



HealthTec Thames Valley

H A N D S - O N H E A L T H

YOUTH HEALTH CHAMPIONS



The Youth Health Champion Level 2 Certificate is designed to give young people the skills, knowledge and confidence to act as peer mentors, increasing awareness of healthy lifestyles and encouraging involvement in activities to promote good health.

- Ofqual accredited qualification (RSPH)
- 38 Guided Learning Hours
- Equivalent to a GCSE Grade A-C
- Worth 0.5 of a full GCSE
- Ideal for improving life chances or getting young people back into education
- A great addition to Health & Social Care qualifications

THE CONTENT

3 Mandatory units

- Health Improvement
- Research Health Improvement Facilities
- Deliver a health improvement message to a group of peers

1 Optional Unit (tailored to your specific needs)

- Understanding Alcohol Misuse
- Encouraging physical activity
- Encouraging a Healthy Weight and Healthy Eating
- Understanding Sexual Health
- Supporting Smoking Cessation
- Understanding the Misuse of Substances
- Understanding Emotional Wellbeing

THE DELIVERY

The Youth Health Champions programme can be delivered by HealthTec staff either intensively or over a period of time. Contact us at HealthTec Thames Valley to discuss your specific requirements.

For details of costs please see our separate price list or visit www.aylesbury.ac.uk/healthtec

CONTACT : Adam Poland | 01296 780284 | healthtec@aylesbury.ac.uk