



A TASTE OF
VALLEY YOUTH
 Resources, recipes and information for young people





Moonee Valley City Council acknowledges the Wurundjeri people as the Traditional Custodians of the country on which the City of Moonee Valley is located, and we pay our respects to their Elders past and present.

Artwork by Wurundjeri artist, Judy Nicholson

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ABOUT THIS BOOK

Valley Youth believes that young people should be supported so that they can thrive in all areas of life – health and wellbeing, family and relationships, education, employment, social connection and everything in between. We wish to thank the young people who contributed to this project by sharing recipes and taking photos, as well as those who contributed behind the scenes in the making of this book. We hope you enjoy experiencing a taste of Valley Youth!

With your help we have put together this book to provide information and resources to help young people maintain a healthy life, physically, socially and

emotionally, plus details about services that can offer support (including us!).

We wish to thank the young people who contributed to this project by sharing recipes and taking photos, as well as those who contributed behind the scenes in the making of this book.

We hope you enjoy experiencing a taste of Valley Youth!

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1. YOUNG PEOPLE

AT A GLANCE

Moonee Valley



2. WHO ARE VALLEY YOUTH?



Total population in 2015



Overseas born residents



People identifying as Aboriginal or Torres Strait Islander



People speaking languages other than English at home



Valley Youth works with young people aged 12 to 25 years old who live, work, study or spend time in Moonee Valley.

Our vision is to see a Moonee Valley where young people are thriving!

We provide a range of services, programs, committees, awards and events across the municipality to support young people in learning skills, developing confidence, making connections and gaining involvement in the local community and decision making.

Our work is guided by the voices and perspectives of young people as outlined in Thrive: strategy for young people.

Visit us: Level 1, 641 Mt Alexander Road, Moonee Ponds

Email: youth@mvcc.vic.gov.au

Phone: 9243 8888

Social media: @ValleyYouthMV

Website: valleyyouth.org.au

HOW WE WORK WITH YOUNG PEOPLE

As a young person, we believe *you* are the expert in your life because you've lived it!

We believe that young people have the right to:

- 1 Be loved and safe
- 2 Have material basics
- 3 Be healthy
- 4 Learn
- 5 Participate
- 6 Have supportive environments

We work alongside young people to ensure they are heard, engaged and empowered to live healthy and fulfilling lives.

We place young people at the centre of our work and see them as essential active decision makers in their own lives and communities.

Some of the services we offer are outlined on the following pages and updates can be found on our website valleyyouth.org.au

Get in touch with us about any of these services, via...

Email: youth@mvcc.vic.gov.au

Phone: 9243 8888

Social media: @ValleyYouthMV

Website: valleyyouth.org.au



Young People's Committee

Come help lead the way by being part of our Young People's Committee!

We invite passionate young people to join us and participate in our community by representing their peers and being actively involved in decision making.

The committee provides young people in Moonee Valley with an opportunity to develop their leadership skills and support youth led initiatives. The committee informs Council on a range of issues that affect young people locally, with the aim of making Moonee Valley more youth friendly.

Queer Youth Group

You're invited to attend a social group for young people who are same-sex attracted, intersex, transgender, gender diverse, and/or questioning.

If you're 12 to 25 years of age, and you live, work, study or socialise in Moonee Valley we would love to meet you!

This is an exciting opportunity to have fun, meet young people in your area, make friends and participate in activities and initiatives.



L2P

The Learner Driver Mentor Program is a VicRoads initiative which assists young learner drivers to gain driving experience.

Learner drivers are given professional driving lessons before they are matched with a fully-licensed volunteer mentor. Together the learner driver and mentor work towards achieving 120 mandatory hours of driving practice.

L2P
LEARNER
DRIVER
MENTOR
PROGRAM

Counselling and case management

Valley Youth offers free and confidential counselling and case management support to all young people in Moonee Valley.

We provide assistance around a range of issues including family, relationships, school, anxiety, depression, sexuality and stress. We work with young people to develop personal resources to address and resolve issues. We can also support young people to set goals and achieve them, including employment, or even accessing Centrelink.

The service is available at Level 1, 641 Mt Alexander Road, Moonee Ponds. We are available to meet young people at our office or can arrange another location such as a community centre, school, library or other public facility. *Note: Counselling and case management sessions are by appointment only; Monday to Friday between 9am and 5pm.*

PUT SOME FLAVOUR INTO YOUR LIFE

At Valley Youth we know how important it is to be healthy in all areas of our lives. In Moonee Valley 84.9% of young people said they had "good health" but of course we want 100% of young people to feel this way.

This means looking after ourselves not just physically, but mentally and emotionally too!

One way to ensure that we are feeling our best is to eat well. Food is a pretty essential part of our lives. Who doesn't love a good meal?

To give you a taste of Valley Youth, ten young people from the community shared recipes which mean something special to them. Put a bit of flavour into your life with these healthy recipes and try them out for yourself.

3. VALLEY YOUTH

RECIPES

Nourishing, yummy and easy to follow

Frankie's Cheesy "Meme" Supreme Burger



COOK:
FRANKIE



SERVINGS:
1



PREPARATION TIME:
5 MINUTES



COOKING TIME:
20 MINUTES



MESSAGE FROM THE COOK

This recipe highlights the youth culture within Melbourne, most importantly within the Moonee Valley district. The receiver of this burger shall be granted eternal youth, and the ability to catch any Pokémon. The recipe is of great importance to me since it's easy to make and high in flavour.

Ingredients

- 1 handful of minced meat
- 125g block of cheese
- 1 gourmet tomato
- Burger bun
- 3 leaves of iceberg lettuce
- Pinch of sea salt
- Pinch of pepper
- Tomato sauce (optional)
- ½ brown onion
- Tablespoon of vegetable oil

Method

- 1 Prepare your vegetables; shred lettuce, slice tomatoes.
- 2 Put your minced meat in a bowl and add salt and pepper.
- 3 Roll your meat into a ball, add a small block of cheese inside and flatten the meat to form your patty.
- 4 Fry your patty in a pan for about 15 minutes until the cheese is melted and meat has browned. Add more seasoning if needed.
- 5 Cut the burger bun in half and add your tomato and lettuce.
- 6 Add the patty in burger and serve the "meme" goodness to your "G's" (share this great burger with your friends).

Elias's Eggos 'N' Noodles



COOK:
ELIAS



SERVINGS:
1



PREPARATION TIME:
2 MINUTES



COOKING TIME:
10-20 MINUTES

12

MESSAGE FROM THE COOK

After expanding my knowledge of making basic omelettes, I infused the art of making omelettes and the struggling lifestyle of a university student to create the ultimate five star meal for a filling and tasty experience.

