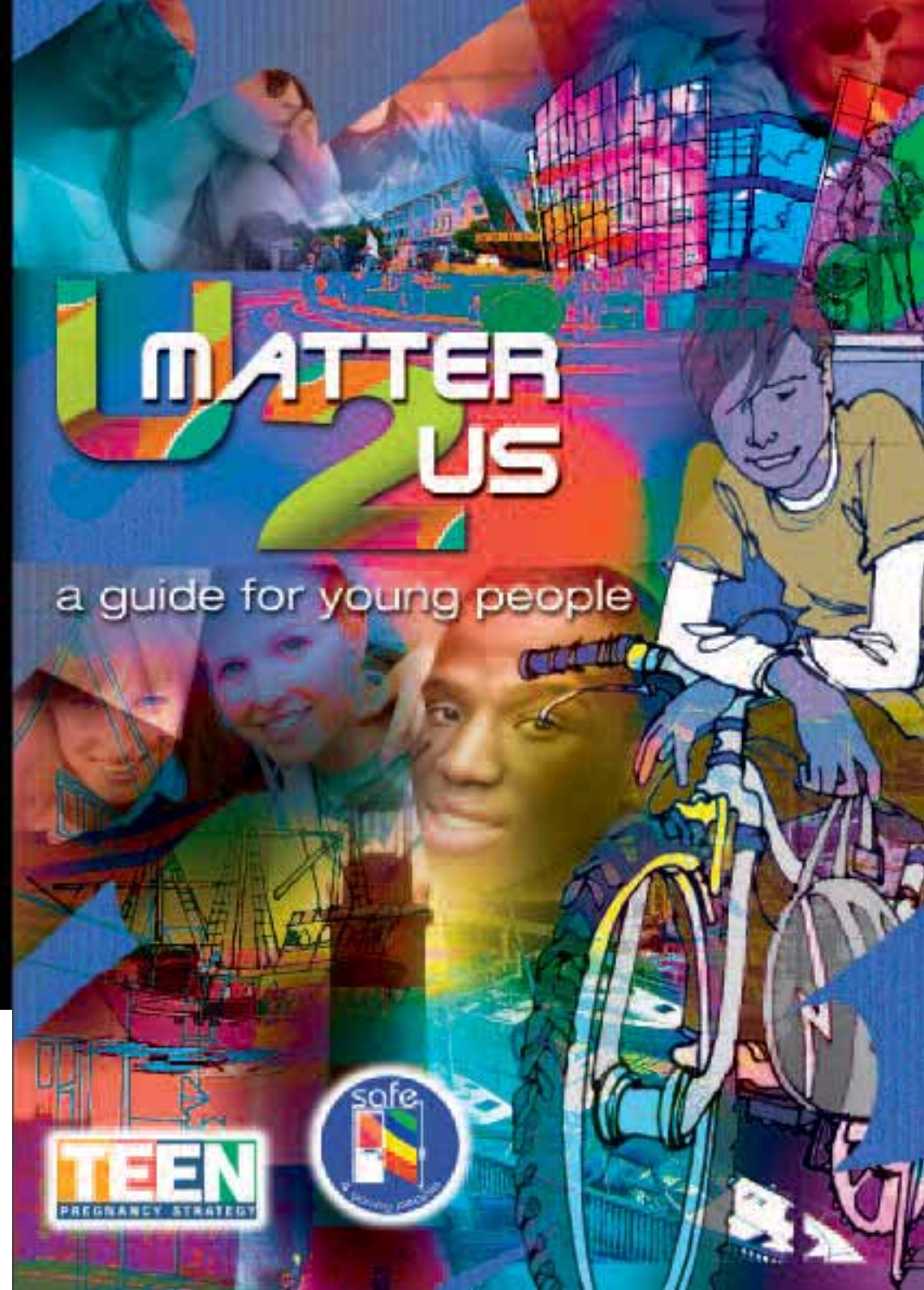




This booklet was given to me by

who can be contacted on





INTRO

This guide will help to point you in the right direction towards a healthier, less stressful and more rewarding lifestyle. It tells you where you can get help and information and gives you clear and sensible ideas on what to do if you feel you need that extra bit of help.

As a young person it is important to start following a healthy lifestyle now in order to avoid any problems when you are older. Healthy habits are easier to get used to as a young person, and they can improve the rest of your life. You will also look and feel better, right now!

The guide also contains useful websites, agency advice and information about various key issues. So take a browse and read the sections which are of interest to you.

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Dangers when at the beach:

- Don't use inflatables, for example a dinghy, when the sea is rough.
- Don't swim when you're drunk or have taken drugs, you're more likely to drown.
- Wait at least two hours after eating a big meal before you swim or surf.
- Don't swim at night.
- Keep a safe distance from any boats.
- Watch out for swimmers and surfers when you're sailing, jet-skiing or windsurfing.



Be sensible:

- If you get into trouble in the water, try not to panic. Raise your arms, try to attract someone's attention and shout. If you're in a current, try to swim parallel to the shore.
- The sun can cause sunburn, heat stroke and even skin cancer. Protect yourself with sunscreen, long sleeves, hat and sunglasses.



- Find a beach with lifeguards at www.goodbeachguide.co.uk
- www.rosipa.com
- www.rnli.org.uk

BEACH SAFETY

We are so lucky to live near the beach and should take advantage of the great outdoors and the opportunity to look good and feel good. The beach is a great place to swim, surf and spend time with your friends, but it's important to know how to stay safe while you're having fun.

Tombstoning* is not a cool thing to do - people have died because it's hard to know how deep the water really is and what's under the surface.

Try to stick to a beach that has lifeguards. A red flag means that the water is too dangerous to enter. Rip currents* can easily sweep you out to sea - look out for foam or ripples on the water. Also watch for strong tides, which can cut you off if you're walking on the beach.

