

Who has a role in promoting the NHS Teen LifeCheck?

All settings that have direct contact with young people, or who are involved in the development of services that young people access, provide an ideal opportunity to promote awareness and make use of the Teen LifeCheck tool. Examples include:

- primary care trusts;
- local authorities;
- schools (working closely with local Healthy Schools Programmes, Extended School Remodelling Advisers, Personal, Social and Health Education Leads and School Nurses);
- pupil referral units;
- GP surgeries;
- youth groups;
- youth offending institutions;
- pharmacies and emergency contraception services;
- residential settings (including secure settings);
- the voluntary sector;
- libraries;
- Girl Guides and Scouts groups;
- internet cafes;
- leisure centres; and
- faith settings.

The benefits of promoting this tool

There are a number of benefits in promoting the Teen LifeCheck tool including:

- encouraging healthy behaviours in young people;
- supporting delivery of local and national young people-focused public health priorities;
- helping young people gain more control over their health and well-being;
- stimulating discussion on a broad range of public health issues; and
- supporting delivery of Personal, Social and Health Education Key Stages 3 and 4.

Where can I find the NHS Teen LifeCheck?

The Teen LifeCheck will initially be available in 83 Community For Health and Spearhead areas from autumn 2008 at:

www.nhs.uk/teenlifecheck

Promotional material is under development to support use in these areas. More information will be available shortly at:

www.dh.gov.uk/lifecheck

You can also send any queries to:

lifecheck@dh.gsi.gov.uk

NHS Teen LifeCheck:
an introduction for
those who work with
young people



What is the NHS Teen LifeCheck?

The NHS Teen LifeCheck is a quick, easy and fun online quiz designed for young people aged 12–15 that explores a range of health and well-being issues in one accessible place. The tool empowers young people to take greater control of their health by:

- raising their awareness of risk-taking behaviour;
- signposting to further sources of support and advice; and
- supporting behaviour change and helping to set 'SMART' health improvement goals.

The underlying principles of the NHS Teen LifeCheck

The Teen LifeCheck is:

- a voluntary, free and universal offer to all young people aged 12–15, but should be targeted particularly at the most vulnerable; and
- a confidential website used independently by the young person.

What subject areas does the tool cover?

The NHS Teen LifeCheck covers a range of health and well-being issues such as:

- physical activity;
- nutrition;
- solvents and illegal drugs;
- alcohol;
- smoking;
- sexual health;
- a range of emotional health issues, for example, bullying, self-worth and communication;
- feelings about school;
- family dysfunction;
- safety in the neighbourhood; and
- being a victim of crime.

