The aim with this study is to give a deeper understanding of how health education is affecting young person’s inner selves and how young people are "being touched".

The underpinning theory of this study is that, through awareness of the inner world, the young person increases his/her readiness to become affected by health education.

During the literature research emerged the need for studies enhancing knowledge related to young person’s experiences about their personal health. This thesis is divided in to two parts, a theoretical and an empirical part. The theoretical framework is based on the theory in nursing science by Professor Katie Eriksson. The theory has been developed at the department of nursing science at Åbo Akademi University. The following ontological concept is the focal point of this study: "Health means a movement in becoming, being and doing while striving for wholeness and holiness, which is compatible with endurable suffering". The empirical part consists of focus group discussions with adolescents around 18 years old from a Swedish vocational institute in Finland. Qualitative method is being used with a hermeneutical approach and focus group discussions. The data was analysed using the model of existential hermeneutics by Professor emeritus Per-Johan Ödman.

The study findings indicate that adolescents are willing to ”be touched” and that the knowledge about health should be mediated in a way that touches the young person’s profound dimensions. According to the informants, touching upon the profound dimensions gives a feeling of wholeness.