



Covering top tips for staying well throughout the summer, including:

- Being active
- Food & nutrition
- Sleep
- Sun & water safety
- Summer infections
- Online safety
- Socialising, relationships & festivals
- Mental health & wellbeing including exam results stress
- Money and holiday activities

SUMMER SUMMER 2026

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A parents and carers guide for:

Teenagers' happy healthy holidays

Summer holidays are a time for your teenager to rest, recharge and switch off from the day-to-day routine of school.

You can find a range of advice, information and support on parenting and family life here: [**Parents and carers information**](#)

Additional support for parents of SEND teenagers can be found through various groups across the county:

[**SEND support groups for parents and carers - directory**](#)

BEING ACTIVE

Being physically active releases happy hormones. Activity early in the day means better sleep and a self-confidence boost. It also helps manage stress and can be a positive coping strategy during difficult times.

Being active can also burn off excess energy from high sugar and fatty foods.

Encourage your teenager(s) to have an average of at least 60 minutes of moderate or vigorous exercise a day (football, running, swimming, cycling, dancing) – they don't have to do it all in one go.

They should aim to do muscle and bone strengthening activity twice a week (gymnastics, martial arts, small sided team games e.g. 5-a-side football). Ensure any new activities are built up gradually.

Doing regular muscle and bone strengthening activities as teenagers can make a big difference for your children's health into their old age.

Holidays are a time to reduce the time spent sitting, lying down and screen time. So, break up long periods of not moving with some activity.

Find activities in your area:

[**Activity finder on
Active Herefordshire &
Worcestershire**](#)



FOOD AND NUTRITION

A healthy balanced diet with all the nutrients and vitamins needed for growing is important.

Teenagers should drink regularly throughout the day - this is especially important in warm weather.

Avoid giving your teenager(s) energy drinks and caffeine as they can interfere with their sleep.

They can also be high in sugar which can damage teeth. Limit fruit juice and smoothies to 1 small glass a day.

Eating well for 12-18 year olds: A practical guide

If you have concerns about your teenager's diet contact your School Health Nurse (please see details in the 'Concerned section' at the end of this document).

SLEEP

As teenage brains develop, teenagers' sleep patterns can shift to later nights and later mornings.

They need between 8 to 10 hours of sleep every night, but many teenagers get much less and experience sleep deprivation. Support your teenager to maintain a regular sleep pattern, especially as the new school term approaches.

Screen time and bright lights can impact on the quality of sleep. Talk about the importance of sleep and encourage your teenager to avoid using their phone or other screens in the hour before bedtime. Using night time filters on devices can also help.

Teen Sleep Hub

**Young Minds:
Sleep problems - A guide for
young people**

Avoid napping during the day, especially after 6pm.

SUN SAFETY AND HEATWAVES

When your teenager(s) are heading out or sitting in the sun, wearing sunscreen, minimum factor 30, is important. Even on cloudy days, encourage them to use natural shade, wear a sun hat and stay hydrated. Remember that sunburn is skin damage.

Repeated exposure to sun can affect your teenager(s) eyes too - sunglasses with the 'CE' or 'UKCA' logo offer a safe level of protection against harmful UV light.

