



 **RCPCH**  
**&Us**

The voice of children,  
young people and  
families

# Health Social Action

example slides for use by young people

 **RCPCH**  
Royal College of  
Paediatrics and Child Health  
*Leading the way in Children's Health*

# Introduction

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This presentation has been made by a young person to go with the **Healthy, Happy and Well: Creating a health youth social action project pack**

and **Healthy, Happy and Well: Key Topics** presentation which you can find at [www.rcpch.ac.uk/youth-social-action](http://www.rcpch.ac.uk/youth-social-action)



It shares examples of youth led posters to help raise awareness or start conversations about **healthy habits**.

These are the start of a social action project: **remember** to do your own research for your chosen topic, to think about the facts/fiction, what needs to be improved and ideas how to tell other people about what you have found.

*Thank you to Angelika, an RCPCH & Us young volunteer for her hard work on making this example resource.*

# Who are we?

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20,000  
doctors/  
nurses

Curriculum  
Exams  
Training  
support

Campaigning  
Lobbying  
research

Supporting  
improvements  
in **child health**



8000  
children  
and young  
people

Projects  
Events  
activities

Youth led  
campaigns  
and  
products

Youth led  
solutions to  
improve  
child health

Contact RCPCH &Us by email [and us@rcpch.ac.uk](mailto:us@rcpch.ac.uk) or phone 020 7092 6000

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Healthy habit topics for  
young people to think  
about for **health social  
action projects**

*By Angelika*

# What healthy habit topics could you choose to look at?

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Smoking



Drugs  
and Alcohol



Keeping healthy.  
Exercise and fresh air.  
Obesity



Self-care & hygiene



Be kind,  
anti bullying



Online



Mental  
health



# Speaking with young people



When you are talking to young people about different health topics, it is a good idea to have posters or leaflets about those topics that are visual and simple to understand.

These help you to start conversations and then inspire the young people to create their own. Angelika has made some examples but you can be as creative as you like!

*Thank you to Angelika for her hard work on making this example resource.*



**Smoking stinks: get rid of bad habits**



**Drinking alcohol and taking drugs are things that are dangerous and can fatally harm your body.**



*Stay healthy happy  
and well by*

- Eating healthy
- Physical activity/exercise
- Being out in the open air


*Is all good for your  
wellbeing*

Not all foods are good for you – think about ones that you might have to eat less often and ones that you can have more of that are healthy.



*Stay healthy:  
eat healthy!*

Makes you feel  
loads better!



Have some positive vibes about any outdoor activity – get some vitamin D which creates strong bones and muscles. Build up your movement skills.

*Enjoy fitness; enjoy fresh air! Get out there!*

Encourage your schools or youth groups to include all children and young people including those who have special needs.

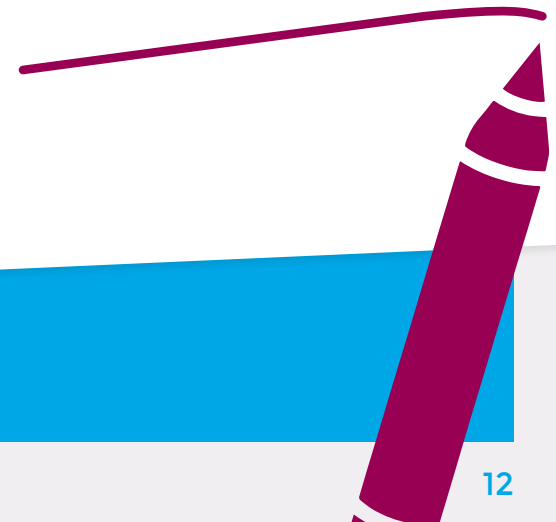
Enjoy regular physical activities with your families and siblings; for example, hiking, swimming, cycling, roller-blading, skateboarding, even going out to the gym!!



## *Hygiene*



**Take good care  
of your own body**



# How to keep yourselves safe during covid-19 (Coronavirus)

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*Don't exclude anyone;*

Learn to respect others



Their opinions



Understand people's feelings

Do not show intentional or unintentional bad behaviour by ignoring people and not including people in activities

*Be Kind*

**Don't bully**, don't be sarcastic of an individual or a group of people who cannot make friends, who cannot socialise at your level!!

**Make friends** and adapt to those people who find it difficult to socialise and who don't know who to trust!!





*Avoid long hours  
of screen – time:*

Enjoy something else  
which interests you other  
than phone, laptop, TV,  
play-station or X-Box

*Take regular breaks to  
avoid getting headaches  
and eye-aches*



If you want to do  
something creative  
whilst you are on your  
laptop, you can try to  
create educational videos  
or record a fun and  
enjoyable moment whilst  
you are with your families  
and siblings, for example  
maybe doing an outdoor  
activity

# Mental Health

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Mental Health is a big issue for us teenagers – we may have our ups and downs or tense up about puberty changes and even worry about changing from paediatric to adult health care at 18. We worry about what to do next.

*Find places that can support you and your friends like:*

- The Mix UK
- Childline
- The Samaritans
- Give Us A Shout

Ask regular advice from parents and relatives + teachers – adults are very supportive even guiding you during the transition stage of paediatric to adult health care or other life changes



# Getting support

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You can get in touch with some of the national support services, not just about the session topics, but about other things that might be going on in your life:

[The Mix](#), a charity supporting young people/young adults online or by phoning 0808 808 4994.

[Childline](#) for support for children and young people online or by phoning 0800 1111

[BOLOH](#) helpline for Black, Asian and minority ethnic groups of young people

[Papyrus Hopeline](#) for those experiencing thoughts of suicide

[Kooth App](#) supporting young people's mental health

[Every Mind Matters](#) by the NHS has lots of different resources for all ages

You might have worries or concerns that won't get answered during your project, or new things that you find out that you want to talk about.

big thanks!



**Thank you** for looking at  
my ideas of how to start  
conversations about  
healthy habit topics.

*Good luck with  
your project!*