

GET GUIDANCE

GUIDANCE FOR ADULTS



GET STARTED



GUIDANCE FOR ADULTS

Welcome to the Children and Young People's Health Challenge Programme for the NHS! The programme of challenges will help children and young people discover more about the NHS, their health and wellbeing, volunteering, NHS jobs, and how to help the NHS by campaigning or taking action in their local community.

BY TAKING PART, PARTICIPANTS WILL:

- ✓ Learn more about health and wellbeing
- ✓ Understand how to support their own and others' wellbeing
- ✓ Know how everyday actions can help the NHS
- ✓ Explore how they can give back to the NHS
- ✓ Discover different careers and jobs in the NHS
- ✓ Take action to support the NHS

To do this, we have divided the challenge programme into 7 themes that make up the colours of the rainbow. These are:

1. ABOUT THE NHS

2. MAKE YOUR VOICE HEARD

3. GIVE BACK TO THE NHS

4. HEALTHY MIND

5. JOBS

6. CARING FOR MYSELF AND OTHERS

7. HEALTHY BODY

Children and young people receive awards for completing challenges. These are monitored and handed out by the adults supervising their progress.

WHICH CHALLENGE PACK IS APPROPRIATE?

The packs are divided into 3 stages: 1. Get Interested, 2. Get Involved, and 3. Get Leading.

These packs are aimed at different child learning stages and the difficulty levels they want to try, rather than their age. If you're unsure of the most appropriate challenge toolkit for the children and young people you're working with or supervise to use, the following may help as a general guide:

- **Get Interested** 7–10-year-olds
- **Get Involved** 11–12-year-olds
- **Get Leading** 13–14-year-olds and above



HOW DOES IT WORK?

Now you have decided which pack to use, the child or young person you are working with can start looking through it. It will include:

- **An introduction to the NHS**, providing more information about what the organisation is, who it's for, and how it's run.
- **A record sheet** for children and young people to write down which challenges they've completed across each theme.
- **A section per theme with 3 challenges to choose from.** Each challenge covers a slightly different topic. Participants can pick one to do or complete all 3.

To obtain a Rainbow Award, a child or young person must choose and then complete **one** challenge out of the 3 listed in each coloured section and record this on their record sheet. Where possible, we have made challenges flexible enough that participants can complete them in a way that enables them to express themselves, based on their personality and interests.

Once children and young people have finished a challenge, they also need to write what they have learned on their record sheet. By the end of the programme, they'll have a completed record sheet showing all the different ways they have thought and learned about the NHS.

This record sheet is for you and the child or young person to reflect on together. Once this is done, you can download the **Rainbow Award** certificate to present to them.



WHAT IF A CHILD OR YOUNG PERSON WANTS TO TRY THE CHALLENGES BUT DOESN'T FEEL READY TO COMPLETE ENOUGH TO RECEIVE A FULL AWARD?

CAN SOMEONE JUST COMPLETE ONE OR 2 CHALLENGES?

If participants aren't ready to finish a full award, they can still gain a **Taking Part** certificate and have a go at just one challenge to see how they get on.



WHAT IF A CHILD OR YOUNG PERSON REALLY LIKES ONE OF THE THEMES AND WANTS TO DO MORE?

If they enjoy a particular theme, they can complete all 3 challenges in that theme and achieve a **Colour Award**. There is a record sheet to complete for this as well. Once they have done this, reflect on their work together and download the respective Colour Award certificate to present to them.

In theory, a child or young person could therefore get 7 Colour Awards (one for each theme) and a Rainbow Award in each of the 3 stages, Get Interested, Get Involved, and Get Leading.



CAN A CHILD OR YOUNG PERSON COMPLETE MORE THAN ONE PACK?

Yes, however it's best if they have increasingly challenging packs to work towards. If an older child or young person has finished their Get Leading pack and to continue their learning, they might like to consider joining the NHS Cadets or another voluntary service for the NHS. Please see links to these options at the end of each pack for more information.

WHAT IF CHILDREN OR YOUNG PEOPLE WANT TO FIND OUT EVEN MORE INFORMATION?

There are loads of useful resources online for them to use to explore the NHS further. We have put links to these resources throughout the packs.

HOW MUCH ASSISTANCE DO I NEED TO GIVE A CHILD OR YOUNG PERSON WHO'S COMPLETING CHALLENGES?

We have tried to design the packs and challenges so a child or young person can self-direct their learning. However, we appreciate that this might not be possible across all topic areas or for all users, so extra support may be needed. To help plan the completion of these packs, we have included:

- An introduction to each challenge to frame the information.
- Safety note to children and young people to ask an adult for support on the challenges where there is a particular risk to be aware of and monitor.