Never swim or sit out in the full sun if you have been drinking or have taken drugs - you can easily become disorientated and could drown, or fall asleep in the sun and burn.

Make sure you wear plenty of sunscreen, sun glasses and a sun hat to avoid sunburn and skin cancer. Lobster red sun burnt skin is never a good look! Remember, over use of sun beds can cause sun damage too.

"One night last summer after a few drinks we decided to go swimming. Completely mad - we could have got into trouble or even drowned."



- * Tombstoning - is when people jump off cliffs or piers often with arms folded, sometimes backwards into the sea or rivers.
- * Rip currents - when waves break strongly in some locations and weakly in others, this can cause circulation which are seen as rip currents.



LOOK OUT FOR

- Signs of Anorexia include:**
- Eating less and less.
 - Losing a lot of weight very quickly.
 - Growing more body hair (usually girls).

- Signs of Bulimia include:**
- Eating too much in one go.
 - Going to the toilet after eating to be sick.
 - Sore throat and mouth infections.



DIRECTION

- If you have an eating disorder:**
- It's hard to cope with an eating disorder alone - talk to someone you trust.
 - If you are worried ask your parent or carer to make an appointment for you with your doctor.
 - Remember that the sooner you get some help, the easier it will be for you to beat your problem.

- If a friend has an eating disorder:**
- Tell them that you're worried and that you're there for them.
 - Get them to see their doctor.
 - Set a good example and show your friend how important it is to have a healthy diet.



- CONTACTS**
- Your school nurse or doctor
 - www.b-eat.co.uk 0845 634 7650
 - www.nhsdirect.nhs.uk 0845 4647
 - www.teenlifecheck.co.uk
 - www.teenagehealthfreak.org

BODY & IMAGE

Turn on the TV or flick through a magazine and chances are you'll see pictures of perfect looking celebrities staring back. This might affect your body image and could make you feel bad about yourself or that you should try to change the way you are.

Many young people who are perfectly normal and healthy feel that they don't look 'right' because they are comparing themselves to role models such as pop stars, models or other celebrities who are often skinny. This can lead to an unhealthy body image. If you do feel that you are overweight, talk to an adult you can trust and try to find out more about healthy eating and exercise.

It's a good idea to eat well and stay a healthy weight but some young people, can take dieting too far and develop an eating disorder.

The two main types of eating disorders are Anorexia Nervosa, which is when you starve yourself, and Bulimia Nervosa, which is when you make yourself sick after you eat or take laxatives*. They are both very bad for you.

Make sure you talk to an adult or friend you trust to get the help you need.

FIVE FACTS about eating disorders:

1. Eating disorders can be beaten.
2. An eating disorder is serious.
3. An eating disorder is not a dieting craze.
4. An eating disorder is not attention seeking.
5. An eating disorder is an illness.