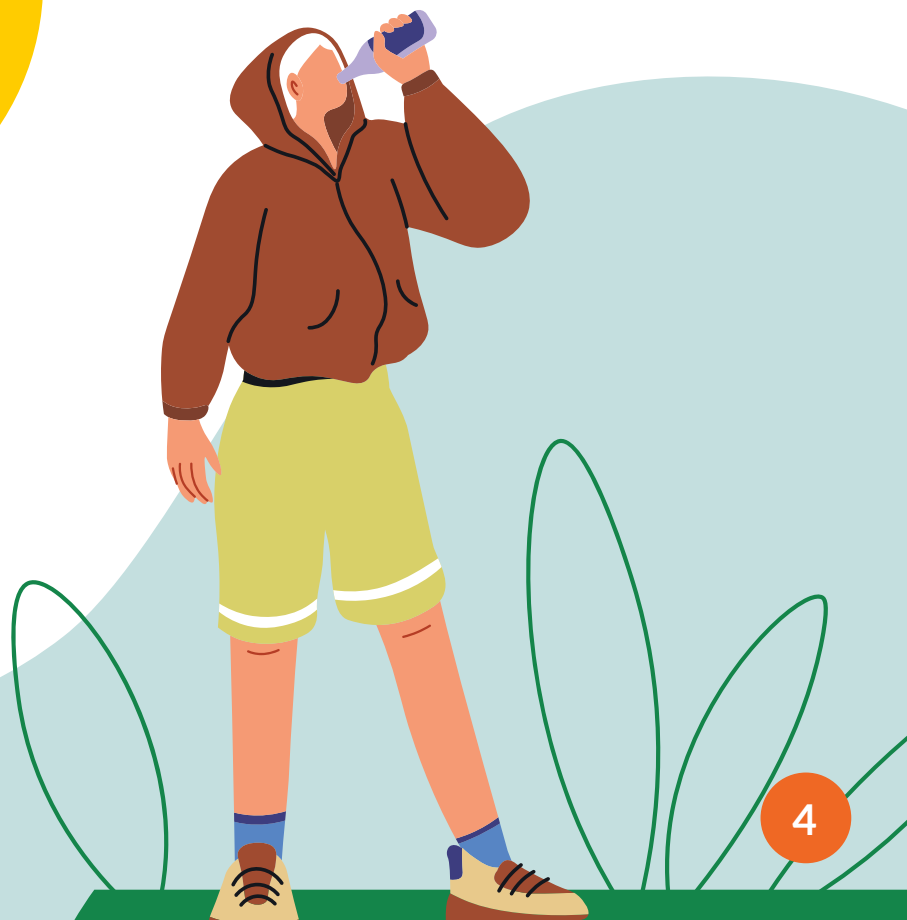
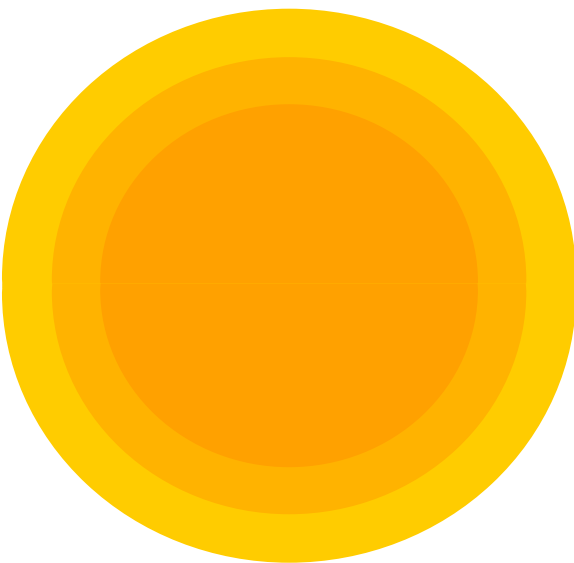
It is illegal for under 18s to use sunbeds.

Heatwaves are extended periods of extreme temperatures. During a heatwave your teenager(s) need to take extra precautions to stay well.

Hot weather can cause a rise in social media challenges. Some challenges can be extremely dangerous. Involve your teenager(s) in open relaxed conversations about being safe and keeping friends safe too.

**British Red Cross:
Top Tips for Staying Cool**

**Find out more about sun
safety on the NHS website**



WATER SAFETY

In or out of the home it's important to consider water safety. Being by water is a great place to spend time with friends, but it's important that your teenager(s) know how to stay safe and how to react if they're involved in an incident.

Support your teenager(s) to be water safe.

Flood water can be dangerous, so stay away from it even if it looks shallow.

