







Leicester City Council Public Health Services

	<p><u>Health for kids</u> - Primary aged children can learn about different aspects of their physical and emotional health in a fun and interactive way.</p>
	<p><u>Health for teens</u> - Secondary aged children can access advice and support in relation to physical health and emotional wellbeing. Content covers issues such as drugs, eating disorders, anxiety, self-harm, sexual identity, child sexual exploitation (CSE) and female genital mutilation (FGM).</p>
	<p><u>The Daily Mile</u> can improve children's fitness, concentration levels and general wellbeing. It is a national initiative aimed to combat sedentary behaviour.</p>
 <p>www.leicester.gov.uk/healthyteethhappysmiles</p>	<p><u>Healthy Teeth, Happy Smiles!</u> is an oral health promotion programme that includes free supervised toothbrushing resources for foundation age children as well as lesson packs, resources and training on oral health.</p>
	<p><u>The Integrated Sexual Health Service</u> are commissioned to provide coordination of a core offer of Relationships and sex education to all schools in Leicester.</p>
 <p>A healthier, happier, future generation</p>	<p><u>Inspire Together</u> - Provide health, wellbeing and physical activity opportunities to inspire the young people of Leicester and give them the knowledge they need to lead a healthier, happier future.</p> <p>inspiretogether@crownhills.leicester.sch.uk</p>