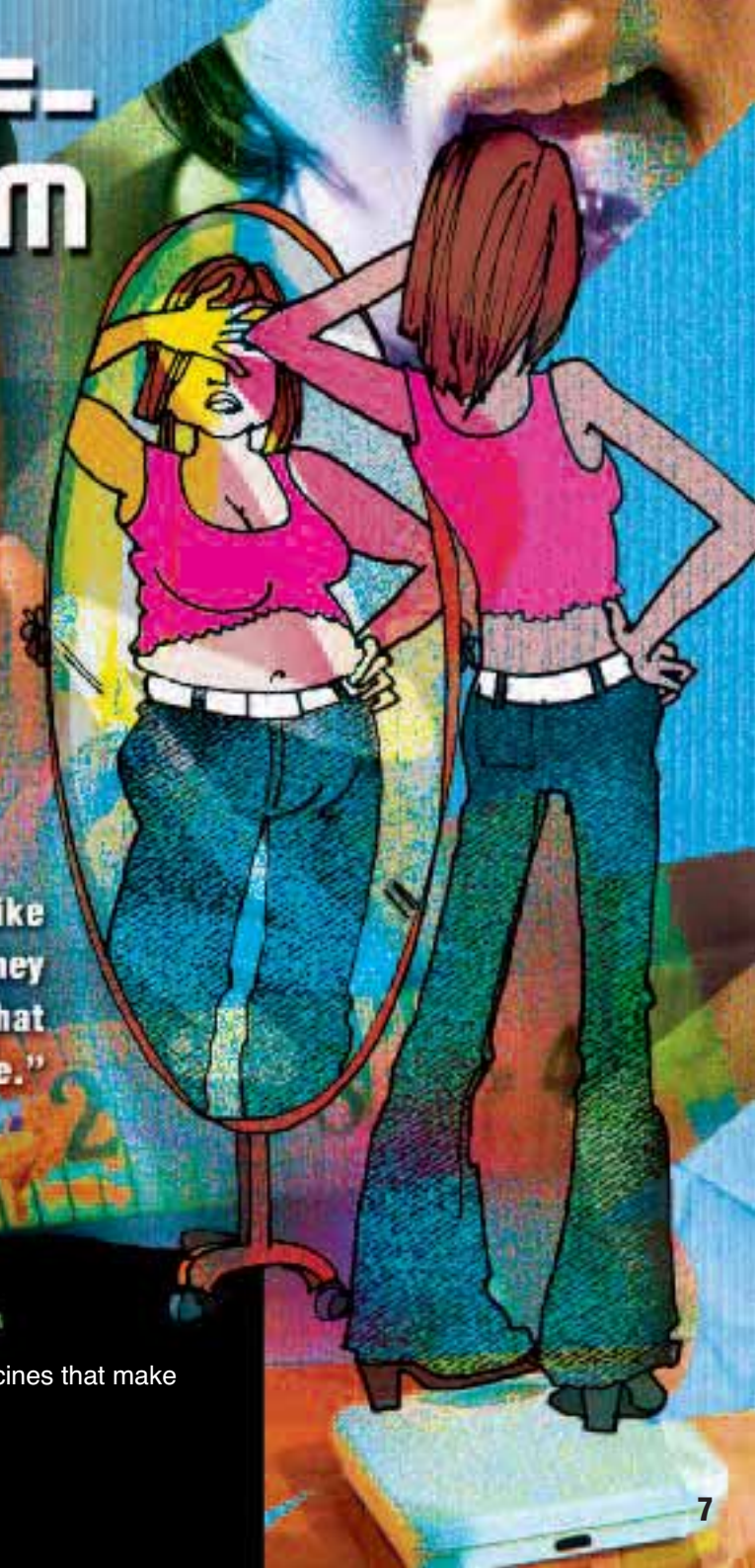
SELF-HARM

"It's important to like people for who they are, rather than what they look like."



JARGON BUSTER

* Laxatives - pills or medicines that make you go to the toilet.





LOOK OUT FOR

BULLYING

Signs someone's being bullied:

- They become unhappy or withdrawn*.
- They start missing school.
- They've got physical injuries they don't want to talk about or try to hide.
- They pretend to be ill.



DIRECTION

Are you being bullied?:

- It probably won't stop until you tell someone you trust.
- Act confidently to send out the message that you're not afraid.
- Stay with others - you're more likely to be picked on if you're on your own.
- Keep a diary and keep all text messages as evidence of what happens. If you need to you can use it later to back you up.

Is your friend being bullied?:

- Take their worries seriously.
- Stick up for them.
- They might want you to be with them for support when they tell their parents, carers or teacher.



CONTACTS

- Your parent/carer
- www.bullying.co.uk
- www.nspcc.org.uk
- www.samaritans.org 08457 90 90 90
- www.childline.org.uk 0800 1111

Bullying at school, can often be things like name calling, hitting, happy-slapping* or stealing someone's things. It also includes stuff that's less visible, like sending nasty texts or spreading gossip about someone.

People get picked on for lots of reasons. Being bullied can make you dread going to school, and can also make you feel depressed, lonely and even suicidal*.

If you're being bullied, you're not alone. You might feel that there's no way out, but there are lots of ways to get help. If people are making nasty remarks about you then it may be because they are jealous. Perhaps you're better looking than they are, work harder or perhaps the teachers like you better. One way of dealing with remarks is simply ignore them each time so that you show them that it isn't having the effect of upsetting you in the way they think.

The bullies will have worked out what buttons to push to make you upset. Don't try to hide it or ignore it - tell a friend, tell a teacher and tell your parents/carers. It won't stop unless you do.

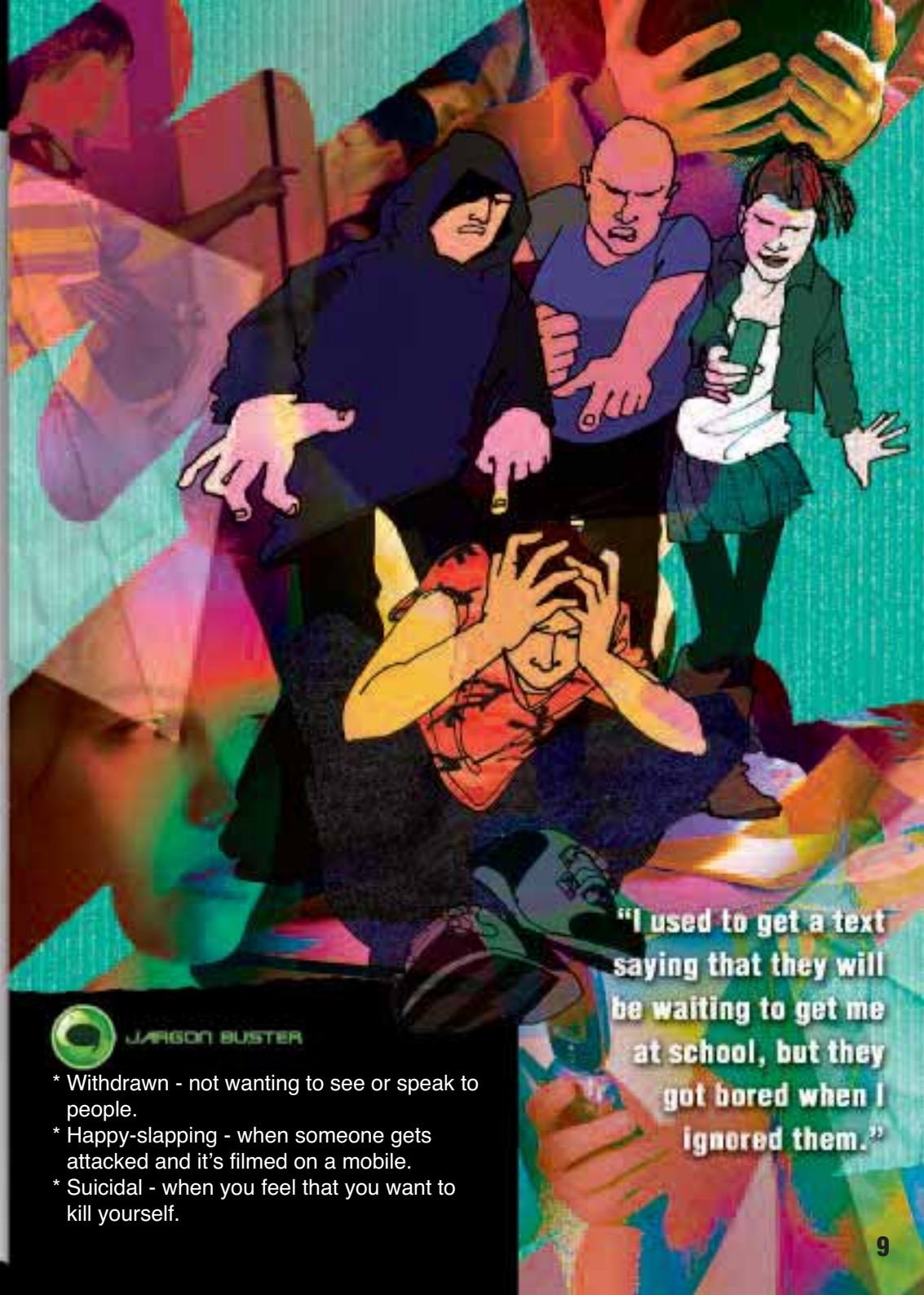
BULLYING INCLUDES:

