



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

- Being active
- Food & nutrition
- Sleep
- Sun & water safety
- Summer infections and vaccinations
- Online safety
- Socialising & relationships
- Summer jobs
- Alcohol & drugs
- Mental health & wellbeing

SUMMER SUMMER 2026

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A teenager's guide for:

Happy healthy holidays

You are probably ready for the summer and a well earned break. The holidays are great for switching off from school. This booklet has lots of useful information for staying healthy and safe in the summer. Have a flick through.

Please visit your local library if you need access to the internet to visit the links in this guide.

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.

Teenagers need to do two types of physical activity:

- Exercise that makes your heart pump harder and causes you to breathe faster.
- Exercise that strengthens your muscles and bones such as football, tennis, gymnastics, volleyball, basketball, dance, martial arts. This kind of exercise will benefit you for many many years.

Aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity every day and vary it throughout the week.

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.

Calcium is important as a teenager to give you strong bones for life. It is found in milk, cheese and leafy green vegetables (not much in spinach though). Girls need extra iron too, found in beans, nuts, dried apricots, breakfast cereals and red meat.

Try to reduce or avoid energy drinks which can be high in sugar and damage teeth and high caffeine drinks which can interfere with sleep.

[Nutrition for teenagers](#)

[Eating well for 12-18 year olds: A practical guide](#)

If you're worried about your diet then chat to 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.

You need between 8 to 10 hours of sleep every night, but many teenagers get much less and experience sleep deprivation. Maintaining a regular sleep pattern is important, especially as the new school term approaches.

Screentime, bright lights and caffeine can impact the quality of your sleep. Avoid using your phone and other screens in the hour before bedtime and install night time filters on your devices.

[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 heading out or sitting outside, wearing sunscreen, minimum factor 30, is important. Even on cloudy days, use natural shade, such as sitting under a tree, wear a sun hat and stay hydrated. Remember that sunburn is skin damage.

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

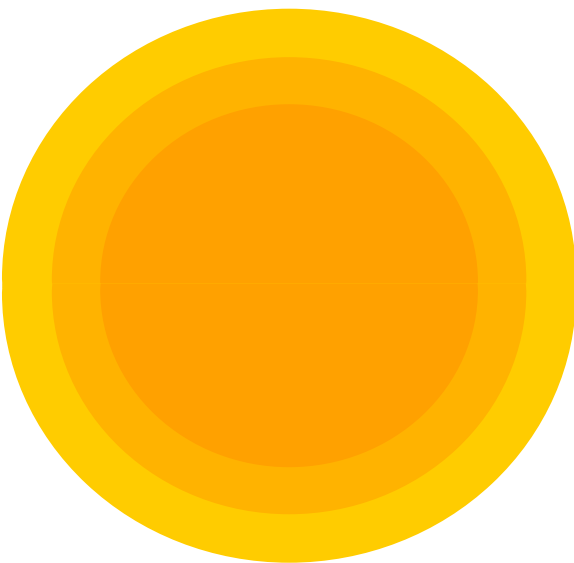
It is illegal for under 18s to use sunbeds.

Heatwaves are extended periods of extreme temperatures. During a heatwave you'll need to take extra precautions to stay well. Regularly drink plenty of water and stay in cool places during the hottest times of the day.

Hot weather can cause a rise in social media challenges. Some challenges can be extremely dangerous. Always pause, assess the risks and talk to a trusted adult first if you're tempted to take part.

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. Rivers, quarries and other open water spaces may look inviting in hot weather, but entering open water is always very risky and should be avoided.

It's important you know how to stay safe and react if you or your friends are involved in an accident. Get up to speed using the links.

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

[Water safety for teenagers and young people from the Canal and River Trust](#)

[Safety tips from RLSS](#)

[Float to Live](#)



SUMMER INFECTIONS AND VACCINATIONS

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're planning to go to university ensure you are up to date with your vaccinations.

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

[Know more than your parents/carers 😊](#)

[Vaccinations](#)



ONLINE SAFETY

This toolkit is written by Gen Z for Gen A. It covers everything from sexting to doomscrolling and can help you build the skills to handle the digital world in a smart, safe, and positive way.

Not everyone online is a friend. If you are chatting to someone you have never met be very cautious of any requests. If you have any concerns, report them to the gaming or social media platform, tell your parent or carers and **never** send photos, whoever is asking.

Never meet up with anyone who you don't already know or have only met online, they may not be who they seem to be. Maintain a level of privacy.