Ingredients

- 1 free range egg
- 1 packet of 2 minute noodles with seasoning
- A pinch of salt
- A pinch of pepper
- 1/4 cup of milk
- Mushroom soy sauce (to your liking)
- Chopped vegetables if desired

Method

- 1** Put egg, milk and salt and pepper in a bowl and whisk.
- 2** Put 2 minute noodles in a saucepan with seasoning and fill the saucepan with water until noodles are drowning.
- 3** Put a dash of mushroom soy sauce in the water and turn the flame on the stove up to high.
- 4** Oil a frying pan and turn the flame up high, then put egg mix in the frying pan and when the egg mix hardens, scramble it (you can add chopped vegetables here for more flavour if you want).
- 5** Once the eggs are scrambled, douse with mushroom soy sauce.
- 6** When the noodles are soft, drain the water and serve in a bowl with the egg mixture.

Bon appetit!



VEGETARIAN

Emma's Five Star, Five Spice Chicken



COOK:
EMMA L



SERVINGS:
4-5



PREPARATION TIME:
15 MINUTES



COOKING TIME:
15-20 MINUTES

MESSAGE FROM THE COOK

This recipe is a fresh and invigorating meal that is easy to prepare and can be eaten hot or cold, depending on the season and weather. To me it is a fresh, healthy and contemporary take on chicken and salad that you will thoroughly appreciate eating and even cooking. The first time I made this dish, my brothers and I were determined to make it the best we could. Honestly, it didn't look like the greatest dish in the world but it tasted amazing!

Ingredients

For the salad

- 125g Thin rice noodles
- 1 diced apple
- ½ iceberg lettuce
- Handful of crunchy noodles
- Half a bunch of mint
- Half a bunch of coriander

For the chicken

- 8 chicken thighs
- 1 tbsp of Chinese five spice
- 2 tbsp of sweet chilli sauce
- 2 tbsp of sesame seeds
- Pinch of salt and pepper

For the dressing

- 2 tbsp of soy sauce
- 1 tbsp of fish sauce
- Pinch of dried chilli
- 1 tsp of minced ginger
- 2 spring onions
- 1 lemon
- 1 tsp of minced garlic

Method

- 1** Cook the noodles in boiling water until soft, then drain.
- 2** Toss chicken with five spice, salt and pepper then flatten with a meat mallet between greaseproof paper.
- 3** Place chicken in a pan and fry until cooked through, turning every 3-4 minutes.
- 4** Put the dressing ingredients in a small food processor and whizz until combined.
- 5** Rip lettuce leaves, mint and coriander into small pieces and combine.
- 6** Toss chicken with sweet chilli sauce and sesame seeds and arrange on a platter.
- 7** Combine all the salad ingredients, including the cooked noodles and toss carefully.
- 8** At the last minute, toss the salad with the dressing and plate up. Serve and enjoy!



Elizabeth's Giant Veg Rosti



COOK:
ELIZABETH



SERVINGS:
4



PREPARATION TIME:
20 MINUTES



COOKING TIME:
30 MINUTES

Ingredients

- 4 large potatoes
- 3 large carrots
- ½ Dijon mustard
- ½ a lemon
- Extra virgin olive oil
- 100g frozen peas
- 100g baby spinach
- 4 large eggs (optional)
- 50g feta cheese

Method

- 1 Preheat oven to 180°C.
- 2 Peel potatoes and carrots and grate them, add a pinch of salt, toss and scrunch together in a bowl. Leave for 5 minutes.
- 3 Mix mustard, a good squeeze of lemon juice and a couple of lugs of oil with a pinch of salt and pepper to a bowl and put aside.
- 4 Squeeze the potato and carrot mixture in handfuls from their bowl to get rid of excess liquid, spread evenly across a baking tray and drizzle oil on top. Roast for about 35 minutes or until golden brown and super crispy on the edges.
- 5 Blanch the peas for a minute in a large pan of boiling water, add to dressing and pile the spinach on top.
- 6 Just before your rosti is ready, with the water gently simmering, crack eggs into a bowl and slide them into the water to poach them. Cook to your liking then carefully remove from water.
- 7 Quickly toss the salad together to dress it, then add the eggs and crumble feta on top.

MESSAGE FROM THE COOK

This recipe is in a cook book that is well used in our house. The reason I love this recipe so much is that it goes with everything. I tried it out because I had some vegetarian friends coming round for dinner along with meat eaters. So this was perfect – great as a side dish and great as a main. I was surprised that it all got eaten and the chicken was left over. Nom nom nom!



VEGETARIAN



Hanaa's Lentil Soup



COOK:
HANAA



SERVINGS:
4



PREPARATION TIME:
10 MINUTES



COOKING TIME:
15-20 MINUTES

MESSAGE FROM THE COOK

Since I was a little girl my mum would make me this lentil soup. She used to make it during winter followed by a spaghetti meal. It has been my all-time favourite and still is. I only like it the way my mum makes it and always wanted to learn how to make it. One day when I was in year eight, my mum couldn't make it home on time so she called me and told me how to make it over the phone. I can't wait until winter so I can make it again and I really cannot wait to have my own kids and pass on my mother's recipe.



GLUTEN FREE



VEGAN

Ingredients

- 1 ½ cups of red lentils
- 1 potato, peeled and chopped
- 1 small carrot, chopped
- 1-2 cloves of garlic peeled
- Pinch of salt and pepper
- Green chilli (optional)
- You can also add other vegetables if you want

Method

- 1** Wash the lentils very well a few times with water.
- 2** Add the lentils, potato and carrot to a pot. Add enough water to cover it and boil until it's very well cooked. Allow to cool.
- 3** Blend the lentil mixture until smooth and creamy.
- 4** Pour the contents back into the pot and use water to get any remaining mixture out of the blender.
- 5** Crush the garlic using a garlic press or chop it into small pieces and mix it with the lentils.
- 6** Add a pinch of salt and black pepper.
- 7** If you like chilli, you can slice the chilli through the middle into two halves and add it to the pot.
- 8** Put the pot back on the stove and let it cook for a further 10 minutes.
- 9** Serve it hot and enjoy.



Lucas's Maltese Tuna Pie



COOK:
LUCAS



SERVINGS:
6



PREPARATION TIME:
20 MINUTES



COOKING TIME:
30-50 MINUTES

Ingredients

- 3 large sliced onions
- 1/2 a garlic clove
- 2 large cans of tuna
- 1 cup of sliced black and green olives
- 1 can of chopped tomatoes
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper
- 2 green capsicums, sliced
- 2 sheets of puff pastry
- Chopped basil or thyme, desired amount

Method

- 1** Preheat the oven to 180°C.
- 2** Fry onions and garlic together with a little olive oil.
- 3** Add the tomatoes, capsicums and olives. Stir and fry well.
- 4** Add tuna, combine and cook well.
- 5** Allow to cool for half an hour.
- 6** In the meantime, grease pie dish and line with pastry.
- 7** Fill pie dish with tuna mixture and top with another sheet of pastry.
- 8** Cut excess pastry around the pie dish and pinch edges together to seal it – you can brush the top with an egg wash to make it look nice and shiny.
- 9** Prick the top with a fork and bake in the oven for 30-50 minutes or until golden brown.

