

# ***Which young people need extra help to reach good health?***

## **Infographic data and resources**

Not all young people find it easy to access healthcare. There are many vulnerable and marginalised young people who are facing adversity and need additional help to attain good health. This infographic, produced with support from NHS England, highlights some groups of young people whose background and needs might not be obvious.

This information can be used to improve practice around vulnerable and marginalised young people and to reduce health inequalities.

This page sets out all the references for the data used in the infographic, plus additional resources. The infographic and background information can be downloaded free of charge, but a credit should be given to AYPH and NHS England.

### **Data:**

#### **41% of young offenders have experienced childhood bereavement**

<http://www.winstonswish.org.uk/about-us/facts-and-figures/>

#### **700,000 young carers in the UK**

<http://www.theguardian.com/society/2014/nov/11/hidden-young-carers-get-break-new-legislation>

#### **93,000 'looked after' children and young people in the UK**

<https://www.nspcc.org.uk/preventing-abuse/child-protection-system/children-in-care/statistics/>

#### **83,000 homeless young people in the UK**

<http://www.independent.co.uk/news/uk/home-news/number-of-young-homeless-people-in-britain-is-more-than-three-times-the-official-figures-10366229.html>

#### **1 in 20 young people have been sexually abused**

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-abuse/>

#### **80,000 young people suffer from severe depression**

[http://www.youngminds.org.uk/training\\_services/policy/mental\\_health\\_statistics](http://www.youngminds.org.uk/training_services/policy/mental_health_statistics)

#### **1 in 7 11-15 year olds have special educational needs**

<https://www.gov.uk/government/statistics/special-educational-needs-in-england-january-2015>

#### **Half of transgender young people have attempted suicide**

<http://www.theguardian.com/society/2014/nov/19/young-transgender-suicide-attempts-survey>

### **20% of 10-24 year olds are from an ethnic minority**

AYPH - Key Data on Adolescence 2015 <http://www.youngpeopleshealth.org.uk/wp-content/uploads/2015/09/KeyData2015.pdf>

### **13% of under-19s live in deprivation**

AYPH - Key Data on Adolescence 2015 - as above

## **Resources:**

Young Minds Stigma Review

<https://www.youngminds.org.uk/assets/0000/1324/stigma-review.pdf>

Children and young people's survey 2014 - Care Quality Commission

<http://www.cqc.org.uk/content/children-and-young-peoples-survey-2014>

Just Normal Young People: Supporting young people living with HIV in their transition to adulthood - A report from the Children and Young People HIV Network

<http://www.chiva.org.uk/files/7114/3143/9501/justnormal.pdf>

Animated films: <http://www.chiva.org.uk/youth/>

Tackling stigma - a practical toolkit (mental health) - Public Health England (ChiMat)

<http://www.chimat.org.uk/tacklingstigma>

Hidden from view: The experiences of young carers in England. The Children's Society

[http://childrenssociety.org.uk/sites/default/files/tcs/report\\_hidden-from-view\\_young-carers\\_final.pdf](http://childrenssociety.org.uk/sites/default/files/tcs/report_hidden-from-view_young-carers_final.pdf)

Resources on supporting young carers. The Children's Society

<http://www.youngcarer.com>

Supporting young carers and their families. Information for health care professionals.

[http://www.youngcarer.com/sites/default/files/imce\\_user\\_files/Resources/Professional/Booklets/health\\_care\\_pros\\_booklet\\_2012\\_low\\_res.pdf](http://www.youngcarer.com/sites/default/files/imce_user_files/Resources/Professional/Booklets/health_care_pros_booklet_2012_low_res.pdf)

## **Resources designed by young people**

Trans youth sexual health booklet: <http://cdn0.genderedintelligence.co.uk/2012/11/17/17-14-04-GI-sexual-health-booklet.pdf>

## **AYPH Be Healthy project**

Film: <http://www.ayph-behealthy.org.uk/animated-film/>

Booklet: <http://www.ayph-behealthy.org.uk/booklet/>

Respect leaflet: <https://docs.google.com/file/d/0Bw3qkFDNoWpqWIZwOGd3aHJYaDQ/edit>

Confidentiality comic: <http://www.ayph-behealthy.org.uk/confidentiality-comic/>

## **Resources for GPs**

GP Champions toolkit - AYPH

[http://www.youngpeopleshealth.org.uk/wp-content/uploads/2015/06/GPToolkit\\_ONLINE.pdf](http://www.youngpeopleshealth.org.uk/wp-content/uploads/2015/06/GPToolkit_ONLINE.pdf)

AYPH – GP Champions project - Tips for creating a young-people friendly GP practice

<http://www.youngpeopleshealth.org.uk/wp-content/uploads/2015/11/Tips-for-a-YP-friendly-GP-practice.pdf>