As mentioned, we have included links, where possible, for users to find further information online. Some children and young people may require adult help to access websites if they don't have a device at home or school, or for other reasons can't utilise the internet.

There may be some themes where a child or young person needs more time to discuss and absorb the topic area and specific challenges. For example, in the Jobs section, participants may need assistance understanding skill types and what they might involve. It could be useful for more adult support to be available at these points to explore and confirm information before children or young people proceed further.

We have also included some handy tips for different themes towards the back of this toolkit as broad guidance for overall risks to consider before participants begin the packs.



HOW LONG WILL IT TAKE TO COMPLETE A CHALLENGE OR OBTAIN A RAINBOW AWARD?

Time frames vary – some challenges take more time than others, and it also depends on if children or young people want to complete one or more challenges per theme. We recommend that participants choose challenges based on what interests them rather than the amount of time a challenge might take.

It may be useful to complete one challenge per week so there is a specific theme to focus on over a 7-week period. It really depends on what time's available and how the child or young person wants to engage with the resources.



youth
forum

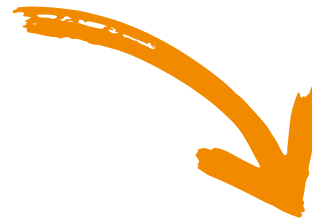
WHY HAVE YOU CREATED THIS RESOURCE?

The NHS is important, as has become even more apparent over recent years. We have consulted with children and young people who want to know more about the NHS and how they can help and put these resources together to help them do just that.

There are also numerous ways children and young people can get involved with the NHS at an early age and help to shape it. For example, there's the NHS Cadets programme, and Youth Forums which make decisions about how different NHS services run. We want more children and young people to know about this and build their confidence in getting involved, as well as potentially exploring future career opportunities in the NHS.



OVERVIEW OF THEMES



We have designed these packs on 7 themes, with each theme colour-coded to a different shade of the rainbow. In the packs, there is an explanation of each theme for children and young people to read and understand. The 7 themes are:



ABOUT THE NHS

Children and young people told us they wanted to know more about the NHS, including its history, operations, and various services. We have designed challenges that look at NHS values and what keeps the organisation going, as well as how everyone hears about services and what the NHS does.



MAKE YOURSELF HEARD

There are loads of ways children and young people can get involved in taking action for the NHS to improve it and highlight the work it does. These challenges explore how to raise awareness of the NHS through activism and campaigning. They also explain how this work can educate even more people about the NHS and help make it even better.



JOB

Children and young people asked us many questions about different jobs in the NHS, of which there are hundreds! These challenges help participants explore different abilities and skills they might already have that NHS staff use every day.



CARING FOR MYSELF AND OTHERS

There are plenty of daily actions we can take to help keep ourselves and others safe and healthy. In these challenges, children and young people can find out about different health conditions people live with, and discover ways to respond to emergencies. They also learn how they can help keep themselves and those around them healthy through the choices they make each day. We explain how keeping themselves healthy also supports the NHS.



GIVE BACK TO THE NHS

Children and young people told us how much they love the NHS and want to give back. We also want them to explore opportunities they might not know about yet. These challenges help participants discover ways to celebrate the NHS's amazing work and give back through volunteering and fundraising.



HEALTHY MIND

Something that children and young people told us they want to explore is the importance of their mental wellbeing and how they can look after it. The challenges help children and young people to practise looking after their mind and wellbeing through mindfulness and connecting with others and nature.



HEALTHY BODY

Children and young people told us they're interested in the many ways they can keep their bodies healthy. These challenges help them decide on some actions to take to look after their bodies and keep themselves physically healthy through things like movement, food, water, and rest.

These were designed to cover a comprehensive amount of information, so participants obtain a broad overview of different parts of the NHS.

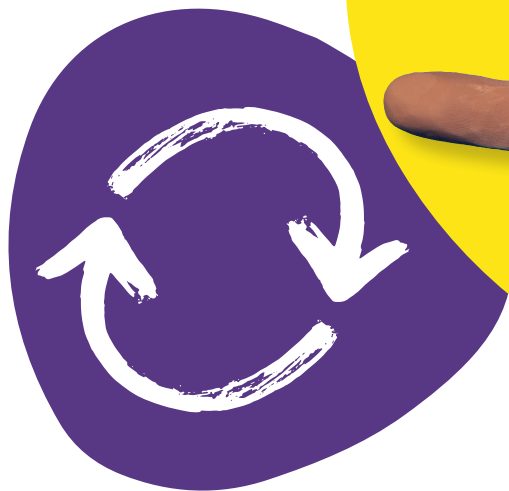
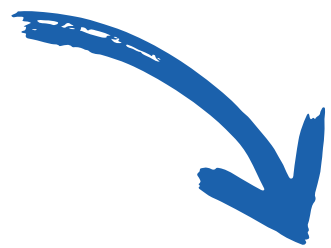


SAFEGUARDING

Be aware that when completing these challenges children and young people may speak out about something that's worrying them. This may lead them to disclose that they, or someone they know, is being harmed or is at risk of harm.

