Where do you volunteer and what do you do?

I volunteer with the York branch of Sexpression:UK, a national charity which teaches Sex and Relationships Education in schools. This is my fourth year on the committee in a variety of roles. This term I've been involved with recruitment of volunteers, travelling to Manchester to be trained, training other volunteers myself, teaching young people in schools, and organising a fundraiser for World AIDS Day.

Why did you decide to volunteer?

I believe that until there is a consistent and comprehensive programme of Sex and Relationships Education in schools led by trained teachers, we need to be reaching young people with our messages about things like consent, safe sex, abuse within relationships and different sexualities. I've developed skills and friendships I would otherwise not have done, and I've been able to pursue related advocacy and fundraising campaigns that are close to my heart. In the future I'm going to be a medical doctor, and this kind of team work involving health promotion and community engagement is a great combination to guide my career and impress employers.

What is your favourite part about the volunteer role?

Teaching is why we do what we do, and nothing quite matches the feeling that you're getting an important message through to a young person-- a thoughtful question from somebody I've taught is huge for me.

What would your top tip to other students who are thinking about volunteering be?

Do something to get where you want to be straight away. Lots of volunteering societies have training early on in the year so try to get in contact as soon as possible to get in on those opportunities, but even if it seems late ask now rather than later.