Name calling • Making things up to get you into trouble • Hitting, pinching, biting, pushing, shoving • Taking things away from you • Damaging your belongings • Stealing your money • Taking your friends away from you • Cyberbullying - posting insulting messages on the Internet or by Instant Messenger (IM) • Spreading rumours • Threats and intimidation • Making silent or abusive phone calls • Sending you offensive phone texts • Frightening you so that you don't want to go to school.



JARGON BUSTER

- * Withdrawn - not wanting to see or speak to people.
- * Happy-slapping - when someone gets attacked and it's filmed on a mobile.
- * Suicidal - when you feel that you want to kill yourself.



"I used to get a text saying that they will be waiting to get me at school, but they got bored when I ignored them."

CAREERS & EDUCATION



LOOK OUT FOR

At this stage you will probably have a good idea of what you want to do as a career. Speak to your Connexions Adviser and Job Centre Plus.

If you're thinking about higher education, you may need GCSEs in certain subjects.

- Grades D-G are at level 1.
- Grades A-C are at level 2.

During study we are still here to support you financially.



DIRECTION

- Speak to the CLA Education Adviser about the Home Tuition Programme if you want more help to achieve even better grades.
- Speak to your Connexions* in-house Adviser or go to any Connexions Access Point and Job Centre Plus*.
- Ask about your EMA.
- Consider further education, an apprenticeship or training.



CONTACTS

- www.ema.direct.gov.uk
- www.connexions-direct.com
- www.aimhigher.ac.uk
- www.apprenticeships.org.uk
- www.jobcentreplus.gov.uk
- www.princes-trust.org.uk

You are probably now studying or sitting your GCSEs*, these are highly valued by schools, colleges, universities and employers, so will be useful whatever you are planning to do. You can have extra help through the Home Tuition Programme (see Direction).

GCSEs are at levels 1 and 2 on the National Qualifications Framework, depending on the grade you get. Getting a GCSE can lead to a number of routes, for example, work or further study at college or university, a training scheme or an apprenticeship.

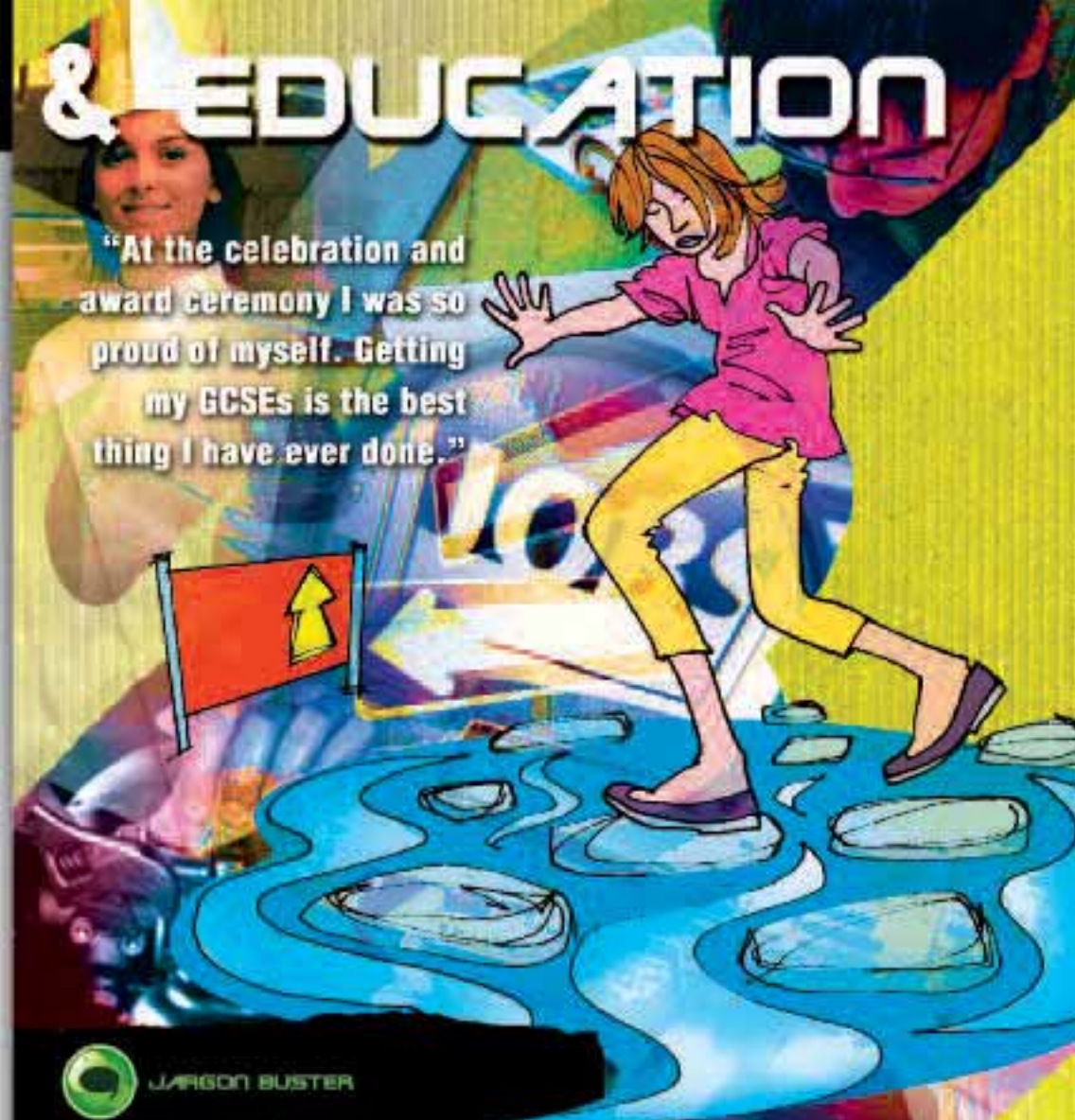
If you are going into further education you can claim the EMA* (Education Maintenance Allowance). Whether you're thinking about doing A Levels, a training course or becoming an Apprentice, getting your hands on some much needed money is going to be high on your list of priorities. If you continue to learn and develop your skills, you could receive a weekly sum to help you out with things like books, travel and equipment.