Five ways to keep teenagers safe by the water

Safety tips from RLSS



SUMMER INFECTIONS

As summer arrives, you are more likely to spend time outdoors. It's worth being aware of some common seasonal infections to help you spot illness quickly.

Infections can arise from food, water, wood/grasslands. If you have a teenager who is planning to go to university, ensure they are up to date with their vaccinations.

Thorough hand washing, with soap and water, and drying is the easiest and most effective way at protecting from infections.

A guide to summer infection hazards

Vaccinations



ONLINE SAFETY

You have an important role in modelling healthy digital habits to your teenager – **read this blog** to find out how.

Most teenagers communicate with friends online. Online, not everyone is who they seem to be, make sure your teenagers know this and how to report any suspicious or worrying activity or requests. Keep an open and relaxed dialogue with your children about their online presence and what to keep private. Be aware that gaming platforms mean teenagers may be talking to people they don't know. Keep oversight of their social media accounts to minimise the risk of online grooming and bullying.

Find out more here:

Keeping your child safe online
Worcestershire County Council

Report any concerns here:

CEOP Safety Centre



Online Safety for SEND
Teenagers

If you are concerned about your teenager's online gaming and gambling (e.g. for skins/loot boxes/mods) you can find more information and support options here:

Find help Ygam

Download the R;pple tool for free on home computers, laptops and phones. R;pple provides signposting and support in response to online searches related to self-harm and suicide.

R;pple: Crisis Intervention
Suicide Prevention
& Mental Health

If you have concerns about your teenager accessing websites that promote extremism, find out how to get support **here**.



ALCOHOL AND DRUGS

Alcohol reduces self-control and increases risky behaviours. This can cause accidents, arguments and unwanted sexual behaviours.

If you have any concerns about your teenager's or your own use of alcohol or drugs you can get free confidential support from Cranstoun:



Drugs can be addictive, and it is not possible to know what deadly chemicals have been added to illegal drugs. To find out more visit FRANK:

FRANK

Cranstoun support
Worcestershire



SUMMER JOBS

Some teenagers look for summer jobs or part time work to boost the money in their pocket or to get some experience for the future.

It is worth knowing how much they can work, what sort of work is not allowed for young people and also what their rights are.

You can find out lots here:

The Children's Society
Finding a job: advice for
young people



SOCIALISING

Staying connected with friends (beyond social media) over the summer is important for mental wellbeing.

Teenagers are more prone to risk taking behaviours, particularly when they're with friends.

Find out more about risk taking and how the brain develops during teenage years through the free online courses for Worcestershire parents and carers.

With lighter evenings teenagers often want to stay out longer. Ensure you know where they are going, who they are with and what they are doing.

Agree how you will check in with them and a phrase they will use if they are feeling unsafe and need your help.

Free Course:
Understanding your child
Password: PARENTSROCK



FESTIVALS

You and/or your teenager might be attending a festival over the summer. Read and share these tips for staying safe and having a good time:

Festival Safe



RELATIONSHIPS

The summer holidays often bring families together. This can sometimes lead to stress or tension - especially in families who are co-parenting or navigating estranged relationships.

It's important to be mindful of how this might affect your teenagers, including foster children, who may feel the impact more strongly.

There is support available via the links:

[Harmony at Home](#)

[Falling out & making up free learning](#)
(Password: PARENTSROCK)

Find out more about healthy and unhealthy relationships here:

[Men & Women](#)

Gain support to improve your relationship with your partner and family members:

[Men & Masculinities](#)

Some teenagers may also be navigating issues around their gender identity and or sexuality. Offering time to listen in a relaxed and calm environment can help teenagers to feel safe about reflecting their thoughts and feelings.

Teenagers can access the Sexual Health **SHOutreach** service for a variety of services such as contraception, pregnancy testing and STI conversations.

The morning after pill can be accessed free at your GP and many **pharmacies**.



EXAM STRESS

Exams and results can feel intense for teenagers. Teenagers say that even small comments at home can add to the pressure they're already carrying. Constant reminders, checking in too often, or pushing too hard can make them feel more anxious rather than supported. Try to keep things steady and relaxed.

