


**YW  
4H**  The National Youth Agency  
**Youth Work for Health**



# Why youth work and health?

- Historical – from early pioneers of yw
- Media/Public awareness “scares”
- Government priorities - ECM, teenage pregnancy, drugs, alcohol, obesity etc
- Because y.w. uniquely placed to raise issues
- Great medium for information, advice and support



# Good Practice Guidelines for Healthy Youth Work



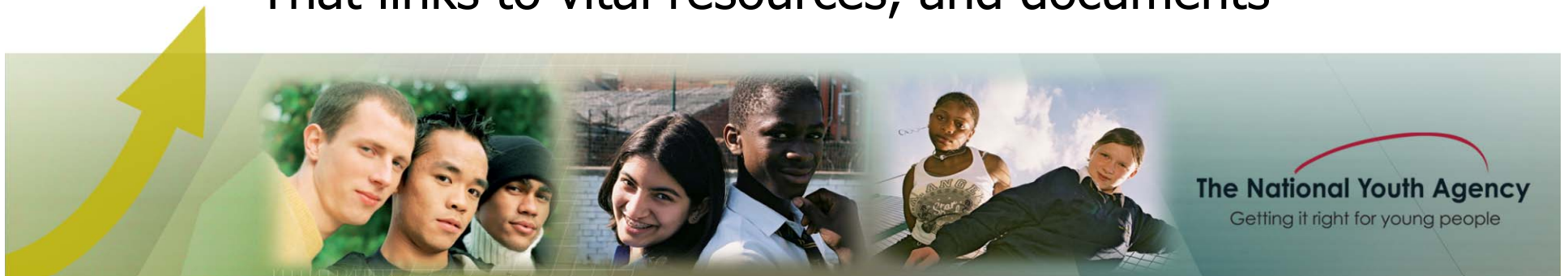
# Good Practice Guidelines for Healthy Youth Work

by Simon Beard and  
The NYA's Youth Work 4 Health team



# What are the Good Practice Guidelines?

- A self assessment tool
- Defines the extent of health work in youth work
- Give indicators of quality work at various levels
- A tool for managers and service heads
- A tool for commissioners and funders
- That has action plans to map development
- That links to vital resources, and documents



## Who for?

- Anyone working with young people in informal learning ways with an interest in health issues
- Youth work project managers who want to extend and improve their work in health
- possible funders and commissioners of services

## Why?

- To raise health on the youth work agenda
- To raise standards for young people
- To help youth work projects to demonstrate quality
- To give funders/commissioners a benchmark



4 Health Areas

and each has



4 Practice sections

and each has



Indicators

assessed at



3 Levels



## 4 Health Areas

Healthy  
Lifestyle

Healthy Sex  
and relationships

Substance Use

Mental and  
emotional  
Wellbeing



# Four practice areas:



- Policy, Strategy and Partnerships
- Programme and Activities
- Workforce Development
- Resources



# Three levels of working -



- **Core:** Little or occasional health related work. Health aspects may be dealt with when raised by young people, but all youth work provision should be able to meet these core standards.
- **Regular:** Health issues are a regular part of a youth work programme, workers have some knowledge but not specialist
- **Advanced:** Specific health programmes, or health forms an advertised element of the work - maybe with accreditation



Indicator	Evidence or action	N, C, R or A or N/A	Core	Regular	Advanced
Information sources are used to inform and reinforce emotional wellbeing and mental health themes, including positive self image and reducing mental health stigmas			Some information and posters on mental health and emotional wellbeing available	Good access for young people to health information and promotions, regularly updated	High levels of information and campaign information on mental health in place and linked to activities. Good links with health promotion and other agencies
Activities and programmes give young people opportunities to research, discuss and learn about emotional and mental health issues			Occasional sessions on mental and emotional health issues, or short topic based programmes	Activities regularly focus on mental and emotional health topics using a range of techniques, including drama, arts, discussions, visits etc	Extensive programme of activities on mental and emotional health and related issues, including opportunities to gain recognition/accreditation, and influence other young people
Young people's work on mental and emotional health topics is captured and recorded and may contribute to an accreditation			No specific programmes, but work seeks to build confidence and positive self-image	Some programmes or activities provide recorded outcomes. Occasional accreditations (eg Getting Connected units on bullying)	Most work leads to recorded outcome or accreditation, or produces work that can be shared with other young people
Opportunities exist for young people to raise concerns confidentially in private			Staff offer emotional support and can refer appropriately	One-to-one advice available and may lead to referral, where appropriate	One-to-one support is a regular part of the programme with direct access to mental health services
Programmes and activities take into account the needs of a diversity of young people, including sexuality and cultural backgrounds			Staff aware of the area's diversity of backgrounds and plan appropriately to ensure inclusive working	Diversity issues built into plans and programmes as appropriate	Diversity is an overt part of activities, including explorations of (eg) racism and homophobia

# Action Planning:

- To make the guidelines a useful tool
- To focus on improvement
- To record accountability and timescale
- To make progress measurable



## Links and Resources:

- To support users to find relevant information
- To help identify suitable resources
- To make the Guidelines a working tool
- CD and online version will have live web-links



# The Future:

- GPG In final design/layout - printed early June
- 9 Regional launch events May-July
- NYA offering training and consultancy to support organisations and authorities
- 9 regional events in 08/09 targeting voluntary/community sector
- Planning to publish Young People's version and supporting resources in 2008/9.




## Other YW4H projects:



- **E-learning** – 4 online courses for youth workers based on GPG areas leading to a University Certificate (2009)
- **Sexplanation** - the new Grapevine Game (July 08)
- **Health Action Pack** of resources for youth work on health issues (2009)
- **Health News Summary** e-bulletin, fortnightly update on news, policy, funding, training etc.
- See [www.nya.org.uk/yw4h](http://www.nya.org.uk/yw4h) OR [www.nya.org.uk/health](http://www.nya.org.uk/health)



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