MESSAGE FROM THE COOK

A traditional dish, handed down from my great grandmother and a dish made every Good Friday for Lent.



Emma's Mexican Rice and Bean Salad



COOK:
EMMA M



SERVINGS:
5



PREPARATION TIME:
30 MINUTES



COOKING TIME:
20 MINUTES

MESSAGE FROM THE COOK

This recipe combines lots of my favourite things: fresh corn, avocado, cherry tomatoes and black beans. I came up with the idea a few years ago, and it has been a regular feature on our table ever since. This salad is great for sharing with family and friends as it is not only delicious, but also has the advantage of being suitable for vegans and people who are coeliac. As a vegetable-loving vegetarian, I hope this salad proves to you that getting your five serves of veg everyday doesn't have to be a chore.

Ingredients

- 1 cup of basmati rice
- 2 fresh corn cobs, husks removed
- 2 teaspoons of olive oil
- 1 diced red onion
- 400g tin of black beans, drained and rinsed
- 1 diced red capsicum
- 1 punnet of cherry tomatoes, halved
- 150g of Mexican salsa (mild or spicy, whichever you prefer)
- 1 lemon, juiced
- 1 avocado, sliced

Method

- 1** Cook the basmati rice, drain, rinse and allow to cool.
- 2** Meanwhile, place the corn cobs in a saucepan and cover with water. Bring to the boil and cook for about 10 minutes.
- 3** In a pan, heat the olive oil over a low-medium heat and add the red onion until softened. Allow to cool.
- 4** Once the corn cobs have cooled, slice the kernels from the cobs.
- 5** To assemble the salad, combine the cooked rice, corn kernels, red onion, capsicum, cherry tomatoes and black beans in a large bowl.
- 6** Add the salsa and lemon juice, stirring to coat the mixture. Top the salad with avocado and serve.



VEGAN



Samuel's Mexican Pasta

Kendall's Pesto Penne with Pine Nuts



COOK:
SAMUEL



SERVINGS:
4



PREPARATION TIME:
10 MINUTES



COOKING TIME:
45 MINUTES



COOK:
KENDALL



SERVINGS:
4



PREPARATION TIME:
10 MINUTES



COOKING TIME:
12 MINUTES

MESSAGE FROM THE COOK

This recipe is a dish my family and I would eat as a treat once a fortnight whilst watching TV together – I remember always looking forward to this dish.

Ingredients

- Chicken breast (diced)
- Taco powder
- Salsa
- Doritos (crunched up in the bag)
- 1 Capsicum (diced)
- 500g penne pasta
- 1 Avocado
- Small tub of sour cream

Method

- 1 Preheat the oven to 180°C then rub the taco powder into the chicken.
- 2 Place the chicken on a greased pan and place in the oven.
- 3 Cook the penne according to the instructions on the packet.
- 4 Put the crunched Doritos in a bowl with diced capsicum.
- 5 Place avocado, sour cream and salsa into a bowl and mix.
- 6 Add the mix to the chicken and continue to cook.
- 7 Drain the pasta; make sure to taste before draining to make sure it is ready.
- 8 Divide the pasta into four bowls.
- 9 Add chicken and sauce onto the top of the pasta and enjoy!

MESSAGE FROM THE COOK

As a young person who studies at university and lives out of home I am always keeping an eye out for quick and easy recipes - especially if they don't break the bank! This recipe I am sharing is inspired by my favourite cuisine – Italian. If you are feeling super inspired you can make the pesto yourself following the instructions below, but if you are short on time just grab a jar of pesto from the pasta section at the supermarket. Yummy! I love cooking up this recipe as it takes less than 30 minutes, and is perfect for dinner and left over lunches. I hope you enjoy it too!

Ingredients

- 1 packet of penne pasta (500g)
- 4 large handfuls of basil leaves
- 150g of pine nuts (100g for pesto, 50g toasted for garnish)
- 70g grated parmesan cheese
- 4 garlic cloves, chopped
- 185ml olive oil
- 100g of fresh rocket
- 100g of feta cheese (goat or cow)
- Salt and pepper to taste

Method

- 1 To make the pesto, combine the basil leaves, 100g of pine nuts, parmesan cheese, garlic and olive oil in a food processor or blender until smooth.
- 2 Cook the pasta according to the directions on the packet.
- 3 Toast about 50g of pine nuts on the stove and put aside to use as a garnish.
- 4 Once the pasta is cooked, drain it and mix through the pesto.
- 5 Mix through the fresh rocket and feta cheese.
- 6 Sprinkle the toasted pine nuts on top.
- 7 Add a little salt and pepper to taste and enjoy!



VEGETARIAN

Tyler's Vegemite Sandwich



COOK:
TYLER



SERVINGS:
1



PREPARATION TIME:
5 MINUTES



COOKING TIME:
0

MESSAGE FROM THE COOK

This recipe is a traditional one, known by all Australians. Through my extensive research, I have not been able to find any documentation of this recipe, which is why, today, I have submitted it to Moonee Valley. I enjoy this meal for breakfast, lunch and tea, and I hope you do as well!

Ingredients

- White bread
- Vegemite (do not use iSnack 2.0)
- Butter

Method

1 Carefully place the bread onto the food safety approved cutting board and locate sharp cutting utensils.

2 Spread the butter on both slices of bread in a calm, smooth movement. It's important to spread the butter evenly, you don't want it clumpy.

3 Observe height of butter on bread and use a spirit level to ensure it has been spread evenly.

4 *Cooking safety tip* (Before we continue to the next step please make sure you contain your excitement when applying the Vegemite spread.)

5 Insert knife into Vegemite jar, do not insert too far as the Vegemite could get on the handle of the knife – you want as little contact with the Vegemite as possible.

6 Smoothly apply the Vegemite on each slice. This is a very intense and difficult process, do not get annoyed if you don't get it right the first time.

7 You may now join the two slices of bread together. The bread must be perfectly aligned as it's not the Leaning Tower of Pisa.

8 Wash your knife in hot water, because dirty knives can ruin the physical appearance of your designer kitchen.

9 Cut bread to your desired angle. I'll let you choose the angle because I'm pro-choice.



VEGETARIAN

4. NEED SOME INFO? WE'VE GOT YOUR BACK!

We've put together this book to provide information on topics that you might want to know more about and can have an impact on your health, such as exercise, sleep, relationships, driving and leaving school.

We've also included a list of helpful services to contact if you want more information. Check out the list at the back of this book.

So sit back and flip through the following pages to get that little bit of extra information that you always wanted to know. Find out how to look after yourself and embrace being yourself in the community.

If you have any questions or need further assistance with anything mentioned in the book, feel free to get in touch with Valley Youth.