Encourage them to take breaks, sleep well and pace themselves, and let them know you're proud of the effort they're putting in - not just the grades they might get.

Giving them space while staying available can make a big difference. It's OK to have some exam-free time. If they want to talk, listen without jumping straight to solutions. If they don't want to talk yet, that's okay too. Your calm presence helps them feel safe, grounded and able to cope with whatever the exam season brings. Celebrate the hard work as well as the results and be led by your teenager about future plans.

MENTAL HEALTH AND WELLBEING

It's normal for teenagers to fluctuate in mood and it isn't always easy to identify if something is wrong. Things to look out for might include:

- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves (e.g. not eating, personal hygiene)

It's important to know that this list will look different for different teenagers - struggling doesn't always show up as signs of stress or distress.

Listen to your instincts if you think something may be wrong.

You can seek guidance from the **school nursing service** even in the holidays.

Mental health support for children and young people

Getting teenagers to talk openly about what's bothering them can be hard.

Listen in a calm and non judgemental way. This can keep the door open to conversations about how your teenager is feeling and some of the bigger issues.

Whether or not your child has prescribed medications, simple steps can reduce the risk of accidental or intentional overdose at home.



NHS page 'talking to your teenager' advice



Medication Safety

MONEY

The summer holidays often come with additional financial pressures. If you're struggling to make ends meet, the links below can help:

family action:
Tips to help you save money during the summer

Virtual Family Hub:
Housing, Finances and Debt

The cost of living can also put a very real strain on your mental wellbeing, especially if you have a diagnosed mental health condition - the Mental Health and Money Advice Service has information, resources and support:

Mental Health and Money Advice

Family days out get expensive quickly. Take a look at free and budget ideas for days out:

Visit Worcestershire:
Free/Budget Days Out in Worcestershire

Holiday Activities and Food (HAF) Programme

If you are a victim of a loan shark (someone who lends money illegally) contact Stop Loan Sharks to get support. You won't get into trouble.

Stop Loan Sharks



CONCERNED? WHERE TO GET HELP

If your child's life is at risk or they have taken an overdose, call [999](#) or go to [A&E](#) immediately.

Being a parent can be difficult at times, but you are not alone. If you are concerned, there is lots of help out there:

- [Worcestershire School Health Nurse Service](#) or call **01905 520032**, even in the school holidays.
- Young people can use the confidential texting service ChatHealth by texting **07507 331750** (ChatHealth is available 9am to 5pm, Mon-Fri) As parents you can access the confidential texting service for parents via the Chat Health Parent Line **07312 263547**.
- [Give Us a Shout](#) free confidential 24/7 text support for you and young people. Text "REACHOUT" to **85258**.
- [Young Minds](#) has support for parents, carers and young people.
- Worcestershire's [Melo](#) service provides a range of support, around emotional wellbeing and mental health. It identifies what matters for each child or young person and where appropriate, their family.
- Free, safe and anonymous mental health support for your child on [Kooth](#). Check the FAQs [here](#).
- For children aged 7-12 years with worries and anxieties, e.g. moving to a new school, register for the free [Lumi Nova App](#).
- [PAPYRUS](#) prevention of young suicide. HOPELINE **0300 102 2470** is for anyone concerned about a young person, or text **88247**.
- Urgent help from [Herefordshire and Worcestershire Health and Care NHS Trust](#) or call NHS **111**.
- Contact your GP.
- Contact Samaritans 24 hours a day, 365 days a year. Call **116 123** for free or email Jo@samaritans.org.
- [Child and Adolescent Mental Health Services \(CAMHS\)](#) provides support for parents and carers.
- Visit [support for parents and carers](#) for an overview of help, information and support available in Worcestershire.
- Use [Worcestershire's Mental Health Pocket Guide](#) to help you stay well and find support when you need it. There's an easy read version too,

