

# Young health champions

The young health champion (YHC) role is for 14 to 24 year olds and aims to give them the skills, knowledge and confidence to act as peer mentors.

YHCs are trained in how to increase awareness of healthy lifestyles and encourage involvement in activities to promote good health across community and educational settings.

Watch the RSPH YHC video to find out how the role makes a difference.

Can't see the video? You'll need to accept all [cookies](#) <sup>[1]</sup>. Alternatively, visit our YouTube Channel to view our [videos](#) <sup>[2]</sup>

The RSPH Level 2 Certificate for Youth Health Champions is Ofqual accredited with 13 credits, making it equivalent to a GCSE at grade 4-9.

Learning gained from the certificate forms an important part of:

- further qualifications, such as a [foundation degree](#) <sup>[3]</sup>
- training to become a [health trainer](#) <sup>[4]</sup>
- inspiring young people to consider any career in the [health](#) <sup>[5]</sup> or [social care](#) <sup>[6]</sup> sectors

## The role of the young health champion

Young health champions' responsibilities vary greatly, depending on where they're based. For example:

- in school settings they deliver workshops and campaigns to their peers
- in sports clubs, organisations may use the programme to increase their volunteers' knowledge and skills but not directly deliver campaigns
- other young volunteering projects have used the qualification to supplement existing training, improve health communication skills and enable their young volunteers to take an accredited step towards a career in health and social care

## Real-life stories

Read the experiences of two young health champions:

- [Maryum Ahmed](#) <sup>[7]</sup>

- [Mingze Sun](#) [8]

## Find out more

To find out more about young health champions, [please visit the RSPH website](#) [9]

## Partner logos

Royal Society for Public Health [10]

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**Source URL:**<https://www.healthcareers.nhs.uk/career-planning/career-advisers-and-teachers/teaching-resources/young-health-champions>

### Links

[1] <https://www.healthcareers.nhs.uk/privacy-and-cookies/#CookieDeclarationChangeConsentChange> [2] <https://www.youtube.com/NHSCareers> [3] <https://www.ucas.com/> [4] <https://www.healthcareers.nhs.uk/explore-roles/public-health/health-trainer> [5] <https://www.healthcareers.nhs.uk/home> [6] <https://www.healthcareers.nhs.uk/about/working-social-care> [7] <https://www.healthcareers.nhs.uk/career-planning/offering-careers-iag/teaching-resources/youth-health-champions/real-life-story-maryum-ahmed> [8] <https://www.healthcareers.nhs.uk/career-planning/offering-careers-iag/teaching-resources/youth-health-champions/real-life-story-mingze-sun> [9] <https://www.rsph.org.uk/our-work/programmes/young-health-champions.html> [10] <https://www.rsph.org.uk/>