



Youth Health Champions

Job Description

Main Roles

As a Youth Health Champion you will be willing to inspire and encourage other young people at your school, or perhaps at a club you attend, to learn more about how to look after their own health. You will encourage young people to make life style changes that will help them keep themselves safe and take fewer risks.

You will be motivated and have an interest in helping others to live healthier lives.

Key Duties and Responsibilities

- To choose a health topic you are passionate about and help other young people to learn more about it.
- To create your own campaign on the internet, such as using social media websites like Facebook and Twitter, to help reach as many young people in St.Helens as possible.
- To take part in all training provided and learn more about health issues which can affect young people, such as; sexual health, emotional wellbeing, safeguarding, healthy eating, smoking, drug misuse and alcohol awareness.
- To work with professional staff from St.Helens Council and Health Care Services.
- To hold small group talks and presentations with young people about your chosen health topic.
- To make sure young people know where to find information and support about your chosen health topic and who they can go to for help!
- To create your own campaign about your chosen health topic, such as using posters, leaflets and flyers or to create a display/noticeboard at your school or club.



Person specification

Essential

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| Want to improve the health of your group | Y |
| Reliable | Y |
| Approachable and friendly | Y |
| Have an interest in health | Y |
| Act as a good role model to others | Y |
| Want to learn new skills | Y |

Skills you will gain

- Experience of working with young people and key health workers - this will help your future job prospects, especially if you want a career in health and social care.
- The ability to promote a health campaign using marketing and media.
- A chance to meet new people and make new friends.
- Free training and networking opportunities.
- Lots of self-confidence.
- Communication skills at different levels