GETTING AROUND ON PUBLIC TRANSPORT

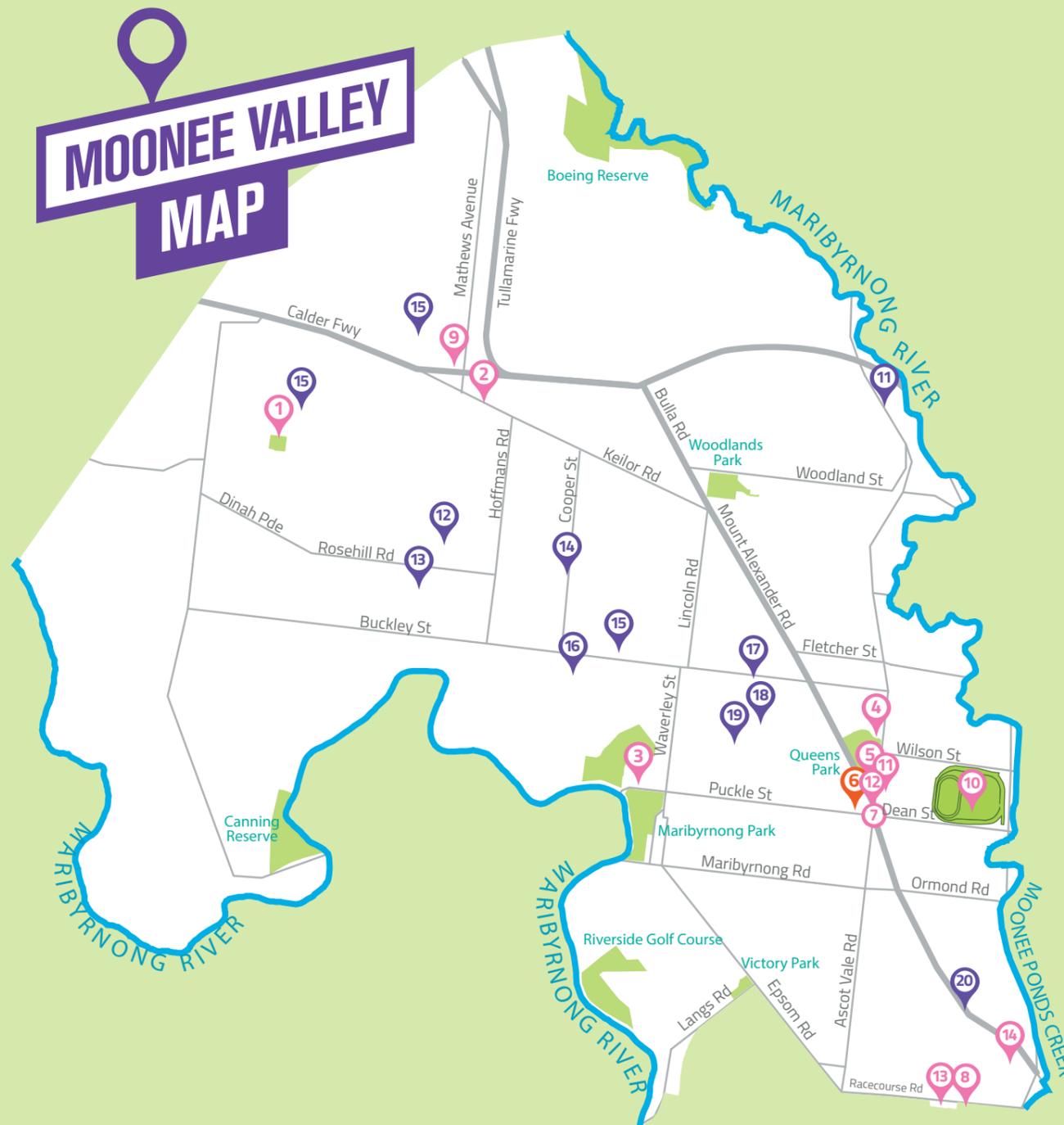
There are lots of ways to get around on public transport in Moonee Valley. On the Public Transport Victoria website you can use the Journey Planner to figure out how to get anywhere you might want to go (you can also download the app on your phone!). Just make sure you have a valid myki card topped up with enough money so you can get around using trains, trams and buses!

You can purchase a myki from any train station with a customer service desk, selected retail outlets and any 7-Eleven store. Concession mykis cost \$3 – be sure to carry proof of your concession such as your PTV ID card (Primary, Secondary, Tertiary or Asylum Seeker) or your Victorian Healthcare Card. Once you get your myki, make sure you ALWAYS touch on when you travel so you don't get a fine!



CHECK OUT PTV.VIC.GOV.AU FOR MORE INFORMATION
TO GET AROUND ON PUBLIC TRANSPORT!

MOONEE VALLEY MAP



LEGEND



PLACES OF INTEREST

- 1 East Keilor Leisure Centre
- 2 Niddrie Library
- 3 Incinerator Gallery
- 4 Queens Park Swimming Pool
- 5 Moonee Ponds Library
- 6 Valley Youth, 641 Mt Alexander Road
- 7 Moonee Ponds Junction
- 8 Pridham Plaza
- 9 The Avenue (3-15 Matthews Avenue, Niddrie)
- 10 Moonee Valley Racecourse
- 11 Moonee Valley City Council
- 12 Clocktower Centre
- 13 Flemington Library
- 14 Flemington Community Centre



SECONDARY SCHOOLS & COLLEGES

- 11 Strathmore Secondary College
- 12 Rosehill Secondary College
- 13 St Bernards College
- 14 Buckley Park College
- 15 Essendon Keilor College (3 campuses)
- 16 Ave Maria College
- 17 St Columbas College
- 18 Lowther Hall Anglican Grammar School
- 19 Penleigh And Essendon Grammar School
- 20 Mount Alexander 7-12 College

5. HOW TO BE HEALTHY PHYSICALLY

Eat well

Good nutrition can impact the way you feel. If you're eating well, you'll feel alert, happier and healthier. Be sure to eat a balanced diet of complex carbohydrates (vegetables, whole grains), essential fats (walnuts, avocados), vitamins (coloured fruits and vegetables), proteins (meats, beans) and plenty of water! You can still eat chocolate and a burger but only occasionally.

Exercise regularly

Young people should be exercising for at least 60 minutes daily on average. We know in real life that can be hard to do BUT some ways that you can keep active are by:

- walking or riding your bike to school
- taking up a sport like swimming or netball
- dancing
- taking the stairs instead of the lift
- looking up some workout videos online and doing them at home

Sleep

Getting enough sleep is super important for your body and your health. Sleep contributes to your growth and development and there are so many benefits to getting a good night's rest. You should be getting at least 9 hours of sleep. Sometimes it can be hard to fall asleep, so here are a few things you can try:

- Stop using any blue-light devices such as phones, TVs or computers an hour before you go to bed.
- Cover your clock when you sleep – if you keep checking it during the night it will keep your mind awake.
- Set your body clock – if you go to bed and wake up around the same time each day, your brain will adjust to the routine which will help you rest easier.
- Use sleepcalculator.com to figure out what time you should be going to bed.
- Eat well and avoid anything with caffeine before going to bed. A cup of chamomile tea an hour before bed might help you drift off easier.



DID YOU KNOW?

