
Overview

This standard is about the practitioner helping children and young people of any age to understand their situation in relation to their health and well-being. Health and well-being includes the physical, mental and emotional well-being of the child or young person. This will be done during the normal course of the practitioner's work and may not be achieved in a one off session. The practitioner needs to develop rapport and a respectful, trusting relationship with the child or young person, and this is achieved by involving them in discussing their situation. They are then in a position to explore with them what they feel about the situation, and what they would like to happen to them. This will also include those who are involved in their care, but the child or young person is central to this process.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

Performance criteria

You must be able to:

P1. identify and agree the roles and responsibilities of yourself and others in enabling children and young people to understand their health and well-being

P2. provide support to the child or young person, ensuring that you respect their rights and wishes relating to their privacy, beliefs and dignity

P3. communicate with the child or young person and key people at a pace, in a manner and at a level appropriate to the child or young person's understanding, preferences and needs

P4. observe the child or young person's behaviour and note any unexpected changes or concerns

P5. discuss with the child or young person their views on their health and well-being and help them:

a. to achieve an understanding of the nature of their needs and help them prioritise them

b. to identify their health goals and preferences

c. to highlight the key issues in relation to their health and well-being

P6. consult with the child or young person, and those involved in their care, on their view of the support they need to understand and manage their situation and promote their own health and well-being

P7. explain clearly to the child or young person and those involved in their care the options that are available to them and respond sensitively to any issues raised

P8. provide the child or young person and those involved in their care with any available evidence-based information about the effectiveness, benefits and risks of the different options

P9. enable the child or young person to take an active part in decisions affecting them

P10. support the child or young person and those involved in their care to communicate effectively with each other through a partnership-based approach

P11. encourage them to pursue ways to understand and promote their own health and well-being and discuss any anxieties, thoughts or solutions they have about this

P12. complete all relevant documentation required for enabling children and young people to understand their health and well-being

Knowledge and understanding

You need to know and understand:

K1 how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to enable children and young people to understand their health and well-being

K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role

K3. how to adapt communication styles in ways which are appropriate to the needs, preferences and accessibility requirements of the child or young person

K4. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability

K5. the principles, practice and procedures associated with informed consent

K6. the needs of the child or young person including issues relating to dignity, confidentiality, and privacy

K7. speech, language and communication needs and common presentations

K8. the principle of confidentiality and the implications for your practice

K9. the principles and practice of adopting a child-centred approach

K10. how to recognise and respond to the signs of injury, abuse or neglect and your responsibility in relation to raising concerns with the appropriate person or agency

K11. systems, procedures and protocols for safeguarding children, young people and vulnerable adults

K12. the principles of equality, diversity and anti-discriminatory practice and how they are applied

K13. the links between socio-economic disadvantage, mental wellbeing and health inequalities.

K14. the rights of children and young people to make decisions for themselves and to

take risks in the context of their own lives

K15. how to engage with and communicate effectively with children and young people, and those involved in their care

K16. the ways in which children and young people communicate non-verbally and through behaviour, as well as through language, and how different forms of behaviour can be interpreted

K17. the type of communication and relationship difficulties that can occur, and what to do to overcome communication and relationship difficulties

K18. how to identify and work with the effects of trauma on young people

K19. the conditions and issues affecting children and young people in your area of practice and how they can inter-relate

K20. child and young people's development, including emotional, physical, and social how they affect one another

K21. how the behaviour needs of children and young people may affect others

K22. the importance of working in a facilitative and enabling way and how to do this

K23. the different ways in which babies and children form attachments and how these may change over time

K24. how to support children and young people with a developmental difficulty or disability, and those who are involved in their care

K25. the information and guidance that is available for children and young people and those involved in their care, and how to access this

K26. other professionals, networks and agencies that are available to support children and young people and those involved in their care, and how to access these

K27. how to motivate and encourage children and young people to achieve their full potential and how to empower and encourage those who are involved in their care to do the same

K28. the value of age-appropriate and developmentally appropriate methods for helping children and young people to understand themselves and the world around them as well as helping them to promote their health and well-being and realise their potential

K29. the possible impact of this work on yourself, and how to access supervision or other support when required

K30. the impact of transitions on child development

K31. how to recognise signs of possible developmental delay, disability, or undiagnosed health conditions, and who to refer the child or young person to for further investigation and diagnosis

K32. the role of parents or carers in promoting the health and well-being of children and young people

K33. different parenting approaches, backgrounds and routines and the implications for helping children, young people and those who are involved in their care to promote their health and well-being

K34. the diversity of children and young people's family, caring and social networks, and the impact of these on their health and well-being

K35. the factors that contribute to the risk of harm to children and young people

K36. health promotion strategies and programmes for children, young people and families

K37. the guidance that is available for your own practice and where to access this

K38. current issues, research and evidence based practice relevant to your role and its role in improving care

K39. how to complete and safely store all relevant documentation in accordance with organisational requirements

SFHCS20

Enable children and young people to understand and participate in their health and well-being



Developed by	Skills for Health
Version Number	4
Date Approved	12 Feb 2026
Indicative Review Date	12 Feb 2031
Validity	Current
Status	Original
Originating Organisation	Skills for Health
Original URN	SFHCS20
Relevant Occupations	Health Associate Professionals, Health Professionals, Health, Public Services and Care, Healthcare and Related Personal Services
Suite	Children and Young People's Health Services
Keywords	Children; Young people, health, well-being
