

# Youth Health Champions

A peer-led educational approach to health promotion for secondary schools. Social prescribing- at scale

## ABOUT

- A **team** of 8-10 young people from each school (aged 14-18) are provided with the skills, knowledge, and confidence to act as peer mentors, role models, signposters and educators
- Training** is delivered in-school during a two-day RSPH accredited Level 2 programme
- YHCs **research** local health services and public health issues, design and deliver health promotion campaigns to raise awareness
- The programme **promotes** good health and wellbeing to YHCs themselves, their peers, families and wider community network
- Developing the **future** public health workforce, many YHC's go into careers in health and social care- and public health

## EVALUATION SHOWS:

- YHC's **develop** a range of skills, including leadership, teamwork, research and communication
- YHC have a wide **reach**, each connecting with around 100 people
- Improvements in the knowledge and health and **wellbeing** choices of YHCs and their peers
- Increased **referrals** to local health improvement services

*"I learned how to promote healthy choices to my friends and to tell people where they can get help"*



In Southend, the YHC team have joined the Youth Parliament. One of our new programmes, the Southend YHC's are proactive and actively advise the public health team – and two schools have been awarded the Jack Petchey award for their innovative campaigns.

SEN students from St Christophers School have benefitted from the YHC programme by gaining the qualifications- helping with college applications

**Health Talks**

Training & Consultancy

*"Helped me to gain confidence and to know how to help others"*



In Waltham Forest there are now 12 participating schools with over 540 YHC's trained and actively delivering health promotion campaigns on topics including:

- Vaccination uptake
- Vaping risks and dangers
- Personal and community safety
- Improving mental wellbeing
- Safe social media use
- STI awareness and prevention

### Future plans:

Expand our network of YHC schools  
Research and evaluation- we are looking for a "critical friend" to partner with

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