You can find out more here:

Help & advice
Childnet

Be aware that some online gaming can include gambling. If you feel you are spending more money than you have, talk to someone. You can also find support here:

Find help
Ygam

The internet can lead to some worrying information and views. If you have concerns about hate speech or extreme views online, you can report it to the Police **here**.



Help and advice for
11 to 18 years olds



Online Safety - Easy Read



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 (or someone else's) use of alcohol or drugs you can get free confidential support from the Here4YOUth service.



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

Worcestershire Here4YOUth
Cranstoun



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 you can work, what sort of work is not allowed for young people and also what your rights are.

You can find out lots here:

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



SOCIALISING AND RELATIONSHIPS

The summer holidays can be a great time to relax and enjoy being with family, but they can also bring pressure and the occasional tricky moment.

Juggling plans or deciding who to spend time with can feel overwhelming, and if things get tense at home, organisations like Childline are there to listen.

Summer is also a brilliant time to hang out with friends. There are youth clubs located all over the county. Your local club will offer a variety of activities and a place to chill out and make new friends.

Local youth clubs

It can sometimes feel like you need to be involved in everything. It's okay to set your own limits so you can enjoy yourself without feeling drained.

And remember - whether you're figuring out friendships, relationships or your gender identity - you deserve to feel respected and comfortable being yourself. For help and support with gender identity click the link.

Even with lighter evenings, staying safe still matters. Stick with friends, plan how you'll get home, and avoid walking alone late at night.

Social media can help you stay connected, but it can also take over your time and headspace. Try to balance it by meeting up in person when you can and setting yourself some healthy screentime boundaries.

If you have questions about sexual health, contraception or want confidential advice, you can visit WISH, who offer friendly information and support.

Make space to switch off, rest and recharge. Looking after your wellbeing helps you enjoy the summer even more.

Childline

YoungMinds

Support with
gender identity

WISH



MENTAL HEALTH AND WELLBEING

Summer can be full of fun plans, events and expectations, but it can also feel like a lot. With pressure from friends, family, social media and the idea that you're supposed to be having the best time, things can get overwhelming. If your summer isn't feeling as bright as everyone says it should, you're not alone.

If you've noticed changes in your mood lately, like:

- Trouble sleeping or feeling tired all the time
- Avoiding friends or not wanting to hang out
- Losing interest in things you usually enjoy
- Not looking after yourself, like skipping meals, showers, or hurting yourself

These can be signs that you're struggling, and it's not your fault. You deserve support. There are people who care and want to help - whether that's a friend, a trusted adult, or a professional.

Talking about how you feel can be the first step toward feeling better.

Places where you can get help:

- [School health nurse service](#)
- [ChatHealth](#)
- [Melo](#)
- [KOOTH](#)
- [SHOUT](#)

Boosting Your Mood This Summer

Some people find their mood dips at certain times of year. Simple things that can help include:

- Getting outside for fresh air and natural light
- Spending time in green spaces like parks
- Moving your body - even a short walk can lift your mood
- Taking breaks from screens and social media

You can find more tips and advice on staying well and what to do if you're struggling or having suicidal thoughts:

**Suicide prevention
and support**

Talking openly about what's bothering you can be hard. Talk to a trusted adult about how you're feeling including the bigger issues, this could be your parent/carer, youth worker, school health nurse, teacher or other adult who can be trusted.

WORRIED OR FEELING DOWN? WHERE TO GET HELP

If you ever feel like your life is in danger, or you've taken something that could harm you, call **call 999 or go to **A&E straight away**. You deserve help and safety, no matter what.**

Being a teenager 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.
- You can use the confidential texting service [ChatHealth](#) by texting **07507 331750** (ChatHealth is available 9am to 5pm, Mon-Fri).
- [Give us a shout](#) provides free confidential 24/7 text support for young people. Text "REACHOUT" to **85258**.
- [Young Minds](#) has support for you.
- Worcestershire's [Melo](#) service provides a range of support, around emotional wellbeing and mental health, you can contact them yourself or ask a parent or trusted adult to do this for you, for example your school nurse.
- Free, safe and anonymous mental health support for you on [Kooth](#).
- [PAPYRUS](#) Prevention of Young Suicide is here if you're struggling or worried about someone else. Call **0300 102 2470** or text HOPE to **88247**.
- Urgent help from [Herefordshire and Worcestershire Health and Care NHS Trust](#) or call **NHS 111**.
- [Childline website](#) or call **0800 1111** anytime.
- Contact your GP.
- Contact Samaritans 24 hours a day, 365 days a year. Call **116 123** for free or email Jo@samaritans.org.
- Visit [Support for 12-18 year olds](#) support for 12-18 year olds 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,