Your physical health can affect your mental health – the way you look after your body can also affect your brain. Even 10 minutes of exercise can increase your mental alertness, energy and mood. Looking after your body can improve your quality of life!



THINGS TO AVOID TO BE PHYSICALLY HEALTHY

DRUG	EFFECTS AND RISKS
<p>ALCOHOL Other names: Booze, piss, goon, grog, bev, bevy, vino, tinnie, brew, champers, shot</p> <p>Alcohol has become a part of Australian culture. It's brought out for all kinds of social events. It is legally sold to anyone who is 18 and over. In excess, drinking alcohol can lead to serious problems.</p>	<ul style="list-style-type: none"> • If drinking too much – vomiting, nausea, alcohol poisoning • Mood swings, memory loss • Aggressive behaviour • Can lead to heart and liver failure, brain damage or cancer
<p>COCAINE Other names: Blow, coke, coca, crack, Charlie, rock, powder</p> <p>Cocaine is a highly addictive, illegal drug. It gives you a short and intense high before it brings you down. It usually comes in the form of a white powder and has dangerous side effects.</p>	<ul style="list-style-type: none"> • Highly energised • Feel aggressive, even violent • Lack of appetite, increased heart rate, high body temperature • Anxiety and stress
<p>ECSTASY Other names: MDMA, pill, E, eccy, XTC, X</p> <p>Ecstasy can come as a powder or as a pill with a design on it. It's made from random chemicals in illegal laboratories.</p>	<ul style="list-style-type: none"> • Widened pupils, fast heart rate • Increased body temperature – overheating can lead to fainting or even death • You can never know what is in ecstasy; it could be a bunch of random chemicals or other drugs that have really bad side effects
<p>HEROIN Other names: H, smack, dope, harry, horse, junk</p> <p>Heroin is a highly addictive illegal depressant made from certain types of poppy plants. It can be a powder of white or brown colour.</p>	<ul style="list-style-type: none"> • If combined with other drugs it could lead to a risk of an overdose, severely affecting your body • Coming down from heroin can make you feel sick, depressed and constipated • When withdrawing you can get stomach cramps, sweat, itch, vomit, hallucinate and feel like you're going to die
<p>ICE Other names: Methamphetamine, meth, crystal meth, P, shabu, glass</p> <p>Ice is strong and really addictive. Ice looks like shards of glass or crystal and might have different colours through it.</p>	<ul style="list-style-type: none"> • Increased heart rate • Excessive, nervous energy • Lack of sleep or appetite • Possible development of psychosis (mental state where you can lose touch with reality)
<p>MARIJUANA Other names: Cannabis, pot, weed, dope, mary jane, hash, herb, joint, green</p> <p>Marijuana is the most commonly used illegal drug in Australia. Although marijuana is natural, it doesn't mean that it's not harmful. Smoking it can still have serious effects to your body and mind.</p>	<ul style="list-style-type: none"> • Tiredness • Paranoia • Hallucinations • Socially withdrawn • Mood swings • Possible development of mental illness – schizophrenia and depression
<p>TOBACCO</p> <p>Tobacco is one of the most common addictions that people face today. It is found in cigarettes and cigars and contains nicotine which is an ingredient that can lead to addiction.</p>	<ul style="list-style-type: none"> • Lung cancer, chronic bronchitis, emphysema • Increased risk of heart disease which can lead to stroke or heart attack • Also linked to other cancers, leukemia, cataracts and pneumonia

If you are trying to reduce or stop using any of these substances and would like some support, please get in touch with Valley Youth by calling 9243 8888, email us at youth@mvcc.vic.gov.au, message us on our Facebook page [facebook.com/valleyyouthMV](https://www.facebook.com/valleyyouthMV) or download a referral form from our website at valleyyouth.org.au

6. HOW TO BE HEALTHY MENTALLY

LOOKING AFTER YOURSELF

When talking about mental health we're discussing your mental wellbeing – for example, how well you are able to cope with the stresses in your life and how good you feel in general. Are you feeling okay, or are you stressed out about something that happened? Are you feeling calm or distracted? Are you able to enjoy the things you normally enjoy? **Here are some ways you can make sure that you're looking after your mental health:**

Eat well

Good nutrition can impact the way you feel. If you're eating well, you'll feel alert, happier and healthier. Be sure to eat a balanced diet and drink plenty of water.

Talk to someone

It's always a good idea to check in with someone you trust to share your feelings, thoughts or concerns. Whether it's a friend, family member or professional - it's good to have some extra support if you feel like life is getting a bit too much.

Keep active

As mentioned earlier, your mental health can be affected by how well you're looking after your physical health. Go for a walk to boost your energy levels – listen to some music or take your dog with you to make it more fun. Before you know it, 30 minutes will have passed and the fresh air and endorphins will often put you in a more positive mind-frame.

Take a break

Sometimes you can have a lot going on in your life; from friends to homework, it can be overwhelming! Remind yourself that it's okay to take a step back from your tasks and have some time for yourself. Take a break from your routine – have a snack, drink some water, read a book or do something else that you enjoy.

Give yourself the chance to wind down and relax before getting back to your commitments.

Life has ups and downs, and you will be happy or sad from time to time. If you think that you're not feeling great most of the time, Valley Youth has free counselling for young people. Contact us on 9243 8888, youth@mvcc.vic.gov.au or visit valleyyouth.org.au for some extra support and more information.

For other helpful services refer to our resources page at the back of this book.

Exams

Does the thought of exams make you feel stressed out, anxious or nervous? Like your heart has run a marathon because it's beating so fast? Here are some tips to help reduce the stress in the lead up to exam time:

- Find a study place where you know you can focus.
- Create a study timetable – and stick to it! Ensure you balance studying and everything else in your life.
- Look after yourself – a healthy body helps create a healthy mind. You can't perform at your best if you're not at your best!
- Get someone to look over your work/notes – share your work with a parent, teacher or friend to get some feedback on your progress.
- Be sure to give yourself plenty of study time before the exam – set aside enough time beforehand so you can process everything in a way that you can remember.

7. HOW TO BE HEALTHY SOCIALLY

Family

The people who make up your family can be different to someone else's. Families can have a mum, dad, stepdad, and/or stepmum in any combination. You could have no parents, one parent or several. You could have brothers, sisters, stepbrothers or stepsisters or you might be the only child. You could have uncles, aunties and cousins. You could have grandmas and grandpas. No matter how your family is structured, it is normal.

Families offer comfort and support. They're there for you no matter what. They can also be your worst critics or your best friends. They embarrass you in front of your friends and tell you to clean your room but they also make sure you're well fed and help you with your homework. If you are going through a difficult time, talking to them can be a great place to start.

Friends

Friends are also important people to have in our lives. These people are around to share the highs and lows, much like your family – only you get to choose them! Making new friends can be hard but it's worth the effort – it's good to put yourself in new situations to try and meet new people. For example, you might try joining a sports club, a group in the community or learning a new skill.