JARGON BUSTER

- * Connexions - a national service that provides advice, help and support to all 13-19 year olds.
- * Job Centre Plus - gives help and advice on jobs and training for people who can work and financial help for those who cannot.
- * GCSE - General Certificate of Secondary Education.
- * EMA - a weekly payment to support you whilst you study.

"At the celebration and award ceremony I was so proud of myself. Getting my GCSEs is the best thing I have ever done."



CHLAMYDIA & SAIs



LOOK OUT FOR

- Unusual discharge from the vagina or penis.
- Pain on peeing or having sex.
- Bleeding between periods or after sex.
- Lower abdominal pain or painful swollen testicles (balls).



DIRECTION

If you have symptoms:

- You should see someone straight away to check for an infection (see contacts).

To prevent SAIs:

- Use condoms every time you have sex (oral, vaginal and anal).
- Wash sex toys before use.
- Use a dam to cover the vagina for oral sex
- Use condoms properly.
- * Sign up to the C-Card scheme for free condoms in Plymouth. This will include a demo on how to use them.



CONTACTS

- Plymouth Chlamydia Screening Office 01752 434865
csoplymouth@nhs.net
- GU Clinic, Derriford Hospital 08541 558189
- Community Contraceptive and Sexual Health Services 01752 434429
- Sexual health helpline 0800 567 123 or text phone 0800 521 361
- www.chlamydia-screening.nhs.uk
- www.nhs.uk/worhtalkingabout

Chlamydia is the most common Sexually Acquired Infection (SAI). Most people don't know they have it as there are often no symptoms. Chlamydia affects the sex organs and if not treated can spread to other parts of the body and cause pain especially in the abdomen* and may cause infertility*. This risk is increased if you have Chlamydia again and again.

When should I test?

If you are under 25 you should have a test every year, if you have had sex. Every time you have a new sexual partner, both of you should get a test.

What's the test like?

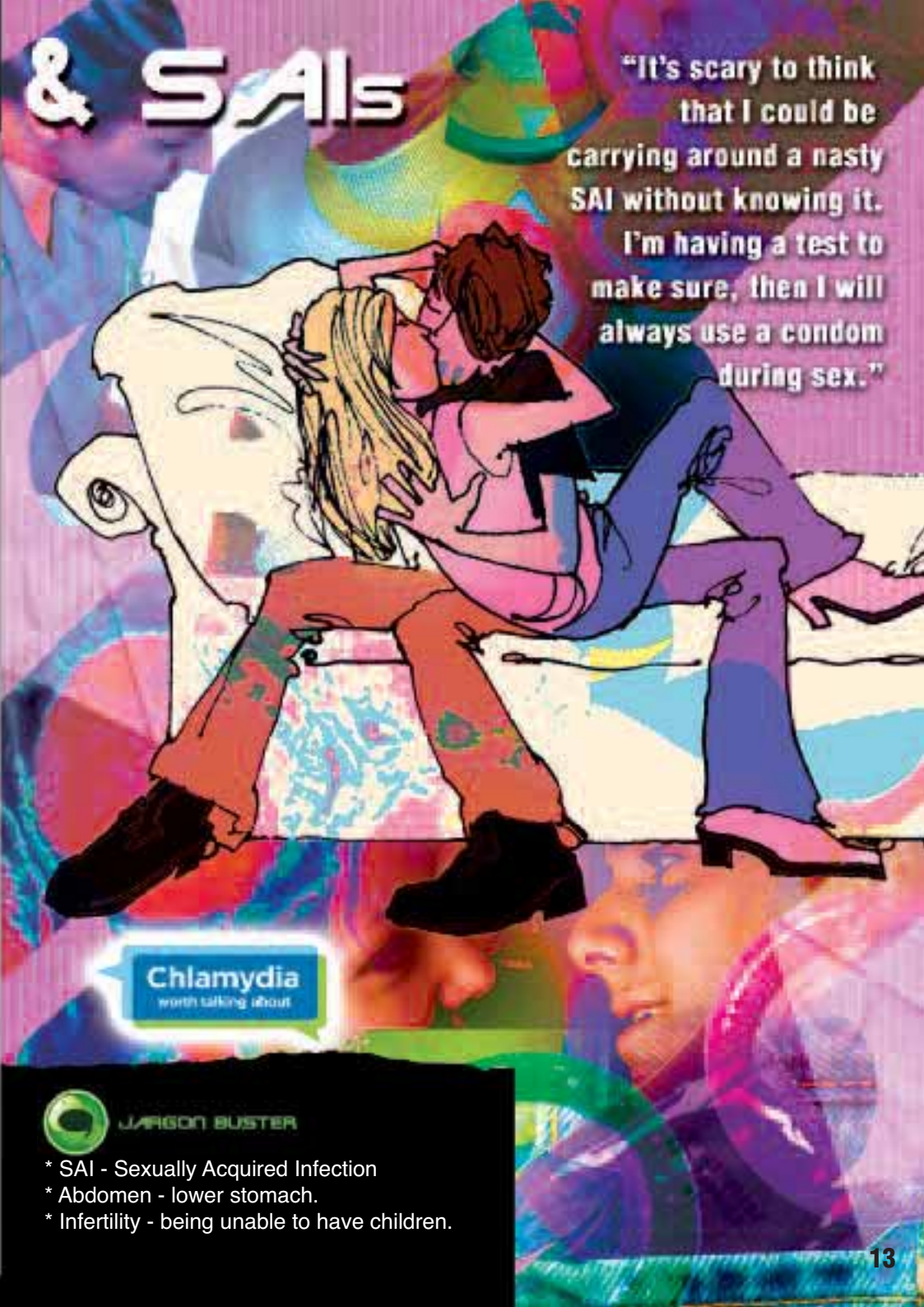
It's simple and painless and you do it yourself. You need to wee into a pot or women can take a swab from the vagina (it's a cotton bud). Fill in the form with your contact details and a sticker with your name and date of birth goes on the sample pot. If you do the test at the Doctor or a CASH clinic just hand it to the reception, it saves you having to bring it back.

