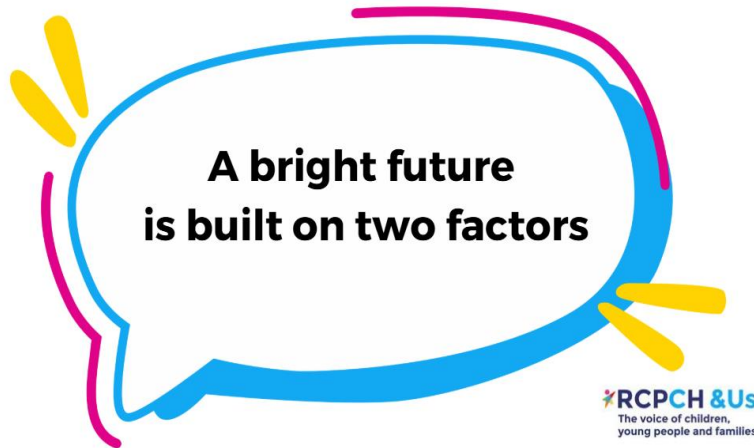


What does the domain “health promotion & illness prevention” mean to children and young people from RCPCH &Us?



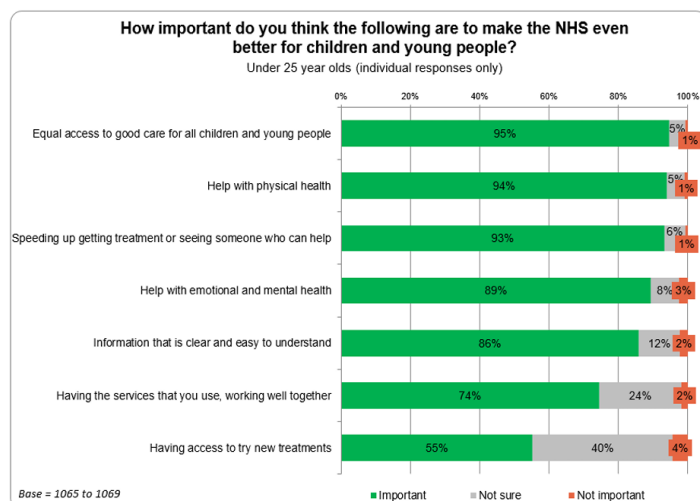
Young people from RCPCH &Us shared at a national conference key topics that matter to them to support their positive health and wellbeing. This was then developed into a spoke word piece to highlight issues of emotional health, climate change and working together to improve children and young people's health.

Watch the video: <https://youtu.be/d8eIJDFyowI>

Over 1000 children and young people told RCPCH and partners what they thought was important for the next 10 years of the NHS. They said:

We asked children and young people what keeps them healthy, happy and well and they said;

- Health information which is more interactive and memorable
- Having annual checks for vulnerable groups and introduce health checks in secondary school
- All doctors to have a good understanding of how to support good mental health for children and young people
- More education and awareness sessions on mental and physical health from a younger age
- Have more opportunities for parents and patients to talk to each other and get advice/support from people with lived experiences of conditions – tips to prevent crisis



Read the report:

<https://www.rcpch.ac.uk/news-events/news/rcpch-children-young-people-contribute-nhss-10-year-health-plan>

#Notes

Discuss with my team/peers

Discuss with my supervisor

Domain areas to consult on locally with children and young people

Resources created by RCPCH &Us

Emoji cards to help speak with children and young people about their mental health

<https://www.rcpch.ac.uk/resources/emoji-card-game>

Chatterbox game to talk about staying healthy, happy and well

<https://www.rcpch.ac.uk/resources/chatterbox-game-five-ways-healthy-wellbeing>

Read what is important to children and young people for good health

<https://stateofchildhealth.rcpch.ac.uk/voice-matters/>



Want more information?
Contact: **and_us@rcpch.ac.uk**