It's good to stay in touch with your friends and connect with them regularly. Going to the movies or having lunch together are great activities to do with your friends. The best way to have good friends is to be a good friend.

When it's not going so well...bullying

Bullying is not nice, it's not a cool thing to do to someone. If you are being bullied it can be hard to stand up to the bully on your own. Sometimes telling an adult or someone you trust can help break the cycle and stop the bullying.

	BULLYING	CYBERBULLYING
BULLY BEHAVIOURS	<ul style="list-style-type: none"> • Being teased or called names • Threats and intimidation • Being physically harmed • Having rumours spread about you • Being ignored or left out 	<ul style="list-style-type: none"> • Abusive texts, emails or posts • Constant harassing messages • Sharing inappropriate images • Posting unkind messages or images • Excluding others online
WHAT TO DO IF YOU'RE BEING BULLIED	<ul style="list-style-type: none"> • Talk to someone you trust to break the cycle • If you're getting threatening messages and feel in danger, call 000 and tell the police • Tell someone you know and trust that you are being bullied or cyberbullied to get some support and do something about it • If you don't feel like you can talk to a teacher or parent, come talk to one of the counsellors at Valley Youth 	<ul style="list-style-type: none"> • Don't retaliate or reply • Block the bully • Report it to the service eg. Facebook, Snapchat • Collect the evidence – keep messages you've received • Tell someone you trust • If you need some extra support or you feel like it is overwhelming, contact Valley Youth to get some support



8. HOW TO BE HEALTHY SEXUALLY

Relationships

Relationships are important in shaping our identity, whether it's friendships or romantic relationships. If you decide that you want to be in a romantic relationship, it's important to think about what you want in a relationship. Consider whether you're ready and the kind of person you want to be with.

Most importantly, know that you shouldn't try to rush into anything until you've thought it through and decided it's what you really want. When looking at what you want in a relationship think carefully about what that means. Some qualities of healthy relationships are trust, honesty, affection, respect and love.

If you are not ready to be in a romantic relationship, that's perfectly fine. It's okay to take your time and wait until you're older or feel that you are really ready. If you ever feel like you might not want to be in a romantic relationship at all, that's normal too. Always know that it's your decision and it's up to you.

Sexual health

Chances are you've probably heard the S word by now – "sex". Maybe hearing the word makes you giggle a little or it makes you curious. It's a normal part of life but there can be a lot to think about if you are thinking about becoming sexually active or already are. The most important thing in being sexually active is that each person consents to any activity – meaning they both agree. Never assume that someone consents to having sex – **ASK EVERY SINGLE TIME.**

Be safe when having sex:

- Be of age – the age you can legally be sexually active in Victoria is 16. If a person is in a position of authority or care over anyone under 18 years old it is a criminal offence.
- Have mutual consent (both people agree).
- Be respectful.
- Be safe – use contraception to protect yourself from sexually transmitted infections (STIs) and getting pregnant.
- If you are in a same-sex relationship you still need to protect yourself from STIs.

The Action Centre for Young People offers a range of information, education, counselling and medical services for people under 25. They have free condoms if you need them, don't be afraid to ask! Call on 9660 4700 or check out fpv.org.au/our-reproductive-and-sexual-health-clinics for more information.

OUR SEXUAL DIVERSITY



ALLY: A person who works with LGBTIQ+ people to support them and to fight injustice, though the ally does not identify as LGBTIQ+ themselves.



ASEXUAL: A person who does not or rarely experiences sexual attraction to any gender, or who otherwise has very little interest in sexual activity if at all.



BISEXUAL: A person who is attracted to people of both the same and another gender.



GENDERQUEER: A person who identifies as a gender that is not necessarily male, female or viewed in a binary manner. Genderqueer people may identify as masculine, feminine, androgynous, bi gendered or partially male or female in varied ratios. Genderqueer people may reject gender roles altogether.



HERETROSEXUAL: A person who is primarily attracted to people of the opposite sex.



HOMOSEXUAL: A person who is primarily attracted to people of the same sex.



INTERSEX: A person whose sexual anatomy does not fit with the traditional markers of "female" and "male".



PANSEXUAL: A person who is attracted towards people regardless of their sex or gender identity.



TRANSGENDER: A person who has a gender identity or gender expression that differs from their assigned sex.

VALLEY YOUTH HAVE A QUEER YOUTH GROUP

For more info or to register your interest, message us on our

Social media handle:
@ValleyYouthMV

email us at:
youth@mvcc.vic.gov.au

visit our website:
valleyyouth.org.au or
call 9243 8888.

NOTE:

There is no perfect contraception that will protect you 100% from unwanted pregnancy or STIs. Try to use a combination of methods and talk to your doctor if you are unsure about your options.

RESPECT PRONOUNS!

Don't be afraid to ask the person what their preferred pronoun is eg. he, she or they.

9. HOW TO BE HEALTHY CULTURALLY

Multiculturalism

Australia is a multicultural country – this means that we are made up of people from a wide range of different cultures. Not a lot of places give you the opportunity to meet people from so many different places within your own neighbourhood as Moonee Valley. We have the chance to share and experience a range of diverse cultures and their amazing traditions, religions, lifestyles and cuisines.

Being a newly arrived person from another country can be difficult, especially if you don't know anyone or can't speak the native language. It's important to be helpful and inclusive and to let people from other countries know that you accept them and their culture.

If you or someone you know is new to the country and are finding it tricky, give the Centre for Multicultural Youth a call on 9349 3766 or go to cmy.net.au for help settling in.

Australia's first people

Aboriginal and Torres Strait Islander people were the first people in Australia, looking after the country in mobs and moving with the seasons. The Wurundjeri people have lived on this land we now know as Moonee Valley for over 40,000 years and have a long and vibrant history.

Although the impacts of colonisation, dispossession and forced removal are still being felt today, Aboriginal and Torres Strait Islander people have demonstrated extraordinary resilience as one of the world's oldest surviving cultures and have an incredibly rich and diverse cultural heritage.

If you identify as an Aboriginal or Torres Strait Islander young person and would like some extra support call the Victorian Aboriginal Child Care Agency on 9484 5403 or check out their website vacca.org. They've got plenty of resources and connections to support your needs.

Subcultures

Culture is a major part of who people are and shapes the way we see, experience and interact with the world. A subculture occurs within a culture but can have some different identifying features. You might find that you identify with the interests and appearance of a subculture. It's important to be able to express yourself and be comfortable with who you are. Whether you connect with a subculture or you like to do your own thing, as long as you're happy and healthy, that's what matters! Check out some of the subcultures that have been a part of Australian culture over the decades.



THE 70's DISCO

The look: High-waisted flared pants, platform shoes, tight clothes, big necklaces, big hair, three-piece suits, sequins, glitter, tube tops.

Interests: Predominately dance-based like going to discos, listening to disco music.



THE 80's PUNK

The look: Ripped clothing with safety pins, leather jackets, denim, piercings, metal studs/spikes, coloured hair worn in a Mohawk, leather boots, jackets with customised embellishments on them.

