

Please reply to: Dudu Sher-Arami

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Date: 28th January 2025

Dear Headteacher

Enfield Council have launched a Local Area for Enfield on the ground breaking website 'Health for Teens' aimed at young people aged 11-19.

www.healthforteens.co.uk/enfield

Co-designed with young people, Health for Teens features bite-sized information on a comprehensive range of physical and emotional health topics for teenagers, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more.

I would encourage you to share the Health for Teens leaflet with young people attending your school so they are aware of where they can access trusted information on their health at any time of day.

In addition to the information available on the website for young people, Health for Teens also offers four lesson plans which cover Making Friends, Controlling Behaviour, Online Bullying and Consent to support schools in the delivery of Sex and Relationship Education. Further details will be sent to PHSE leads in the coming weeks.

Thank you for helping us to promote healthy outcomes for young people in Enfield.

Yours faithfully



Dudu Sher-Arami
Director of Public Health
Enfield Council