

Young People's Health

The National Youth Agency has developed a unique set of online resources to help youth professionals work more effectively on health issues with young people.

These include:

- guidance and standards on non-formal health education and free health-e modules, designed as a short introduction to four key health areas – healthy lifestyles; healthy relationships and sex; mental and emotional wellbeing; and substance use
- other resources including *Sexplanation!*, *the sex and relationships education board game* and *The Health Activities Resource Pack (HARP)*
- we are currently assisting managers to think through the effective integration of an e learning approach for frontline staff, and how the guidance and standards on informal health giving can be implemented across 14-19 partnerships and Children's Trusts.

Benefits

- Cost efficient method of training, while ensuring quality and best practice. Suited to rural areas, and also for part time staff and volunteers who need to access learning input at times convenient to themselves.
- Opportunity to embed quality standards for informal health giving across a range of workers.

"It's great to have a comprehensive pack of materials that complement each other, and are easily accessible by staff at all levels of the service. By using these across the Youth Service in Leeds, we are able to ensure that the messages given to young people are accurate and consistent, and that staff are increasingly confident in their delivery."

Pat Watson,

Youth Work Manager – city-wide Health Lead, Leeds



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