A comprehensive **adolescent health training programme** should include the following topics:

* Normal adolescent development
* Common health problems in adolescence
* Rare and chronic childhood diseases in adolescence
* Sexual and reproductive health
* Psychosocial and mental health issues for YP
* Lifestyle issues and substance misuse, risk-taking behaviour
* Nutrition, obesity and eating disorders
* Communication and engagement strategies
* Managing relationships with parents and carers
* Dignity, respect, consent and confidentiality
* Transition planning and processes
* Developmentally appropriate healthcare
* Promoting health self-efficacy
* Supporting YP in their decision making
* Consent and confidentiality