

INTRODUCTION



Young people must play a key role in the development of any health education resources that are aimed at us. By being involved in meeting our information needs, we help to ensure that the messages and materials are appropriate and relevant. As a result, any resources produced are more likely to have an impact on our peers' behaviour.

Working through the ideas in this manual will help the reader to create and present messages to other young people which will:

- inform them;
- challenge them;
- encourage them to ask questions and seek additional information;
- stimulate them to discuss the relevance of these issues to their lives;
- help them choose healthy and non-risky behaviours.

These ideas and principles were developed following consultation with a range of young people around the Commonwealth. A number of groups also tested the ideas in the manual and provided feedback, which we have incorporated into this manual.

The manual is divided into four sections. Section 1 discusses the background issues related to young people addressing youth health. Section 2 covers general principles which should guide the development of any resources. Section 3 provides the framework or plan for how to go about producing messages and resources. Finally, Section 4 discusses ways for evaluating our work, and for getting support and resources for what we are doing. It also lists some useful contacts. At the end there is an evaluation form for you to use to give us feedback on the manual.