

## Y@s speak...

This is what young people had to say on why they like being involved with the Y@s:

\* It's an open minded, friendly and diverse group. You don't have to be a particular way to be on a Y@.

\* It's a good experience in a workplace.

\* I feel like I have become an integral part of SHine. It has led to other benefits like extra SHine projects, which is great. I see it's like a job because we are asked to do things and get paid for our services.

\* It's an opportunity to contribute to the community.

\* Young people seem more responsive to us, because we are like them and they can relate.

\* It's a great way to meet new people.

\* Sometimes we have fun!

\* We can be a voice for young people.

## SHine SA contact details

### East/West Primary Health Care Team

GP Plus Health Care Centre  
64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel: 8300 5300  
Clinic appointments: 8300 5301

### Northern Primary Health Care Team

43 Peachey Road, Davoren Park  
Postal address: PO Box 719 Davoren Park SA 5113  
Tel: 8256 0700

### Southern Primary Health Care Team

19-23 Beach Road, Christies Beach  
Postal address: PO Box 330 Christies Beach SA 5165  
Tel: 8186 8600

### Workforce Development & Resources

64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel: 8300 5317  
Email: SHineSACourses@health.sa.gov.au

### Library & Resource Centre

64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel: 8300 5312  
Email: SHineSALibrary@health.sa.gov.au

### Sexual Healthline

Available 9 am – 1 pm, Monday – Friday  
Tel: 1300 883 793  
Country callers (toll free): 1800 188 171  
Email: sexualhealthhotline@health.sa.gov.au

### Website

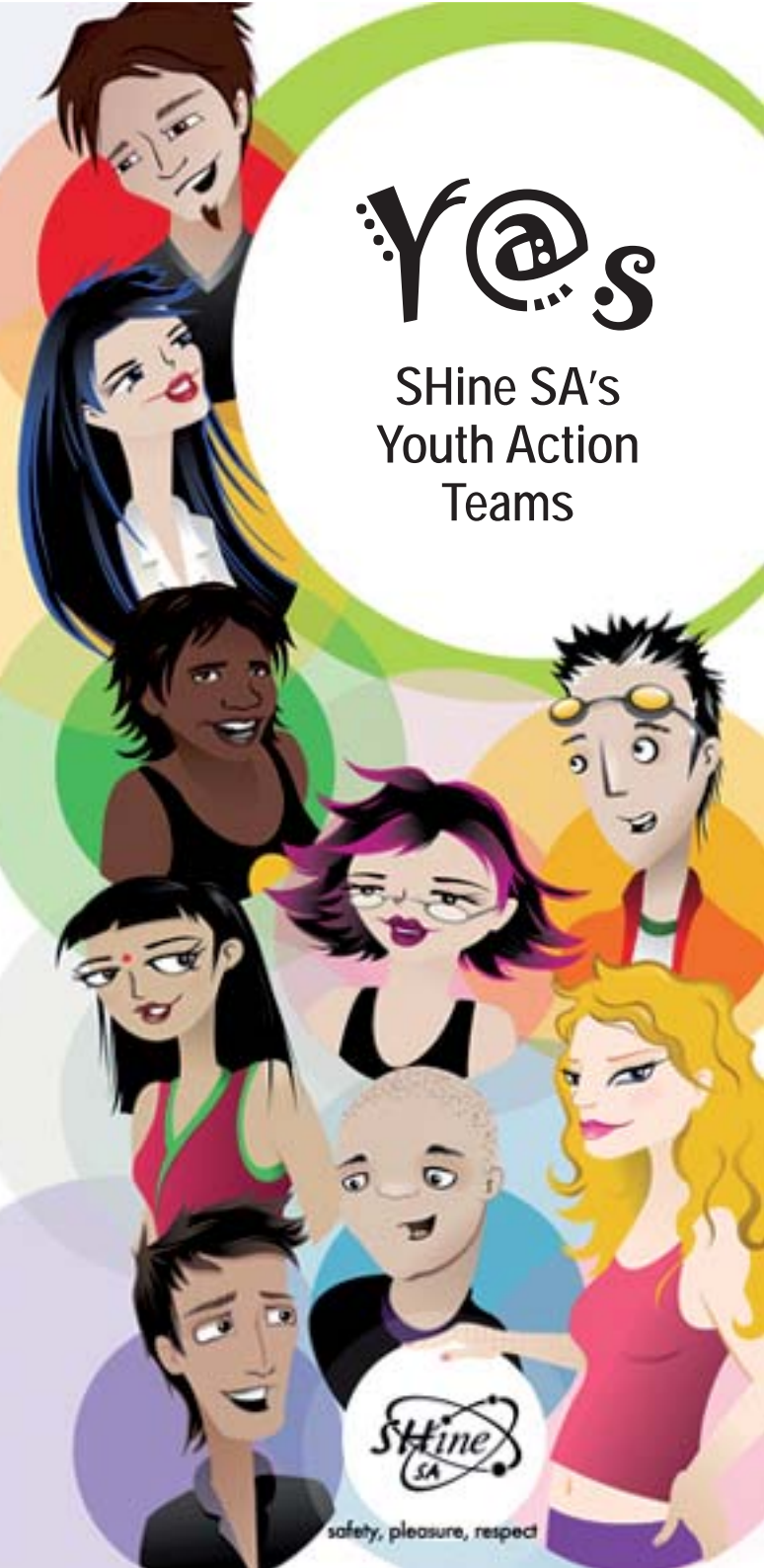
[www.shinesa.org.au](http://www.shinesa.org.au)

