



**Doc. 14182**

13 October 2016

## Addressing the health needs of adolescents in Europe

### **Motion for a resolution**

tabled by Baroness Doreen MASSEY and other members of the Assembly

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This motion has not been discussed in the Assembly and commits only those who have signed it

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Adolescents are, in general, healthy. However they have specific needs which result from physical, emotional and mental changes as they achieve puberty.

Research shows that adolescents are more prone to take risks, and to suffer stress. Suicide rates, particularly amongst young men, are worryingly high. In some countries, teenage pregnancy rates give rise to concern.

The promotion of a healthy lifestyle from an early age is vital. This should include information and exploration of attitudes and values in order to develop self-confidence and self-esteem – characteristics which may protect young people against negative influences.

Some young people are particularly vulnerable – for example, those living in poverty, those who witness or suffer abuse, those in or leaving care, migrant children and those in youth justice systems. They should have access to special treatment, such as mental health services which should be well-resourced and made available at an early stage.

In informal settings such as schools and higher education counselling services should be provided, and programmes should be developed, and delivered by trained teachers and other professionals such as doctors and school nurses.

Governments should develop strategies to prevent poor health (mental, physical and emotional) amongst adolescents and to intervene promptly if problems arise.

The Parliamentary Assembly should explore good practice in member states as a means of ensuring that adolescents have access to health promotion programmes and to support for their health needs.

*Signed (see overleaf)*



*Signed*<sup>1</sup>:

MASSEY Doreen, United Kingdom, SOC  
ANDERSON Donald, United Kingdom, SOC  
CERİTOĞLU KURT Lütfiye İlksen, Turkey, EC  
DAVIES Geraint, United Kingdom, SOC  
DUNDEE Alexander, [The Earl of], United Kingdom, EC  
FRÉCON Jean-Claude, France, SOC  
GRIN Jean-Pierre, Switzerland, ALDE  
GÜNAY Emine Nur, Turkey, EC  
HAJIYEV Sabir, Azerbaijan, SOC  
JÓNASSON Ögmundur, Iceland, UEL  
KIRAL Serhii, Ukraine, EC  
LUIS Teófilo, de, Spain, EPP/CD  
MIKKO Marianne, Estonia, SOC  
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1. ALDE: Alliance of Liberals and Democrats for Europe  
EC: European Conservatives Group  
EPP/CD: Group of the European People's Party  
SOC: Socialist Group  
UEL: Group of the Unified European Left