# This visual is designed to provide information to youth workers about the links between The National Youth Health Programme (NYHP) and UBU Your Place Your Space

## U B U
### YOUR PLACE YOUR SPACE

### Vision

"All young people are enabled to realise their maximum potential by respecting their rights and hearing their voices, while protecting and supporting them as they transition from childhood to adulthood"

### Mission

To provide out-of-school supports to young people in their local communities to enable them to overcome adverse circumstances and achieve their full potential by improving their personal and social development outcomes.

### Goal 2

NYHP aligns with UBU Goal 2- to ensure that each layer of the governance structure (DCYA, ETB's and funded organisations) adds value to the direct work with young people.

Target Group: 10-24 year olds experiencing marginalisation or who are disadvantaged or vulnerable

## UBU has 7 Overarching Values. The NYHP links in with values 1, 5 & 6 as outlined below

**1** Young people are free to participate in a wide range of quality non-formal educational activities, which address inequality, celebrate diversity, and promote inclusion.

**5** The work emphasises relationship building, listening, trust, acceptance, patience, and respect. There is a focus on early intervention and prevention, which can be therapeutic.

**6** There is clarity of purpose, and practitioners should be critical and reflective in ensuring that their work is informed by evidence.

## Funding Strands:NYHP links in with UBU's Funding Strands

### Funding Strand A- Services  Young People

When applying for funding, organisations need to identify which keys area(s) of the 7 personal and social development outcomes they will be responding to in order to support young people to develop their social and personal development outcomes

These 7 outcomes are explored with NYHP work and outlined on the next page

### Funding Strand C- Capacity Building

Funding for supports that build and strengthen the capacity of frontline practitioners/funded organisations to deliver youth services and services to young people in the UBU target group.
E.g. NYHP Trainings

## Communication Skills

Essential for successful transition to further education, training and employment.  Also vital for independence and to form positive relationships

**NYHP**:- Mindout, B4 U Decide, Let's Talk About  Consent, Understanding Young People and Pornography, Developing a Sexual Health Policy

## Confidence & Agency

Vital that young people recognise that they can make a difference in their own lives which can lead to positive outcomes such as career success

**NYHP**: Mindout, B4 U Decide Let's Talk About Consent, Understanding Young People and Pornography

## 7 Personal and Social Outcomes
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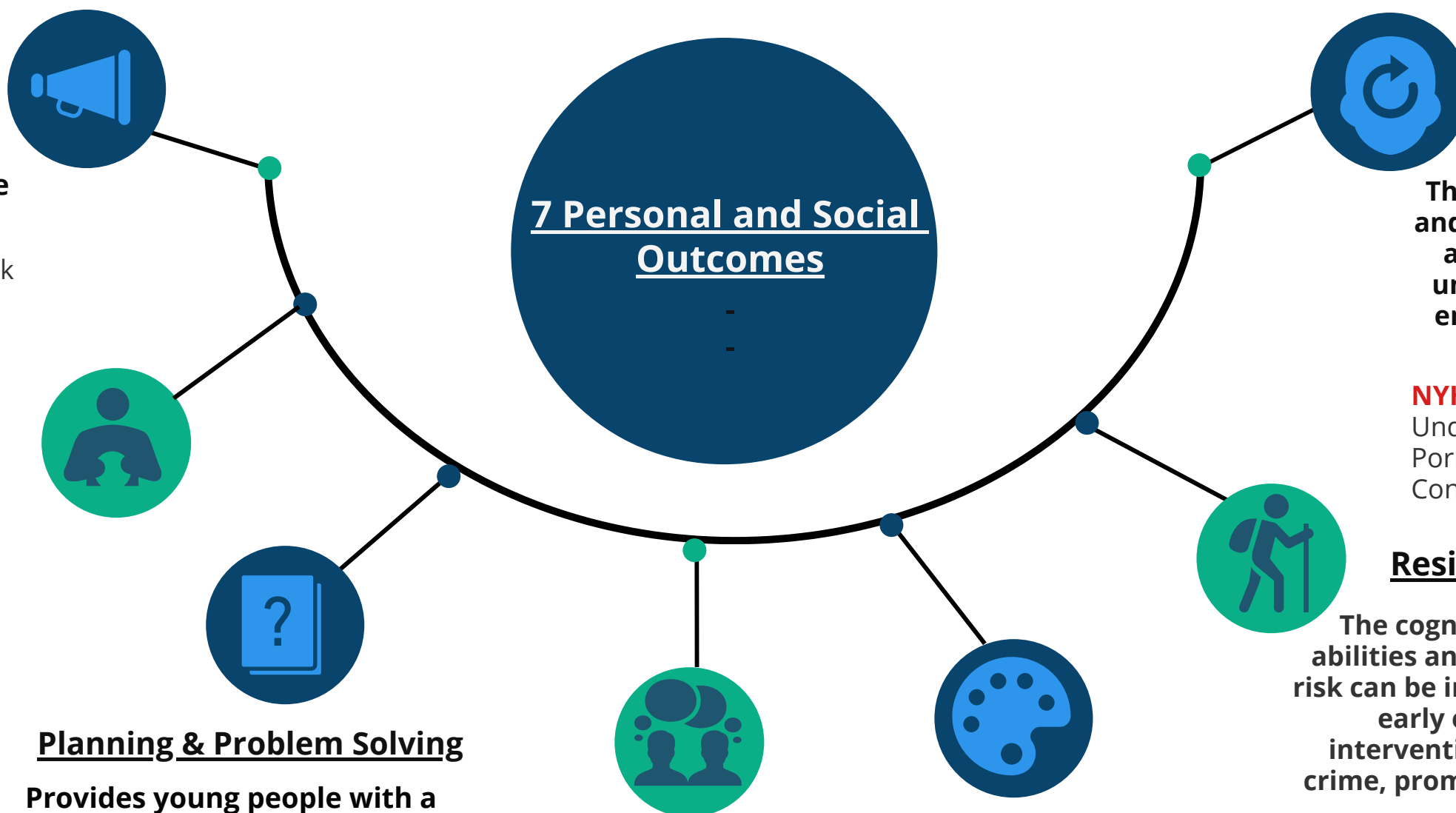
## Emotional Intelligence

The ability to manage feelings and a persons own emotions, in addition to recognising and understanding other peoples emotions. This is essential in managing relationships

**NYHP:** Mindout, B4 U Decide, Understanding Young People and Pornography, Let's Talk About Consent

## Resilience & Determination

The cognitive and socio-emotional abilities and health of young people at risk can be improved if society intervenes early enough. Effective early interventions can result in reducing crime, promote schooling amogst many others.

**NYHP:** Mindout, B4 U Decide, Understanding Young People and Pornography, Let's Talk About Consent

## Planning & Problem Solving

Provides young people with a 'positive protective armour' against negative outcomes and the skills to cope with the stresses of life

**NYHP:** Mindout, B4 U Decide, Developing a Sexual Health Policy, Health Quality Mark (HQM)

## Relationships

Valuing personal relationships with peers, youth workers, parents and other adults in a young persons life

**NYHP**: Mindout, B4 U Decide, Understanding Young People and Pornography

## Creativity & Imagination

Creativity can have a positive impact on young people in relation to their self-esteem and overall achievements

**NYHP**: Mindout, B4 U Decide, Let's Talk About Consent

# For further information about NYHP health progammes please click [here]