






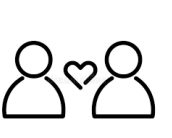


Dudley 2024 Survey – sources of support for secondary students

 <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>Information for teens about looking after their teeth, and how lifestyle choices like smoking, or eating lots of sugary foods can affect your smile.</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>For information about healthy eating and physical activity</p>	<p>How much physical activity you should do a day</p>
	<p>Helps vulnerable individuals and families in crisis through the provision of 3 days emergency food supplies</p>	<p>Help and support for anyone who is a young carer</p>
	<p>How to stay safe in the sun</p>	<p>Advice about using a sunbed</p>
	<p>How vaccines work and why you should get them</p>	<p>Find out about your school nurse, what they offer and how to contact them</p>
	<p>Specific advice and info about periods Answers to common questions about periods</p>	<p>What to do if you get your period at school</p>
	<p>A mental wellbeing website for young people, parents/carers and school based staff in Dudley</p>	<p>The What? Centre provides mental health and well-being support young people between 9 to 25 years old</p>
	<p>Kooth a free online counselling service</p>	<p>https://www.childline.org.uk/</p>

	<p>Your guide to finding services, information and resources aimed at teenagers and young adults</p>	
	<p>Support for the BAME Community</p>	<p>Help with careers advice and how to write a C.V</p>
	<p>How to contact your local neighbourhood police team (if it's an emergency always dial 999)</p>	<p>Domestic violence or abuse can happen to anyone. Find out how to recognise the signs and where to get help</p>
	<p>Help and support about gangs from the NSPCC</p>	<p>If you're worried about how gambling makes you or someone else feel, we can help</p>
	<p>Guidance and handy tips to help young people navigate and enjoy the online world</p>	<p>Staying safe using social media</p>
	<p>A website designed by young people around alcohol consumption</p>	<p>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</p>
	<p>Online information about drugs</p>	<p>A safe space for children & young people to talk about and receive support for alcohol and other drugs</p>
	<p>Consent and saying no Information about sex & relationships</p>	<p>Free, confidential sexual health services for everyone in Dudley. Access contraception, STI testing & emergency contraception</p>
	<p>Support for the LGBTQ+ Community</p>	