To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development. Adopted in April 2008 by the Young Peoples Health Special Interest Group of the Royal College of Paediatrics and Child health (www.yphsig.org.uk)

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YPHSIG: Young Peoples Health Special Interest Group
Of the Royal College of Paediatrics and Child Health.
If you are interested in joining YPHSIG and/or would like to find out more about the YPHSIG, please go to our website www.yphsig.org.uk

AYPH: Association for Young People’s Health
Is a charity and membership organization creating a focus for all professionals and organizations working in the field of young people’s health? If you are interested in joining AYPH and/or would like to find out more about it, please go to www.youngpeopleshealth.org.uk.

Disclaimer
Resources detailed here have been identified as potentially useful and whilst every care has been taken to ensure that they are appropriate and/or relevant for adolescents and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.

Young People Webwatch and Book shelf

- [http://www.understandinghealthresearch.org/](http://www.understandinghealthresearch.org/)
  This website offers a free, interactive service designed to help people better understand complex health research and “go beyond the headlines”. Designed to be useful for a range of people including patients, carers, students, policymakers, health professionals, researchers and those working in the third sector, the site guides users through the process of understanding health research.

- “Stuff that Sucks” book
  By Ben Sedley
  Publishers: Robinson (1 Oct 2015)
A book aimed at adolescents that will help them deal with painful emotions by drawing on the principles of Acceptance and Commitment Therapy (ACT) and presenting them in ways that are eye-catching and easy to understand.

Professional Webwatch

Mental Health

http://www.syp.org.uk/our_generation_s_epidemic
Our generation's epidemic: young people's awareness and experience of mental health information, support, and services
This report, published by the Scottish Youth Parliament, presents research to better understand young people's experience and awareness of mental health services and information.

Learning Disability

http://www.challengingbehaviour.org.uk/
The Challenging Behaviour Foundation information sheet: teaching new skills
This information sheet aims to be a practical tool for families when teaching their relatives new skills, and includes various examples of how this can be done and details about the tools and professionals who can help. In particular, the information sheet covers: learning a new activity; communication skills; coping skills.

Learning disabilities core skills education and training framework
This framework sets out the essential skills and knowledge necessary for all staff involved in learning disability care and will enable organisations to: identify key skills and knowledge for roles and teams; plan and design content for education and training; commission education and training; conduct training needs analysis; and support performance management processes and the assessment of competence.

Gender Issues and Adolescent health

Picture of health?
This report shines the spotlight on boys' body confidence. It focuses on the way male models are portrayed in advertising and the media – particularly, whether boys are aware of digitally enhanced imagery and whether this impacts their behaviour.

Adolescent Services

A future at risk: cuts in youth services
This report examines what youth services and youth workers do, describes and analyses what has happened to funding for youth services in recent years, and discusses the impact of funding cuts.


Golden NH, Schneider M, Wood C; Committee on Nutrition; Committee on adolescence; Section on Obesity. Evidence-based guidance by pediatricians can help identify behaviors that predispose to obesity and eating disorders. Pediatrics. 2016 Sep;138(3). pii: e20161649.

Hart RI, McDonagh JE, Thompson B, Foster HE, Kay L, Myers A, Rapley T. "Being 'as normal as possible': How young people (aged 16-25 years) evaluate the risks and benefits of treatment for inflammatory arthritis" Arthritis Care & Research 2016 Sep;68(9):1288-94

Heath G, Farre A, Shaw KL. Parenting a child with chronic illness as they transition into adulthood: a systematic review and thematic synthesis of parents’ experiences. Patient Education and Counseling. 2016 [Epub ahead of print]


Special editions:
International Journal of Adolescent Medicine and Health

Journal Pediatric Psychology
Cost Effectiveness and Economic Impact of Pediatric Psychology Interventions
Volume 41 Issue 8 September 2016 http://jpepsy.oxfordjournals.org/content/41/8.toc

Training Resources

www.seenandheard.org.uk
The Seen and Heard course from the Children’s Society is narrated by young people, sharing real experiences about what it's like to be an abused or exploited child with 'something to tell'.
### Forthcoming Dates for your Diary!

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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| **September** | **EIAAH**  
Social Media and Adolescence  
Pristina, Kosovo | 20th European Congress of the International Association for Adolescent Health  
Abstract Deadline: 30 March 2016 |
| 17-19      | **Partners in Paediatrics Annual Conference**  
Time for Transformation  
| **October** | **SAPHNA annual conference:** the changing landscape of school nursing – embracing the challenges and opportunities  
| 11         | **ACAMH**  
Supporting children and young people coping with chronic and life limiting illnesses  
| 21         | **17th Annual Chronic Illness and Disability Conference, Transition from Pediatric to Adult-based Care**  
Houston  
| **November** | **How to manage: child mental health in general paediatrics**  
RCPCH  
London | [http://www.rcpch.ac.uk/courses/how-manage-child-mental-health-general-paediatrics](http://www.rcpch.ac.uk/courses/how-manage-child-mental-health-general-paediatrics) |
| 4          | **Anit-Bullying Week 2016**  
Power for Good | [http://anti-bullyingalliance.org.uk/anti-bullying-week](http://anti-bullyingalliance.org.uk/anti-bullying-week) |
| 4-8        | **Improving the Transition from Paediatric to Adult Health Services**  
Developing effective transition pathways and maintaining long term engagement with young people  
| **November** | **Connecting Research and Practice in Children and Young People’s Mental** | Free conference 9-4pm  
A variety of research projects from across the UK focussing on children and young people’s mental health |
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<th>Date</th>
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<tbody>
<tr>
<td>December 8-10</td>
<td>Excellence in Paediatrics London</td>
<td><a href="https://www.cvent.com/events/8th-eip-conference/registration-c7623ab459914f8cae6ed3895726f2b1.aspx">https://www.cvent.com/events/8th-eip-conference/registration-c7623ab459914f8cae6ed3895726f2b1.aspx</a></td>
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<tr>
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<td>May 12-14</td>
<td>TOWARDS HEALTH AND WELLBEING FOR ALL ADOLESCENTS BY 2030” The Egyptian Society for Adolescent Medicine Cairo.</td>
<td><a href="http://adolescents-eq.org/templates/frontend/home.html">http://adolescents-eq.org/templates/frontend/home.html</a></td>
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<td></td>
<td>May 24-26</td>
<td>RCPCH Annual Meeting Birmingham, UK</td>
<td><a href="http://www.rcpch.ac.uk">www.rcpch.ac.uk</a></td>
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<td></td>
<td>July</td>
<td>Euteach summer school Lausanne, Switzerland</td>
<td>Dates and details to follow <a href="http://www.euteach.com">www.euteach.com</a></td>
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Do you know of any other useful resources or opportunities for professional development in adolescent health?  
If you do, please let us know by email to: janet.mcdonagh@manchester.ac.uk