Where can I get a free test?

Your GP, Contraceptive Clinics, The Zone, Youth Centres, some Pharmacies and on-line www.freetest.me

What if I have Chlamydia?

Always contact us for treatment, we will give you free antibiotics. The people you have recently had sex with will also need to be offered treatment, we will help you contact them if you want. Tell us if you are pregnant as you may need different antibiotics. Remember antibiotics can stop the contraceptive pill/patch from working.



"It's scary to think that I could be carrying around a nasty SAI without knowing it. I'm having a test to make sure, then I will always use a condom during sex."

Chlamydia
worth talking about



JARGON BUSTER

- * SAI - Sexually Acquired Infection
- * Abdomen - lower stomach.
- * Infertility - being unable to have children.



LOOK OUT FOR

DOMESTIC ABUSE

Signs someone's being abused:

- They become quiet and withdrawn.
- They have injuries they can't explain.
- They don't want to undress for PE.
- They don't like being touched.
- They put themselves down.



DIRECTION

Are you living with domestic violence?

- Remember that it's not your fault.
- Remember that you have the right to feel safe at home.
- Tell someone you can trust, like a parent or carer, teacher or a friend.
- Don't suffer in silence, even if you might be worried if you tell.

Is one of your parents or carers being abused?

- Keep safe. Find a place in the house you can go to when things get hard at home.
- Tell someone you can trust, like a teacher, a friend, or call a helpline (see Contacts).
- Try to get your parent or carer to seek help, and point out the contact numbers below.



CONTACTS

- Plymouth Domestic Abuse Service (PDAS) and Refuge 01752 252033
- www.plymouth.gov.uk/pdasandrefuge
- www.ahimsasaferfamilies.co.uk
- <http://refuge.org.uk> 0808 2000 247
- Police 999 in an emergency
- www.childline.org.uk 0800 1111

Domestic* abuse* is about control - about how one person (usually a man) uses an intimate relationship to control their partner or former partner (usually a woman). The controlling behaviour forms a pattern, rather than being one-off incidents. However, men can also be the victims of domestic abuse.

There are four kinds of domestic abuse: **Physical** - which is assault, wounding or serious injury.

Sexual - which is when you're forced to have sex, or someone touches you in a way that makes you feel uncomfortable.

Emotional - which is when someone criticises you all the time or shouts at you.

Neglect - which is when you don't get enough food or don't have clothes to keep you warm.

If you're treated badly at home, it can be very upsetting and it can make you feel frightened, angry, alone, guilty and unloved.

Make contact with one of the helplines listed and get the help and support you need.



"I get shouted at all the time at home even when I have done nothing wrong. Why do they do it?."



JARGON BUSTER

- * Domestic - something that happens at home.
- * Abuse - when you're hurt or treated badly by someone.



DRINKING RESPONSIBLY

How much is too much?

- If you're a man, the most you should drink is four units a day.
- If you're a woman, the most you should drink is three units a day.
- A unit is half a pint of beer or a single measure of spirits.
- When you drink more than this in one day it's called binge* drinking, and it's bad for your health.

Criminal record

- Causing disruption and excessive noise in the neighbourhoods and streets can lead to a criminal record.
- Becoming aggressive and fighting can lead to a criminal record.
- A criminal record impacts on your future job prospects and can even prevent you travelling abroad to some countries.



Are you drinking too much?

- Because you've got problems at school or at home? Try to solve these without turning to alcohol.
- Remember, it's okay to say 'no'.

Are your friends drinking too much?

- Help them to face the fact that they've got a problem and get some help.
- Remember that they have to want to change their habits - you can't do it for them.



- www.talktofrank.com 0800 77 66 00
- Drinkline 0800 917 8282
- www.teenlifecheck.co.uk
- www.teenagehealthfreak.org

Most people say they drink alcohol because it makes them feel happy and more confident.

But alcohol can also give you a hangover and make you feel sick, tired, dehydrated* and depressed. It can also make you do things you might regret, like have unprotected sex* or commit a crime. Alcohol can make you say things that you don't mean and you might lose friends over it. It also causes premature ageing and wrinkles, which nobody wants!

