



# BE HEALTHY

**Physically & emotionally healthy so that you feel good about yourself**

**We promise to:**

- ★ **Help you keep in regular contact with family members if it is in your best interests**
- ★ **Encourage you to have regular health and dental checks**
- ★ **Make sure that there is always someone you can talk to about your emotional and physical health and well-being**
- ★ **Give you access to high quality sexual health information, advice and support if you want it**
- ★ **Try to keep you safe from bullying and to take action if you tell us that you are being bullied**
- ★ **Meet your religious and cultural needs, and ensure you have the opportunity to meet with other people who share your lifestyle**
- ★ **Give you a say in what you would like to eat**
- ★ **Provide you with information and advice on healthy eating and encourage you to make healthy choices and keep fit**
- ★ **If you do anything that is harmful like smoking, drinking alcohol or taking drugs, we promise to provide you with the advice and support you need**
- ★ **Give you an 'Everyone Active' card so that you can enjoy the sports and leisure facilities across the city**

