

Our Health Our Way Suggested Posts/Tweets

| Theme | Content | Visuals |
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| Introducing Our Health Our Way | It's OUR Health OUR Way. We want our young mob to be proactive about health. NSW Kids and Families have worked with 33 Creative (tag) to develop these deadly clips that let you know more about your health. What's important? How do I find out more? Who can I talk to? Get involved and be a part of changing the face of health for our young people! #healthourway | http://www.kidsfamilies.health.nsw.gov.au/current-work/youth-health-and-wellbeing/our-health,-our-way-resources/ |
| Bulk Billing | Do you know what bulk billing means? Or think you do but are now a bit unsure? Check out this video to answer some questions you might have about paying to see your doctor. #healthourway | https://vimeo.com/140394024 |
| Brochures | The Our Health Our Way message doesn't just stop at videos, if you are a teacher, health worker, parent or community member and want to spread the message, there are posters and brochures available to order via the NSW Kids and Families website. Just go to... http://www.kidsfamilies.health.nsw.gov.au/current-work/youth-health-and-wellbeing/our-health,-our-way-resources/ #healthourway | |
| Having a Baby | Are you pregnant? Is your partner pregnant? It can be a confusing time, but it doesn't have to be. Take a look at some of the ways you can keep yourself and your bub happy. #healthourway | https://vimeo.com/140394023 |
| Medicare Cards | Do you have a Medicare card? Do you know what a Medicare card is used for? How old do you have to be to get one? Watch this video to find out... #healthourway | https://vimeo.com/140394022 |
| What to expect when I go to the doctors | Not many people like going to the doctors, but it doesn't always have to be uncomfortable. Knowing what you can expect from your Dr and Medical Service will help you to take control of your health. Check out this video to find out more #healthourway | https://vimeo.com/140396750 |

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| What is confidentiality? | Generally, what's said at the doctors, stays at the doctors. If you have something you don't want shared you have every right to request that it remains confidential! Get to know your rights better while watching this deadly clip and checking out our poster and brochure at (WEBSITE) #healthourway | https://vimeo.com/140396747 |
| Classroom Resources | Are you a teacher or work with kids on health issues? Our Health Our Way is more than just videos. There is also an awesome classroom resource available on the NSW Kids and Families website FREE for you to use! Head to http://www.kidsfamilies.health.nsw.gov.au/current-work/youth-health-and-wellbeing/our-health,-our-way-resources/ #healthourway | |
| When should I see a doctor? | When should you go to a Dr? Taking time out of school or work can make it seem like it's not worth it. We need to stay strong and healthy so we can live a long and happy life. Find out why it's important to visit your doctor if you aren't feeling your best... There is also plenty more info for #healthourway available through our resources online at (WEBSITE) | https://vimeo.com/140396749 |
| Smoking | Quitting smoking is hard, especially if you are surrounded by people who smoke. Help prevent diseases such as lung cancer, emphysema and strokes that can be caused by smoking. Be strong and contact your local medical service to find out how to quit. #healthourway | https://vimeo.com/140396748 |
| Healthy Eating | It's pretty easy to just reach for a packaged snack when you're hungry...but do you know how much sugar, preservatives and other nasties might be in it? Get smart about your food choices. Eating healthy food, drinking water and exercising will make you feel much better. Check out the new and improved food pyramid and dietary requirements for Australia for a better look at healthy eating. #healthourway http://www.abc.net.au/health/features/stories/2015/05/19/4238562.htm | https://vimeo.com/140396748 |
| Getting Personal | Talking to your doctor about personal issues can be embarrassing. Subjects such as sex, drugs and pregnancy can be difficult to talk about but are very important to your health. If you have a concern, be brave and talk to your doctor about it... they're there to help you. #healthourway. | https://vimeo.com/140396747 |
| Depression | Feeling down? If you are experiencing feeling flat, numb or distant, you could be dealing with depression. Don't be shame, depression and other mental illness affects 25% of all young people in Australia. You are not alone, your doctor and other services are here to help, to talk and to listen. Get connected with health | https://www.youthbeyondblue.com/understand-what's-going-on/depression |

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| | services and get on top of it. Check out this mob who are there to help #healthourway | |
| What does good health mean to you? | What does good health mean to you? Good health goes so much further than your diet and exercise. Other ways you can help to take care of your health and make it stronger include making time for yourself, spending time with family and friends and connecting with culture. What have you done today for your health? #heathourway | https://vimeo.com/140396748 |