



IS NHS
TEEN LIFE CHECK
PRIVATE?

Yes. NHS Teen LifeCheck is completely private. Nobody can see your answers, so you can be as honest as you like.

How Do I Do IT?

Just visit www.TeenLifeCheck.co.uk and get some answers to those tricky questions we all have.

How am I doing?

NHS

Get some answers to those tricky questions we all have.

TeenLifeCheck.co.uk

WHAT IS NHS TEEN LIFE CHECK?

Teen Life Check is a new website from the NHS for people aged between 12 and 15.

It's an online quiz that asks you all sorts of questions about your life. There are questions about health, keeping fit, staying safe, alcohol drugs and loads more. There are no right or wrong answers, and all the answers you give are completely private.

Once you've answered all the questions, the website will let you know how you're getting on with life and give you lots of tips and advice.

WHY SHOULD I DO AN NHS LIFE CHECK?

You've probably got all kinds of questions going around your head, maybe about friends, school, family, smoking, drugs, alcohol and sex. Sometimes you just need a private place to go where you can see how you're doing and get some advice. NHS LifeCheck is that place.

