Injury is one of the leading causes of death and disability in young people, accounting for around 66% of deaths of young people.

Each year enough young people are injured to fill a huge stadium.

Over 71,000 young people aged 15 to 25 were hospitalised because of injuries between 2010 and 2011.

More than twice as many males are hospitalised than females.

There are many reasons why young people may find it difficult to assess risk, make safer choices and react rationally, particularly in new or stressful situations. This includes:

- The way the brain is still developing during adolescence.
- Inexperience.
- Peer or family influence.
- Society's expectations of how young men and women should and will behave.

Our programs offer practical tools and provide strengths-based strategies to assist young people as well as those in a position of influence in their lives.

Youthsafe favours evidence-based approaches that create supportive, strong environments to address injury prevention in the context in which that injury occurs. This allows young people to take safe and calculated risks as well as build capacity and self-efficacy over time.

**YOUTHSAFE VALUES**

- LEADERSHIP
- PARTNERSHIP
- EMPOWERMENT

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