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Immediate Release
6 December 2010

Youth Link and Family Planning Queensland art contest celebrates healthy relationships

Together, Youth Link and Family Planning Queensland (FPQ) joined forces this spring to promote healthy and respectful relationships through a collaborative art competition.

The art competition, held for Youth Link young people, challenged them to express what a healthy relationship looks like and means to them through art work.

One of the art competition participants explains, "I love art....and when I heard what the competition was about ideas really popped." She goes on to speak about her view of a healthy relationship, "I believe that everyone enters a relationship as individuals, with your own needs, preferences, dislikes etc...So when you're in a relationship you have to remember that (other than trust, honesty and forgiveness) communication is totally the key, as well as compromising."

Youth Link and FPQ will co-host an exhibition of the healthy relationships art competition on Monday 13th December from 10:30am-12:30pm, at VIBE Bar and Lounge, 39 Lake Street, Cairns.

"We are happy with the art that has resulted from this competition," says Nicci Reynolds, Health Promotion Community Worker from Youth Link. "Every day we see young people who are experiencing crises in relationships, family abuse, and homelessness or are otherwise going through tough times. Sometimes we have difficulty engaging our young people in projects that last several weeks...but there were a couple of days in the drop in centre where it seemed to be the right day to express thoughts and feelings about healthy relationships and channel them into an art form and that's when the participation happened. The artwork speaks for itself – and is a moving expression of what represents respectful relationships for the youth involved."

FPQ's Regional Education Coordinator, Rowena Prentice adds, "The art project has given participants a means to reflect on what constitutes a healthy relationship, and the works created give voice to those aspects that young people consider most valuable. As professionals and community members it's important to find ways to have these conversations with the young people in our community, and listen to how we can better support them to enjoy healthy, respectful relationships throughout their lives."

For more information, please contact Nicci Reynolds, Which Way Program - Health Promotion Community Worker, YOUTH LINK on 40 316 179 or Rowena Prentice, Regional Education Coordinator, Family Planning Queensland, on 40 312 232

www.youthlink.org.au

www.fpq.com.au

Youth Link serves disadvantaged, homeless and at risk young people aged 12 to 24 through a drop-in centre, health and housing services and emergency relief.

Family Planning Queensland (FPQ) is a leading provider of sexual and reproductive health services, including clinical, education, training and information services.