Interests: Expressing views on issues, particularly political issues.



HIP HOP

The look: Commercial-branded clothing, baggy shirts, jeans and jumpers.

Interests: R&B music, the "running man" dance move and DJing.



THE 90's GRUNGE

The look: "Everyday clothing" and op shop items – flannel shirts, denim pants, jackets tied around the waist, long hair, and unkempt appearance.

Interests: Spending as little money on clothes as possible (going to op shops), do the opposite of the mainstream, slacker mannerisms.



THE 00's EMO

The look: Black clothes, skinny-legged jeans, side-fringe (usually covering one eye), band shirts, studded belts, wristbands, straightened and/or layered hair, dyed hair, piercings.

Interests: Emo bands – My Chemical Romance, Fall Out Boy, Taking Back Sunday, using Myspace (at the time). Emos could be quite shy and introverted, often misunderstood by the mainstream, using words like "rawr".

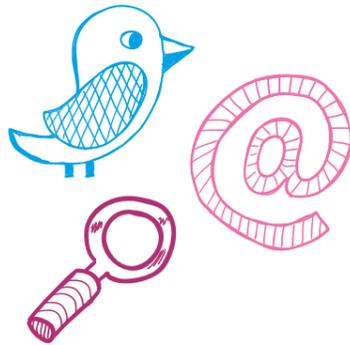


NEW HIPSTER

The look: Vintage or op shop clothing, androgynous hairstyles, men have long hair often tied up in a "man-bun" and some kind of facial hair.

Interests: Independent thinking, appreciate alternative culture from art to music, riding retro bicycles, knitting, specialty coffee.

10. HOW TO BE HEALTHY TECHNOLOGICALLY



Technology use

Millions of people in the world have access to some nifty little device that grants them access to the internet. Our mobile phones, tablets or computers – even our televisions are smart enough to know what shows we're interested in! New technology is enabling us to be connected and do so much more.

As much fun as it is to be connected and in tune with the world all the time, it's good to take a break every once in a while. If you need to stay in touch, why not call a friend or meet up with them rather than text them? Read a book or the local newspaper to find out what's going on in your local community. Do something creative like play some music or draw a picture.

However, if you insist on being on your mobile or tablet, here are some cool apps worth checking out:

- ColorTherapy – this one's a good stress-reliever. If you liked colouring in as a kid (even if you didn't) you'll like it even more now. Perfect when you're trying to have some time out.
- Neko Atsume – if you love cats, this is especially for you. The name of the game actually means "cat collecting" – looks like you've found your objective!
- Evernote – this app is helpful to use to complete any projects or tasks that you have in progress. It lets you save work across multiple devices so you can access it anywhere.
- Smiling Mind – reduce your stress levels and increase your positive wellbeing by using this one to meditate and relax.



The Internet

Ah, the Internet. Where would we be without it? The place where Google is god and Facebook is the president and Instagram and Snapchat are competing for a trophy in a most popular social media app pageant while YouTube sits back and films it, waiting for something funny to happen.

The internet keeps us connected. We basically have the world at our fingertips – any bit of information that we want to look up there's a website for it.

Being so in touch with the world means we need to be wary of what we might be exposed to. Be mindful when talking to people that you might not know. Online scams and catfishing (when someone pretends to be someone they are not) are new dangers to keep an eye out for. While you need to watch out for what others do, look out for what you do online too.

Remember to think before you post anything on the internet – do you really want that picture or that post to be seen by a large audience? This audience could contain a future employer or even someone you already work for. Posts don't ever really disappear from the internet. A great tip is if you wouldn't want your grandma to see it then don't post it.

If you want to be safe online there are some great resources at esafety.gov.au or call them on 1800 880 176.

11. HOW TO BE HEALTHY FINANCIALLY



Money

Money affects our lives in different ways. You've worked hard to earn that sweet, sweet cashola so here are some ways you can plan wisely so you can enjoy it now and in the future.

A budget is a great way to plan your spending – and your saving. It keeps track of how much money you earn (called income) and how much money you spend (called expenses). Whatever is leftover once you subtract your expenses from your income is your "disposable income" – money that you can afford to spend on things you like, or save for the future.

To ensure that your budget doesn't fail it's best to set yourself some realistic goals. Although you might be trying to save money, don't cut out things that you enjoy completely. For example, if you take food to work, allow some money to buy lunch every once in a while. Or if you enjoy the movies, go on the cheap nights.

Centrelink

Centrelink is a service from the Australian government that helps provide people with a sense of social security – meaning that no matter what a person's circumstances are, every person should be able to have a basic standard of living.

If you want to study or need assistance while you try to find stable work, you can access payments to help you support yourself. Some financial support services for young people that you might be able to get are Youth Allowance, Newstart Allowance or ABSTUDY.

Approaching Centrelink can seem like a daunting thing to do, but it doesn't have to be. Centrelink exists to ensure that everyone is supported, so don't be afraid to check out their website humanservices.gov.au or give them a call on the Youth Line on 132 490.

If you want some help with this, one of the case workers at Valley Youth can give you a hand with connecting you to the service you need. If you need extra assistance coming up with a budget plan, get in touch with Valley Youth on 9243 8888 or email youth@mvcc.vic.gov.au.



12. HOW TO BE HEALTHY OUT IN THE WORLD

Once you leave school...

So you've finished high school, completed your exams, done the hard work and are ready to take on the world! The only question is, where to from here?

There are many options once you leave high school. You can go on to further education at university or TAFE, do an apprenticeship or get into the workforce.

In tertiary education (education after school), you can achieve various qualifications. The level of difficulty and time it takes will depend on the qualification you are pursuing. Some qualifications may take one year to complete, whereas others might take up to five or six (this also varies if you study full time or part time). The government will usually only assist with loans for one course of a certain level for each person. For example, if you complete a Certificate II you can't access funds for another Certificate II but could for a Certificate III or higher. (Check with your education provider to find out about possible exceptions).

University and TAFE

At university you can do full time or part time study. Full time study can be anywhere between 12 and 35 contact hours per week (in tutorials, lectures or workshops). You can also study part time. Importantly, full time and part time hours can vary from course to course, so see what works best for you.

The great thing about TAFE is that it can teach you practical skills to get you ready for work, or if you didn't receive an offer from the university that you wanted to go to, completing a TAFE course can be a pathway to get into that university later on.

Always know that when studying at TAFE or university, if you decide that it's not for you, you can opt out, defer or change course. Make sure to talk to your course coordinator about your options.

Make sure the institution and course you are interested in is trustworthy and that you are not being pressured to commit to it. Some warning signs of courses that might not be right for you include pressuring you to sign up or promises of minimal work involved – if it sounds too good to be true, it just might be! Talk to people who have been to that institute about what it is actually like before you sign up.

Apprenticeships

An apprenticeship can give you the skills and experience to help you reach your career potential and you also get paid while doing it! You can do an apprenticeship if you are leaving school or even while you're still completing Year 11 and 12. It's hands-on work that is specific to certain jobs or trades such as hospitality or mechanics.