National Relay Service: [www.relayservice.com.au](http://www.relayservice.com.au)  
133 677 (TTY/Voice) 1300 555 727 (Speak & Listen)

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Last updated 19 February 2009  
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To download the most recent version visit [www.shinesa.org.au](http://www.shinesa.org.au)

# Y@s

## SHine SA's Youth Action Teams



safety, pleasure, respect

## What is a Y@?

Y@ stands for Youth Action Team. SHine SA has three Y@s that work with each of the Primary Health Care Teams in the east/west (located at Woodville), north (located at Davoren Park), and south (located at Christies Beach). There are six to eight young people aged between 14 and 25 in each Youth Action Team.

## What do the Y@s do?

Trained Y@ members have many roles and responsibilities including:

- working with SHine SA to review, improve, promote and develop pamphlets, website design and content, resources, policy, services and events
- identifying new ideas for marketing and promoting SHine SA to young people
- participating at health promotion events
- being on interview panels for selecting and recruiting new SHine SA employees
- attending and presenting at conferences
- consulting with external services in relation to youth services, events, issues and resources
- participating in monthly Y@ meetings
- attending training programs including public speaking and health promotion

## What events have the Y@s attended?

The Y@s have been invited to participate in many events to promote sexual health and SHine SA. Some of the regular events they attend include:

- Sexual Health Awareness Week
- National Youth Week

- Schoolies workshops
- community events
- conferences
- multicultural festivals
- Fringe Festival Opening Parade
- FEAST festival
- school expos

## What training do the Y@s get?

All Y@ members undertake compulsory and voluntary training programs. The training covers a variety of topics, including sexual health, contraception, sexuality, peer education, health promotion, public speaking, negotiation and communication skills, meeting processes, leadership skills and working with young people from diverse backgrounds.

## What does it take to be a Y@ member?

Team members are passionate, open-minded young people from a variety of backgrounds, including high school, TAFE, university, school leavers, employed and unemployed.

Y@ members are willing to share their opinion and everyone gets to have a say. They also have to be committed, willing to learn, prepared to listen to others and respect difference.

Young people are recruited regularly into the Y@s. Vacancies are advertised on SHine SA's website at [www.shinesa.org.au](http://www.shinesa.org.au) and via youth networks.

Interested people are interviewed and selected based on specific criteria. Y@ members have a two-year term which can be renewed depending on age and the needs of the teams.

## Why do young people want to be involved with a Y@?

Many members of the Y@s see the opportunity to be involved as a stepping stone to employment within the youth and health sectors. Being on a team also offers further training and peer education opportunities within SHine SA and with other external organisations.

Y@s provide opportunities for young people to:

- work with other young people
- work as a team
- develop leadership skills and qualities
- gain more knowledge about youth issues

It also increases youth participation within the community.

But most of all the Y@s find it a rewarding and positive experience.

## For more information

If you would like to invite the Y@s to become involved in a health promotion activity or you would like more information on getting involved with the Y@s and SHine SA contact a Y@ worker nearest you:

East/ West:	8300 5300
North:	8256 0700
South:	8186 8600