Lots of people can enjoy drinking without it causing them any problems. But some people can get addicted to it, which means they start to rely on it.

ALCOHOL UNITS EXPLAINED



The safe limit for adults is 2-3 units per day for women and 3-4 units for men. Alcopops typically contain at least 1½ units. Two small (125ml) glasses of wine are 3 units and a pint of normal strength lager or cider contains 2 units. There is no official safe limit for under 18s.

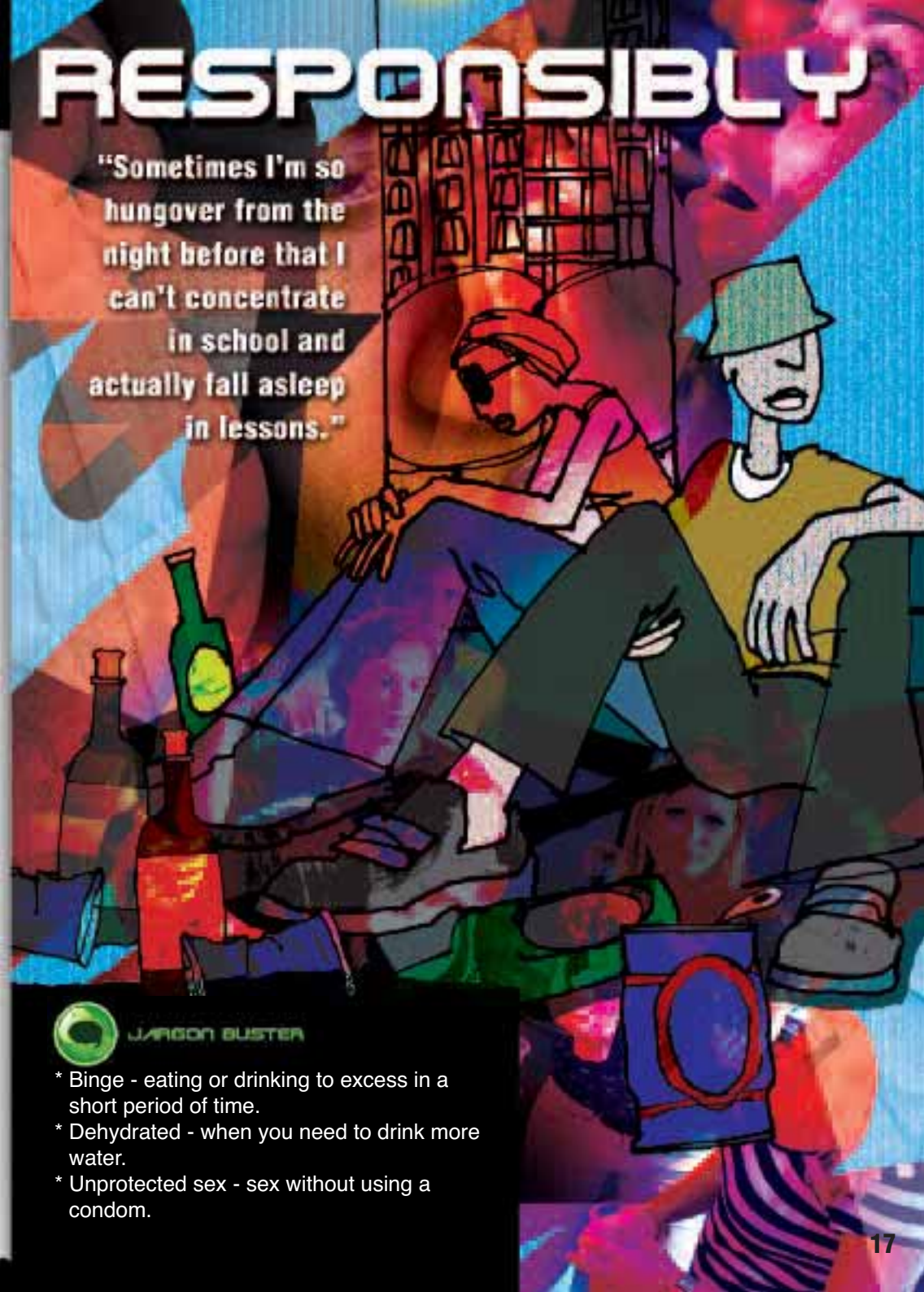
THE LAW

It's against the law for anyone under 18 years to be sold alcohol in a pub, off-licence or supermarket. It's also illegal to buy alcohol in a pub if you are under 18 years of age.

"Sometimes I'm so hungover from the night before that I can't concentrate in school and actually fall asleep in lessons."



- * Binge - eating or drinking to excess in a short period of time.
- * Dehydrated - when you need to drink more water.
- * Unprotected sex - sex without using a condom.





Signs someone is taking drugs or misusing substances:

- Drugs* can affect people differently, but they can harm the body and change the way the mind works so that people don't have so much control.
- Solvents* can cause blackouts, being sick, heart problems and even sudden death.
- Some people get addicted* to drugs, alcohol and cigarettes, which means that they can't cope without them.



If you are worried:

- Talk to an adult you trust so you can get help.
- Don't think you have to do this all alone.
- Don't feel pressurised into taking drugs by friends or other people at school or home.



- Your School Nurse
- www.talktofrank.com
0800 77 66 00
- <http://smokefree.nhs.uk>
0800 022 4 332

DRUGS, AND

Lots of young people want to know about drugs and alcohol - this doesn't mean you have to take them or feel like you should just because people around you are.

There are lots of reasons why people drink or take drugs, sometimes it's because they think it's going to be fun. Drugs can seriously affect your health and the way you see the world around you. There are many risks associated with drug use such as depression, loss of judgement and even death, so ask yourself, is it really worth it?

