

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>

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

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](#) [COLGATE: Teen Oral Care - orthodontics](#)

Teenage Oral Health – Teeth and Tooth Brushing

A video giving advice about oral health and tooth brushing: <https://vimeo.com/413133125>