

Youth Health Champions Programme for Special Schools

Youth Health Champions (YHC) is a peer led approach that aims to promote health and wellbeing, increase awareness of public health issues and improve access to services for mainstream secondary-age pupils. The YHC programme can support schools achieve Healthy Schools status, complement their existing PSHE programme and enhancing the pupils' spiritual, moral, social and cultural development as required by Ofsted.

We have developed a specially adapted Youth Health Champions Programme aimed to build capacity within Special Schools in Essex. The programme is built around the key learning outcomes from the Royal Society of Public Health Level 1 award in Health Awareness which includes:

- ✓ Concepts of Health
- ✓ Individual and Population Health
- ✓ Personal Hygiene
- ✓ Risks associated with lifestyle choices
- ✓ Personal Safety

Sessions are delivered through presentation, experience and interaction over a series of 8 weeks. Sessions are approximately 60 minutes long, with a multiple choice 'test' at the end of each week to evidence learning and mark success. Following the training programme, schools are supported to plan and deliver health campaigns to their peers on clearly identified health and wellbeing needs.

The programme is consistently evaluated, with feedback showing how pupils have grown in self-esteem and confidence by participating in the programme.