












Dudley 2024 Survey – sources of support for primary pupils

 <p>Your health</p>	<p>A video on the most effective way to wash your hands to protect yourself from illnesses and viruses</p>	
 <p><small>shutterstock.com - 646745824</small></p>	<p>Dr Ranj demonstrates how to brush teeth your teeth (for children 7+)</p>	
	<p>Help and advice on eating 5 portions of fruit and vegetables a day</p>	<p>Help on eating a balanced diet</p>
	<p>How much physical activity you should do a day</p>	
	<p>Help and support for anyone who is a young carer</p>	
 <p><small>vector</small></p>	<p>How to stay safe in the sun</p>	
	<p>How vaccines work and why you should get them</p>	<p>School Nurses</p>
	<p>Periods</p>	

	<p><u>Help and support about gangs from the NSPCC</u></p>	
	<p><u>Guidance and handy tips to help young people navigate and enjoy the online world</u></p>	<p><u>Staying safe using social media</u></p>
	<p><u>A website designed by young people around alcohol consumption</u></p>	
	<p><u>Online information about drugs</u></p>	<p><u>A safe space for children & young people to talk about and receive support for alcohol and other drugs</u></p>
	<p><u>Smoking cigarettes or cannabis can be addictive and is really bad for your health. Quitting can be very difficult. But there's lots of help out there if you want to quit</u></p>	
	<p><u>A mental wellbeing website for young people, parents/carers and school based staff in Dudley</u></p>	
	<p><u>https://www.childline.org.uk/</u></p>	