can be a ‘first port of call’ in terms of gaining support and advice.