Every organisation that works with children should have a safeguarding and child protection procedure, which sets out its commitment and process for protecting children from harm. If a child or young person does disclose something which concerns you, you should follow your organisational policy and procedures.

If you do not work in an organisation, the NSPCC have created a useful [poster](#) that you can refer to. This is what it says:



SHOW YOU CARE, HELP THEM OPEN UP

Give your full attention to the child or young person and keep your body language open and encouraging. Be compassionate, be understanding and reassure them their feelings are important. Phrases such as 'you've shown such courage today' help.

TAKE YOUR TIME, SLOW DOWN

Respect pauses and don't interrupt the child – let them go at their own pace. Recognise and respond to their body language. And remember that it may take several conversations for them to share what's happened to them

SHOW YOU UNDERSTAND, REFLECT BACK

Make it clear you're interested in what the child is telling you. Reflect back what they've said to check your understanding – and use their language to show it's their experience.

REMEMBER

Contact police if there is an immediate danger risk to a child or young person.

Use the key points from the poster as part of your discussions with children and young people about the importance of speaking out about anything that's worrying them. Make sure they know you will respond to them supportively if they ever need to talk, and remind them they can contact Childline at any time if they need confidential support, by calling 0800 1111 or going to the [Childline website](#).

The NHS also has a useful [Pocket Principles of Protection Leaflet](#) that you can refer to.

0800 1111



GENERAL RISKS TO CONSIDER

These challenges have been designed to be completed in flexible ways according to how children and young people want to engage with them. However, different risks might arise. Please consider the following when planning how challenges will be completed:

PHYSICAL EXERTION

Be aware of physical exertion for any challenges involving movement. Make sure participants know that they should drink plenty of water and take rests, and not to push themselves too hard or cause themselves injury.

FOOD AND DRINK

For any challenges involving food or drink, ensure children and young people ask for allergy, intolerance, and dietary requirements before designing any food options for themselves or others.

SHARING DETAILS

Remind children and young people not to share personal details if they're sending letters, emails, or other communications unless their parent or caregiver has authorised this. For example, check permission if participants decide to write a letter to their MP or local hospital.

GROUP CHALLENGES REFLECTING ON CONNECTING WITH OTHERS

Especially in the Mind topic, keep an eye out for anyone who finds it difficult to think of people to connect with. The exercise of connecting to others is useful to get children and young people to think about how to look after themselves and their mental health and wellbeing, but it can also highlight areas where they might have a lack of support. If this happens, you may need to help someone think through who they can connect with and how they can safely expand their networks.

SOCIAL MEDIA USE

If a participant wants to raise awareness using social media, make sure they are old enough to be using social media and that you are aware of where things are being posted and who they are engaging with. You may also need to obtain permission from parents or guardians for some children or young people to access social media sites.

PUBLIC PLACES

If someone wants to raise awareness in a public place (for example by sharing a poster or raising money), make sure they have adult supervision and have asked for necessary permission from any relevant authority or homeowner.

GETTING OUT AND ABOUT

If children or young people want to go outside to complete a challenge, make sure they have adult supervision and the place they go to is safe. The same goes for any transport options or walking routes they need to take.

COOKING

If any challenges involve cooking, ensure there's adult supervision when a child or young person uses sharp objects or heat.

HAZARDS

If any challenges involve moving around a space, check the area for potential tripping and falling hazards. This is particularly vital if a challenge involves an obstacle course. Work with the child or young person to design this space safely and consider all possible safety factors to avoid injuries or damage to property.

ACKNOWLEDGEMENTS

A big thank you to the children and young people at:

Equal Education Chances

Melland School - Bright Futures Educational Trust (BFET)

Loreto High School

St Andrews Primary School

Ford Primary School

Barnardo's Plymouth Young Carers

Barnardo's Disability Short Breaks (Preston)

Barnardo's Action for Young Carers

2nd Crowland Guides

York High School

RCPCH&Us

Woodcraft Folk Southwark

for your enthusiasm, brilliant ideas, and contributions to co-designing this programme of challenges.



Developed with the support of

