



Objectives

At the end of this lesson I should be able to:

- Understand why peer advice is important for the delivery of messages around COVID-19
- Carry out preparations for delivering a message around COVID-19
- Deliver a message around COVID-19
- Evaluate the delivery of my COVID-19 message

Start of lesson			End of lesson		
Confident	OK	Not so sure	Confident	OK	Not so sure
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Complete this section at the end of the lesson

What new thing have you learnt today?

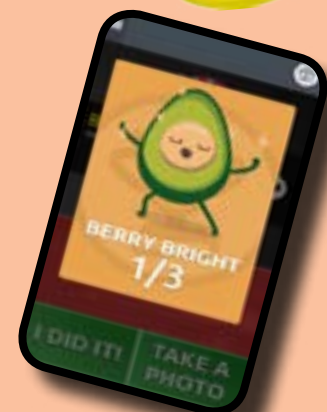
What skills have you used today?

What skills did you find difficult today?

What steps have you made towards 'Levelling Up Your Life'?



Have you taken a food challenge? Which one are you going to do next?



What Role can Young People Play?



1. Young people can't catch COVID-19

2. Young people are less likely to die as a result of COVID-19

3. Young people can't catch COVID-19, but they can pass it on to others

4. Young people are less likely to be admitted to hospital as a result of COVID-19

5. Children and young people with COVID-19 are more likely than adults to be asymptomatic

6. It's only people in their 80's and 90's who die from COVID-19

7. Children and young people appear to be less likely to catch COVID-19 than adults

8. If you have an underlying health condition you become really ill from COVID-19

Activity 1: What role can young people play?

Can you sort the 8 statements above into true or false and give the **evidence or the reasoning** you used to make your choice in the table below:

Statements which are True	Statements which are False



Activity 2: Who's advice would you listen to?

The way in which we react to advice and the likelihood of us taking it on board, can often depend on exactly who is giving us that advice.

Imagine that someone was giving you some advice around an aspect of your health. What do you think would be the advantages and disadvantages of receiving that same piece of advice from a **peer** or from an **authority figure** e.g. teacher, parent or other adult?

Advantages of **peer** advice

Advantages of **authority figure** advice

Weaknesses of **peer** advice

Weaknesses of **authority figure's** advice

These words might help you...

Impartial

Available

Expertise

Easy to talk to

Relatable

Reassuring





Activity 3: What is the role of a COVID-19 Young Health Champion?

When talking to someone in your capacity as a COVID-19 Young Health Champion, it is important that they know what you can do as part of your role. It is equally important that they know what you cannot do as part of your role.

Read the statements below. Tick the boxes that you believe are activities that are covered by your roles and responsibilities as a COVID-19 Young Health Champion:

- Provide someone with a COVID-19 test
- Talk to someone about the importance of measures in place to stop the spread of COVID-19
- Tell someone whether they have COVID-19, based on their symptoms
- Give someone an instruction to self-isolate
- Explain what the purpose of social distancing is
- Offer advice to someone who is unsure about whether the guidelines apply to them
- Talk about the reasons that can make someone not follow the guidelines
- Act as a substitute for professional medical advice if required





Activity 4: Planning to deliver your COVID-19 health message

Once you have decided on your topic, use the prompts below and record your ideas:

1. What are the **key points** you are covering in your message?

2. How are you going to **deliver** your message? What is the best way to reach your intended audience, what are the advantages and disadvantages?

3. Make a list of all the **resources** you use to help you prepare for your message, including any you are using to sign post your audience to.

4. What **materials** are you making to help deliver your message? Explain why they are suitable for your chosen audience?



5. Be prepared! What questions might you expect to be asked?

Prepare your answers below:

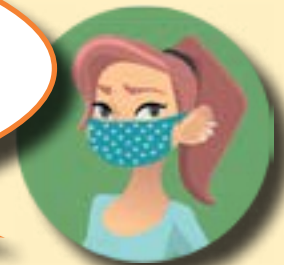


Question:

Answer:

Question:

Answer:



Question:

Answer:



Task 5: Delivering your COVID-19 message

Now that you have designed your message around COVID-19, you will need to deliver it to your chosen audience. You will need to collect some evidence relating to the message that you have developed. This could include:

- an audio or video file of you delivering your message
- examples of the resources you developed
- screenshots of the content of the message, if you are delivering it using social media





Task 6: Evaluating the delivery of your COVID-19 message

Now that you have delivered your message, it is important to evaluate how effective it was to help you think about whether you should do anything differently next time.

There are two essential elements to this; getting feedback and deciding what you want to change.



Complete the grid below with feedback from at least two of the three different sources listed below:

Person providing feedback	Positive areas	Areas to work on and improve
Fellow COVID-19 Young Health Champion		
Audience member		
Teacher		