**National Smile Month 2021 – Resource Pack (SECONDARY)**

**National Smile Month 2021** takes place from **17th May – 17th June**. Below are links to resources to use during National Smile Month to promote oral health with your pupils in PSHE lessons, class/tutor time and assemblies. The resources are all produced by reputable organisations, but the School Health & Wellbeing Project has not assessed them. Please review your chosen resource(s) before use to ensure they are suitable for your pupils.

**Links to the RSHE curriculum:**

The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay.

About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

**Share Your Smile Challenge**

The National Smile Month social media challenge of taking a picture of yourself smiling, adding a positive smiley message, saying where the picture is being taken and tagging it to #SmileMonth & #Sharingasmile.  (Poster available in ‘Posters’ zip file accompanying this resource pack.)

[**https://www.dentalhealth.org/sharing-your-smile-around-the-world**](https://www.dentalhealth.org/sharing-your-smile-around-the-world)

**Posters**

Produced by the Oral Health Foundation (including social media format) contained in the accompanying ‘Posters’ zip folder:

* ‘Key Messages’ poster
* ‘How to brush your teeth’ poster.
* Poster ‘What to do if an adult tooth is knocked out’.
* ‘Share your Smile’ poster.  (This poster supports the Share Your Smile Challenge – see above.)

**Slough Healthy Smiles**

The Slough Healthy Smiles team can offer advice about oral health promotion and education in secondary school. For more information, please contact [[**Oral.Health@oxfordhealth.nhs.uk**](mailto:Oral.Health@oxfordhealth.nhs.uk)](mailto:Oral.Health@oxfordhealth.nhs.uk)

**How can Teens keep their Smiles Bright?**

Webpages from Colgate with information and advice about oral health for teenagers including nutrition, oral hygiene, whitening and oral piercings: [**COLGATE: Teen Oral Care**](https://www.colgate.com/en-gb/oral-health/teen-oral-care/how-can-teens-keep-their-smiles-bright)[**COLGATE: Teen Oral Care - orthodontics**](https://www.colgate.com/en-gb/oral-health/teen-oral-care/what-is-orthodontics)

**Teenage Oral Health – Teeth and Tooth Brushing**

A video giving advice about oral health and tooth brushing: [**https://vimeo.com/413133125**](https://vimeo.com/413133125)