

Youth Health Champion (YHC) Programme

The **Youth Health Champion (YHC)** programme is delivered by Health Talk UK and empowers young people to become peer mentors, educators, and role models within their schools and communities. Through accredited training, Youth Health Champions (YHCs) promote healthy lifestyles, support wellbeing, and help improve access to health services for their peers.

Target Group: Young people aged 14+ (school year 9 – 13)

Availability: 32 spaces, typically 8 young people from 4 schools

Cost: Free, funded by Hillingdon Council

Dates: 2-day in person training: 2nd and 3rd December 2025, 9.30am – 2.30pm (venue in Hillingdon)

Day 2 includes a multiple-choice exam (RSPH Level 1 Award in Health Improvement) [RSPH Level 1 Award in Health Improvement](#)

Award: Each YHC gains a Level 2 Certificate in for Youth Health Champions (GCSE equivalent), accredited by the Royal Society for Public Health.

Portfolio submission: evidence workbook completion, campaign planning and delivery in school, submission date by February half term.

Requirements: Each school must provide a School Coordinator, often a member of the pastoral team, who

- Recruits and accompanies students to training
- Supports portfolio completion (approx. 1 hour/week)
- Support the YHC's to connect with local Health Improvement Services (HIMPs). This will be led by the Hillingdon Council Public Health Team.
- Receives access to NHS, OHID, UKHSA resources and campaign planning materials

Register: email jheggie@hillingsdon.gov.uk with your expression of interest by Monday 22 September.

Health Talks Ltd will deliver an online information session on 9 October at 3.30pm

Role of a Youth Health Champion

After the training Youth Health Champions will:

- Provide peer support and signposting to services for peers
- Deliver campaigns on key health and wellbeing issues to promote a healthier and happier school environment
- Act as healthy role models in school and the wider community
- Present school assemblies and contribute to RSHE lessons
- Participate in student councils, steering groups, and school committees
- Provide the link between the school and local agencies to support assemblies

Each YHC is estimated to reach **100+ individuals** including peers, family, and community members, in addition they may deliver assemblies and participate in school open evenings and transition events to support years 6's starting their secondary education journey.

Example campaigns delivered

- **Choco & Chat:** Drop-in sessions to support mental wellbeing
- **Stop the Vape:** Education on the risks of vaping
- **Break the Silence:** Mental health awareness
- **Kindness Counts:** Anti-bullying campaign
- **Domestic Abuse & VAWG Awareness**

Topics covered in the course

- Units 1–3 of the RSPH YHC syllabus
- Safeguarding overview
- Peer mentoring and signposting to local health services
- Communication, presentation & team-building skills
- Campaign planning
- Research into local health resources
- Supports study areas such as:
 - AQA GCSE Biology
 - AQA GCSE Health and Social Care
 - CACHE Level 2 Health and Social Care
 - PSHE Association Key Stage 4 Programme of Study

Programme outcomes and key benefits

Youth Health Champions

- 90% reported **increased confidence**
- 90% made **positive lifestyle changes**
- 95% gained **awareness of local health services**
- Gain a nationally recognised qualification
- Develop communication and leadership skills
- Supports personal statements for post 16 education and apprenticeship applications
- Improves confidence and resilience

School impact

- Supports the Universal Preparation for Adulthood objective in the Education Strategy
- Provides a student-led voice in shaping wellbeing priorities
- Engages students and staff in positive mental health strategies
- Promotes inclusive student engagement and encourages better student/staff communication
- Creates a youth-led health promotion team
- Support RSHE and PSHE delivery and strengthens links with health services
- Offers a channel for disseminating information and collation of current trends in behaviours, identifies problem areas early to allow for intervention and support.