Head to australianapprenticeships.gov.au to view jobs and apprenticeships in a range of industries!



Work

In Victoria, the legal age you can start working is 15. There are some exceptions such as if you work for family (no age requirement) or delivering newspapers on a paper route (age 11 and 12).

When applying for a job you may need a resume and a cover letter. A resume is a document that outlines your background, skills, education and other relevant information that will help you to get a job. A cover letter is a one page letter that provides detailed information on why you are qualified for the job you're applying for.

Once you land your job, know your rights and your entitlements! If you are having problems with your pay, not getting regular shifts or are experiencing poor treatment at work, you can contact Fair Work Australia on 131 394 or the Young Workers Centre on 1800 714 754 or by visiting youngworkers.org.au.

Legal stuff

As a young person, you have legal rights. A great place to get some advice and information is from the Youthlaw website.

Below we've provided some brief information on a few things that you might want to know about.

- When an employer asks a job applicant to work for a "trial period", you are entitled to be paid even if you aren't hired afterwards.
- If you get a fine, you can organise a payment plan with the agency that issued the fine if you can't pay it straight away.
- If the police ask you for your name or address they have to tell you why they are asking you for it.
- It is illegal to carry a spray can if you are on public transport property. The only time it is okay is if it is for your trade or job.
- If you are renting, your landlord can't attempt to increase the rent more than once every 6 months.

For more information and legal advice on youth related topics, check out Youthlaw's website, youthlaw.asn.au or call 9611 2412.

Voting

When you turn 18 you're legally allowed to vote (if you are a citizen). Before you turn 18 you will receive a letter letting you know that you will be able to vote soon and it will tell you to enrol to vote with the Australian Electoral Commission (AEC). In Australia it is compulsory to vote – this means that you must vote. By voting, you are able to have your say in which party you believe is best suited to be your representative in state and federal government. It also allows you to vote for community members who best represent your values in local council elections.

Driving

Being able to drive can be very exciting! To be able to drive in a car and get from A to B rather than wait for a train is really different. If you decide that you want to drive, we have the information to help you get there.

Before you go to your learner's permit knowledge test or hazard perception test, you can go to the VicRoads website or drivingtestvic.com to complete some practice tests until you feel confident enough to do the real thing.

If you need help gaining hours to get your Ps, Valley Youth run the L2P Learner Driver Mentoring Program.

To find out if you're eligible contact youth@mvcc.vic.gov.au or visit valleyyouth.org.au for more information.

REQUIREMENTS

LEARNER'S PERMIT

Must be at least 16 years old

Study and take learner permit knowledge test – must answer at least 25 correctly to pass (use the Road to Solo Driving Handbook as your guide)

PROBATIONARY LICENCE

Must be at least 18 years old and hold a learner's permit

If you are under 21, you need to complete 120 hours of supervised driving and record them in your learner log book

Hazard Perception Test
Driving Test

13. RESOURCES



General information

Foundation of Young Australians:
fya.org.au

Yerp:
yerp.yacvic.org.au

YMCA:
ymca.org.au

Youth Affairs Council of Victoria:
yacvic.org.au

Youth Central:
youthcentral.vic.gov.au

Disability

Divine:
divine.vic.gov.au

Interchange Western:
interchangewestern.org.au

Vicdeaf:
vicdeaf.com.au

Wesley Mission Disability Employment Services:
wesleymission.org.au

Youth Disability Advocacy Service (YDAS):
ydas.org.au

Employment, Education and Training

Job Watch:
jobwatch.org.au

Local Learning & Employment Networks:
llen.vic.gov.au

On Track:
education.vic.gov.au/about/research/Pages/ontrack.aspx

Victorian Student Representative Council (VicSRC):
vicsrc.org.au

Young Workers Centre:
youngworkers.org.au

Health

Centre for Adolescent Health (VIC):
rch.org.au/cah

Somazone:
somazone.com.au

The Butterfly Foundation:
thebutterflyfoundation.org.au

Vic Health:
vichealth.vic.gov.au

Western Health:
westernhealth.org.au

Housing

Latitude Directions for Young People:
latitude.asn.au

Launch Housing:
launchhousing.org.au

Melbourne City Mission:
melbournecitymission.org.au

Tenants Union Victoria:
tuv.org.au

VincentCare Victoria:
vincentcare.org.au

Indigenous

Koorie Youth Council:
korieyouth.org

Victorian Aboriginal Child Care Agency:
vacca.org

Victorian Aboriginal Community Services Association Ltd:
vacsal.org.au

Victorian Aboriginal Education Association Inc:
vaeai.org.au

Victorian Aboriginal Health Service:
vahs.org.au

Legal information

Everyday Law for young people:
everyday-law.org.au/young-people

Lawstuff:
lawstuff.org.au

Victorian Aboriginal Legal Service:
vals.org.au

Victorian Legal Aid:
legalaid.vic.gov.au

Youthlaw:
youthlaw.asn.au

Sexual health

Melbourne Sexual Health Centre:
mshc.org.au

Prahran Market Clinic:
prahranmarketclinic.com

The Action Centre for Young People:
fpv.org.au/our-reproductive-and-sexual-health-clinics

The Centre Clinic:
vac.org.au/lgbti-health/centre-clinic

The Northside Clinic:
northsideclinic.net.au

Violence

Bursting the Bubble:
burstingthebubble.com

Centre Against Sexual Assault:
casa.org.au

Foundation House:
foundationhouse.org.au

Safe Steps:
safesteps.org.au

1800 RESPECT:
1800respect.org.au

Mental health

Headspace:
headspace.org.au

Kids Help Line:
Free call 1800 55 1800
kidshelp.com.au

Orygen Youth Health:
oyh.org.au

Reach Out!:
reachout.com.au and
reachout.com.au/reachout-nextstep#nextstep

Youthbeyondblue:
youthbeyondblue.com

Sexuality

Drummond Street Queerspace:
ds.org.au

Minus18:
minus18.org

Q Life:
qlife.org.au

Rainbow Network:
rainbownetwork.com.au

Transcend:
transcendsupport.com.au

Substance use

Australian Drug Information Network (ADIN):
adin.com.au

Cohealth:
cohealth.org.au

DrugInfo Clearinghouse:
druginfo.adf.org.au

Odyssey House Victoria:
odyssey.org.au

Youth Substance Abuse Service (YSAS):
ysas.org.au

Multiculturalism

Centre for Multicultural Youth:
cmy.net.au

Foundation House:
foundationhouse.org.au

Kids Off The Kerb – Our Place:
kidsoffthekerb.org

RISE: Refugees Survivors and Ex-Detainees:
riserefugee.org

Spectrum Migrant Resource Centre:
spectrumvic.org.au



Visit us:

Level 1, 641 Mt Alexander Road,
Moonee Ponds



Email:

youth@mvcc.vic.gov.au



Phone:

9243 8888



Social media handle:

@ValleyYouthMV



