



Youth-centred digital health interventions

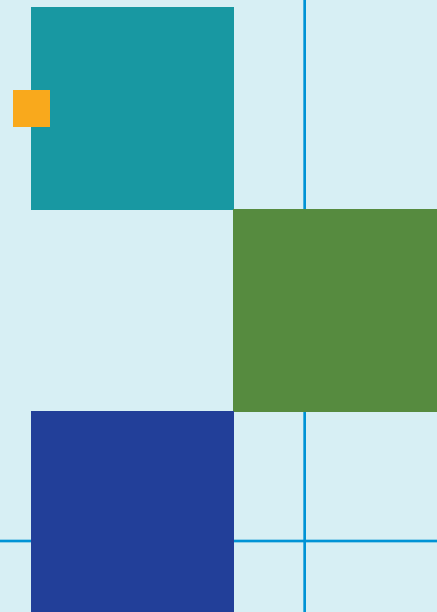
A framework for planning, developing and implementing solutions with and for young people





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Youth-centred digital health interventions: a framework for planning, developing and implementing solutions with and for young people

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Looking to design digital health interventions for young people?

This document offers guidance on planning, developing and implementing digital interventions to promote better health among adolescents and youth. It includes the key steps in each stage and the unique aspects of designing such interventions with and for young people. It draws on the experience of many organizations and individuals working in the field—including young people themselves—and builds on existing knowledge and tools.

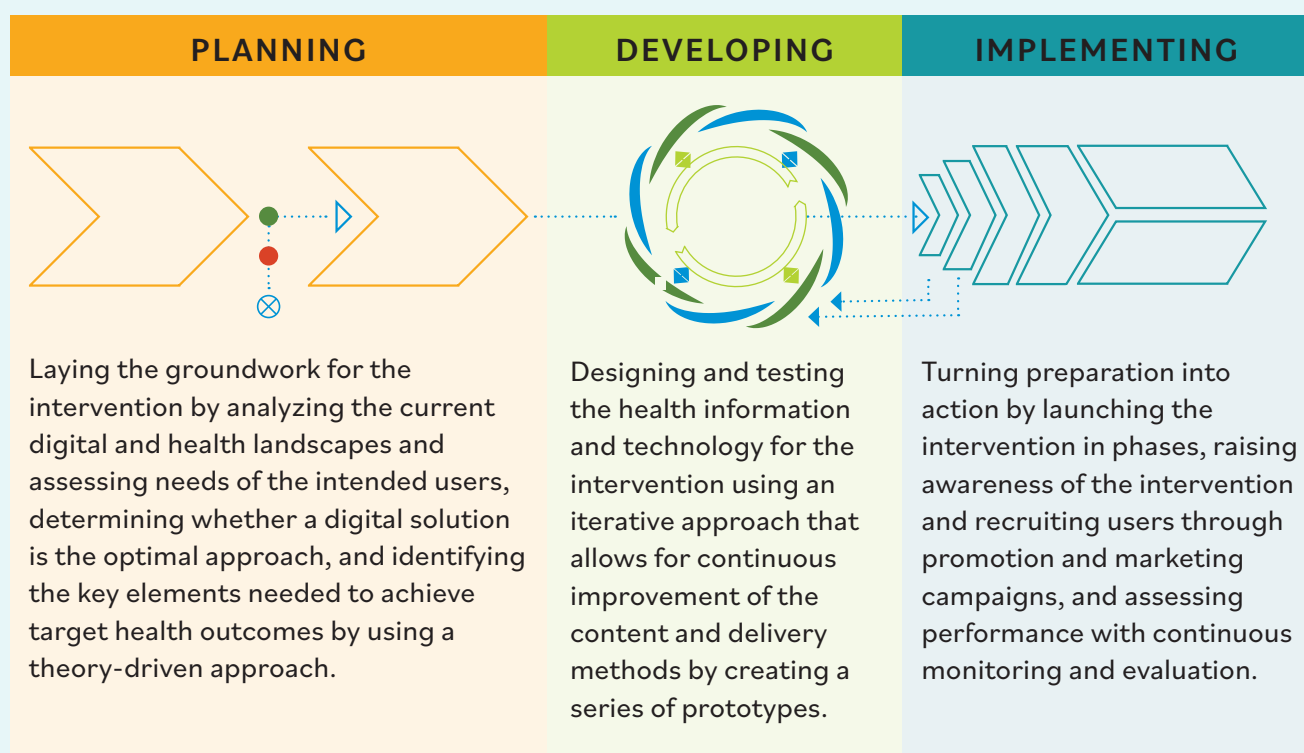
Who is this document for?

The guidance presented in this document is intended for digital health intervention designers, developers, implementers, researchers and funders. Newcomers to digital health can use it as a start-to-finish primer on how to collaboratively and responsibly develop youth-centred digital health interventions. Those already engaged in this work can jump directly to the chapters and sections with the ideas and resources they need. Funders will find helpful advice in Annex 1, which outlines special considerations for making smarter, more meaningful investments in digital health interventions for young people.

How is the document organized?

The Introduction briefly covers the history and landscape of digital health interventions for young people and how this document was developed. [Chapters 1 through 3](#) lay out an overarching framework, fundamental principles and cross-cutting actions for successful planning, development and implementation, respectively. [Chapters 4 through 6](#) each focus on one key stage in the process, including examples of current practices, tips and warnings, and case studies from leaders in the field. Importantly, each step within a chapter is accompanied by a list of additional resources.

The framework has three stages:



What are the key points?

Readers will come to understand these important insights:



Young people should be included at every stage of the process.

Their engagement should be sustained and meaningful. In addition to examples provided throughout the document, [Annex 2](#) covers the do's and don'ts of working with young people.

Digital is not always the best choice.

Make sure a digital solution fits with the intended health outcomes and is the right approach for the intended audience.



It is better to reuse than reinvent. Understand what is already available in terms of health content, technologies, delivery channels and development procedures. Reuse and build on them where possible rather than developing identical or bespoke versions from scratch.



Digital health is not a silver bullet.

Digital health and education interventions should complement and enhance existing health infrastructure and tools (both digital and nondigital) rather than function as standalone solutions.



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