

# “What matters to you?” Young people’s views on the 10 year plan

## How have young people been involved in the 10 year plan?

- The Young People’s Health Partnership (YPHP) ran a survey of young people (August – Sept 2018). 126 young people age 10-24 completed it. 50% were young women, 37% young men and 13% didn’t want to say.
- At a stakeholder event ran by YPHP 14 young people worked alongside 57 professionals and shared their views on the plan.
- The NHS Youth Forum discussed the plan together, ran two webinars and the British Youth Council ran an engagement event for seldom heard young people. 80 young people were involved in this work.

## What do young people think?

Young people said that the most urgent thing the NHS needs to improve for children and young people is **increasing mental health services (41%)** and **improving how easy it is to see a doctor when you need to (21%)**. The NHS Youth Forum highlighted the need for improved mental health training for staff and improved flexibility for young people to access services.

Young People felt the NHS could help more with promoting the development of good health in the first place by **linking up more with schools (30%)** and **encouraging regular checks even if nothing is wrong (30%)**. The NHS Youth forum backed this up identifying the top prevention activity as regular health check in’s for young people.

Apart from the NHS young people used **online resources, websites and apps, people in the family and peers**. Young people also identified charities as important sources of support highlighting the need for better links between the NHS and the **3<sup>rd</sup> sector**.

When asked what is the one thing you wish doctors knew about young people? Young people stressed their need to be treated as an individual, be believed, be treated equally and understood. **“They want to be treated as if their opinion matters, not as if they are incapable because they are children”**. The NHS Youth forum stressed the need for dedicated trained staff to meet young people’s health needs and the roll out of the You’re Welcome Youth Friendly health services recommendations.

When asked how do you hope the NHS will change in the next 10 years, young people wanted more **open minded doctors**, more **understanding and welcoming services**, better mental health services, well trained staff and adequate funding for young people. The NHS Youth Forum agreed stressing the need for personalisation of services.

Young people highlighted the need for a **focus on particular groups of young people** including young adults and young people with protected characteristics. Cultural competency training and embedded mechanisms for **engagement and volunteering** would support this.

AND finally young people said **don’t separate services** – talk to us about our health holistically both mental and physical.

Tokenistic engagement with young people is not good enough.

Preventative measures are crucial.

The NHS needs to understand the impact of social change on young people.

The NHS must understand that developmental stages are unique to each young person and they need to be treated as individuals rather than just a life stage.

Youth friendly health services are really important.

*Messages from young people at stakeholder event.*

## How do you hope the NHS will change in 10 years?

Say Focus Staff Patients Mental Health Issues Start  
Better Mental Health Appointments Waiting GPS  
Young People Deal Services Able Support  
Treatment Gender Age Easier Increase Understanding Treated  
Quicker Worse School



[info@youngpeopleshealth.org.uk](mailto:info@youngpeopleshealth.org.uk)