

Resources for adolescent health and wellbeing

Nutrition

- The Australian Dietary Guidelines:
www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf
- Health Direct
<https://www.healthdirect.gov.au/hydration-tips-for-children>
- Women, Youth and Children Nutrition, Canberra Health Services - Foodwise Fact Sheets
www.health.act.gov.au/services-and-programs/nutrition/women-youth-and-children-nutrition
- Healthy Kids, NSW Government
www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking.aspx
- Better Health Victoria, VIC Government
www.betterhealth.vic.gov.au/health/healthyliving/Teenagers-and-healthy-eating
- Dietitians Association Australia
www.daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/teens/
- ACT Nutrition Support Service, Nutrition Australia
www.actnss.org/home/nutrition-info-hub/
- Healthy Kids Association
www.healthy-kids.com.au/food-nutrition/
- The Victorian Aboriginal Community Controlled Health Organisation
www.vaccho.org.au/resources/npa/ttts/
- Raising Children Network
www.raisingchildren.net.au/teens
- Connect up 4 Kids, Capital Health Network
www.chnact.org.au/connect-up-4-kids-family-resources

Physical activity and sedentary behaviour

- The National Physical Activity, Sedentary Behaviour, and Sleep Recommendations for Children and Young People (5-17 years)
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure-24hr-guidelines-5-17yrs.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure-24hr-guidelines-5-17yrs.pdf)

- The National Physical Activity, Sedentary Behaviour, and Sleep Recommendations for Families
[www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure%20PA%20Guidelines_A5_Families.PDF](http://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure%20PA%20Guidelines_A5_Families.PDF)
- Girls make your move, Department of Health
www.campaigns.health.gov.au/girlsmove
- Healthy Kids, NSW Government
www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-physical-activity/guidelines-and-recommendations.aspx
- Raising Children Network
www.raisingchildren.net.au/teens/healthy-lifestyle/physical-activity/physical-activity-teens
- Sports Dietitians Australia
www.sportsdietitians.com.au/section/children/

Sleep

- Health Direct
www.healthdirect.gov.au/healthy-sleep-habits
- Better Health Victoria, VIC Government
www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-sleep
- Queensland Health
www.health.qld.gov.au/news-events/news/health-in-your-teens-sleep
- SA Health
www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+sleep
- Sleep Health Foundation
www.sleephealthfoundation.org.au/teenage-sleep.html
- Raising Children Network
www.raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens

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