

Youth Center

Goals

- Promote** physical and mental health
- Strengthen** young people's identity development in order to help them handle their sexuality and interpersonal relations
- Prevent** pregnancies and sexually transmitted infections



Facts

Opening hours Monday-friday - also during school holidays

Number of documented visits/year 7000-8000

Education/information about sexuality and interpersonal relations Compulsory sex education for all 14 year old, prevention of unwanted pregnancies, preventing and treating STI, psychological and social disorders and dealing with life style issues.

Total number of visits/year 12 000

Population 2007 19.968 person between the age of 13-20 years (Uppsala).

Knowledge/cooperation We have regular meetings and cooperate with other Youth Centres in the county, teachers, school health care, the county's health care, National Centre for Battered and Raped Women (NKC), Uppsala county council Department of Communicable disease control and prevention (Smittskyddsenheten), Social services, the Department of Psychiatry for young people and children, the department of Psychiatry for Adults, the Police department working with family violence. Uppsala University Hospital is a research hospital and the Youth Center takes part in studies which purpose is to improve knowledge concerning young people's psychological and physical health. We also participate in the educational programs for midwives, doctors, psychologists and nurses.



BODY
MIND
SOCIAL DEVELOPMENT

Youth Center

in Uppsala





To be a teenager

Facilitate growth and development

Youth is perhaps the most dynamic and progressive period in a person's life. The changes that occur in both body and mind usually don't take place in harmony and can lead to a great need of confirmation and support.

The young person has to create an identity in order to eventually be able to function as an adult in the community. Influence from friends and society becomes more important than parental influence. This process of emancipation can create feelings of being lonely and estranged and self-perception and self-respect are issues to be dealt with during this period. This intensive period of development also renders possibilities to work through earlier experiences and conflicts. Crisis during this period are frequent and provide an opportunity for growth and should not automatically be regarded as pathological.

That's why

The purpose of the Youth centre is to strengthen healthy and normal development towards adulthood. The approach is based on the WHO definition of health, a holistic approach concerning body and psyche, integrating them with sex education and questions concerning relations.

And

The young are taken care of by staff with special competence in premises that are easily accessible, centrally located and separate from other activity. Visits are free of charge. The youth perspective is the core of our work based on the young's own initiative to contact the Youth Center.

"Strong commitment for young people, a multiprofessional method of work, flexibility and improvisation makes it possible"

12.000 young people visit the Youth Center every Year



Body

The purpose of the Youth Center is to promote physical health, preventing unwanted pregnancies and sexually transmitted infections.

Mind

The purpose of the Youth Center is to promote mental health, apply a societal perspective in working with young people's identity development, sexual development and encourage them in making responsible decisions in life concerning themselves and people they get involved with. Supporting young people's confidence and integrity is an important part of supporting their development towards being a responsible adult.

Social development

The Youth Center takes great notice in the interaction between the individual and the society in order to understand the environment of young people and the prerequisites for development and health. We have an open attitude towards variations in sexual identity, provide young people with different cultural and religious background with apprehension and assistance that corresponds to their specific needs. We also contribute to increasing equality among young people and apply a gender perspective in our work.