Maybe you're thinking about taking drugs because you're stressed or worried about school, home life or maybe you are being bullied or abused. Try to understand why you want to take drugs or drink and try to find a better way to deal with pressures. Talk to an adult you trust about the way you feel.

Prescription medicines should only be taken by the person whose name is on the medicine. Even medicines can have serious side effects. If you are worried seek advice from the person who has prescribed them to you or your Doctor.

COMMONLY USED DRUGS:

Illegal drugs are things like Cannabis (weed), Amphetamines (speed), Ecstasy (E), Cocaine and Heroin. Many legal substances are also harmful and addictive like cigarettes, alcohol, glue, petrol and aerosols.

SUBSTANCES SMOKING

"A lot of my friends smoke! I am so glad I never started."



- * Drug - a chemical that you take into your body which changes the way you think, feel and/or behave. Drugs include medicines, solvents, alcohol, tobacco and illegal drugs.
- * Solvents - stuff that people sniff, like gas lighter refills or glue.
- * Addicted - your body actually needs it to remain 'normal'.





LOOK OUT FOR

EQUALITY

- There are no physical signs to look out for with sexuality.
- It has no colour, appearance etc.
- Sexuality can be a confusing time and people might need support and guidance.

It may even be possible that up until now you have never considered the idea that you may not be straight. There is no panic, whatever your feeling in terms of sexuality you are perfectly normal. There is no rule book which talks about what is right or wrong.

There are people who can describe themselves as 'gay' or 'straight', whilst others feel they don't fit into either category.

You may be afraid to tell friends or parents how you feel. It may take time, but they will often accept the fact or maybe they know already.

You have the right to be 'you' - so don't change! Accept and understand the way you feel.

It may also surprise you to know there are many people out there in exactly the same situation as you!



DIRECTION

- Whichever box you tick there is nothing about your sexuality that makes you any less a person. At the end of the day we are all humans and we all have emotions, thoughts and feelings.
- Your sexuality does not make you better or worse than the next person.
- If you experience homophobia or discrimination talk to an adult you trust.



CONTACTS

- www.queeryouth.org.uk
- www.stonewall.org.uk
- www.youthcoalition.net
- www.youth2youth.co.uk

& DIVERSITY

"Everyone deserves the right to be treated equally no matter who they are."



JARGON BUSTER

- * Lesbian - females who are attracted to other females.
- * Gay - males who are attracted to other males.
- * Bisexual - a person who is attracted to both males and females.
- * Transgender - a person who feels that they are the opposite gender to that of their physical body.



LOOK OUT FOR

E-SAFETY

Here's how to stay safe in chatrooms*:

- Don't use your real name.
- Don't lie about your age.
- Don't give out your email address, mobile number, home address or school address.
- Don't post your photo in a chatroom.
- Use public chatrooms, not private, where there are only two people.
- Don't agree to meet anyone you've met in a chatroom unless you can take one of your parents/carers with you.



DIRECTION

Things to do if you think you are in danger:

- If you think someone in a chatroom is lying about who they are, email the person who's in charge of the chatroom.
- Warn your friends.
- Don't use that chatroom again.

Is your friend in danger?:

- Tell them not to meet up with anyone they have met in a chatroom.
- Tell them not to give out personal details.
- Support them and encourage them to tell someone about what is happening.



CONTACTS

- www.kidsmart.org.uk
- www.chatdanger.com
- www.thinkuknow.co.uk
- Child Exploitation and Online Protection Centre (CEOP)
www.ceop.police.uk

Going into an internet chatroom* is a great way to have fun and make new friends, but you need to be careful. You can't see or hear the people you talk to in chatrooms so you can never be sure that they are who they say they are. For example, they may lie about their age and may in fact be a lot older than you.

Some men or women go to young people's chatrooms because they want to meet young people on their own to have sex with them, or sexually abuse* them. These people can be very dangerous.

Being online is like being in the real world - things can happen that are both good and bad. If you are worried or feel uncomfortable about something which is happening online then report your concerns. It may be a conversation which feels wrong or you may feel bullied or pressurised by the person you are chatting to.

To report your concerns look for the CEOP 'Report it' logo and click on it. Most sites now display this.



Your door to one stop internet safety and advice



My name is Tracy and I'm 14 years old...

My name is Julie and I'm also 14 years old...

"Most people I talk to in chatrooms are fine, but once someone kept asking me to go round to their house on my own. It sounded a bit dodgy, so I said no."



JARGON BUSTER

- * Chatroom - a web page that you type text into and 'chat' with other people.
- * Sexual abuse - this can involve sexual intercourse, inappropriate touching or exposure to pornography.



LOOK OUT FOR

- Exams or other pressures may be stressing you out - being active can make a real difference.
- Eating too much junk food.
- Getting lazy, avoiding exercise and putting on weight.
- Getting too stressed with exams or other pressures.



DIRECTION

- You don't need to join an expensive gym to get fit. Jog in the park or walk home, every bit helps!
- Avoid fast foods as much as possible.
- Try to eat more fresh fruit and vegetables.
- If you're feeling uptight about exams or other pressures try and set yourself realistic targets and make sure you get a good break every now and again.
- If you feel anxious or depressed* talk to your parent or carer, Doctor or teacher.
- Register with a local Doctor for your health support and access to other health services.
- You are young, you have a whole lifetime ahead of you. Enjoy feeling active and energised.



CONTACTS

- www.healthline.com
- www.fdf.org.uk
- www.teenlifecheck.co.uk
- www.teenagehealthfreak.org

HEALTHY LIFESTYLES

What is a healthy lifestyle? Balance is the key, it's about what you put into your body and also how you burn that energy off. Food is burned in our bodies to create energy. If we don't use it, we get fat!

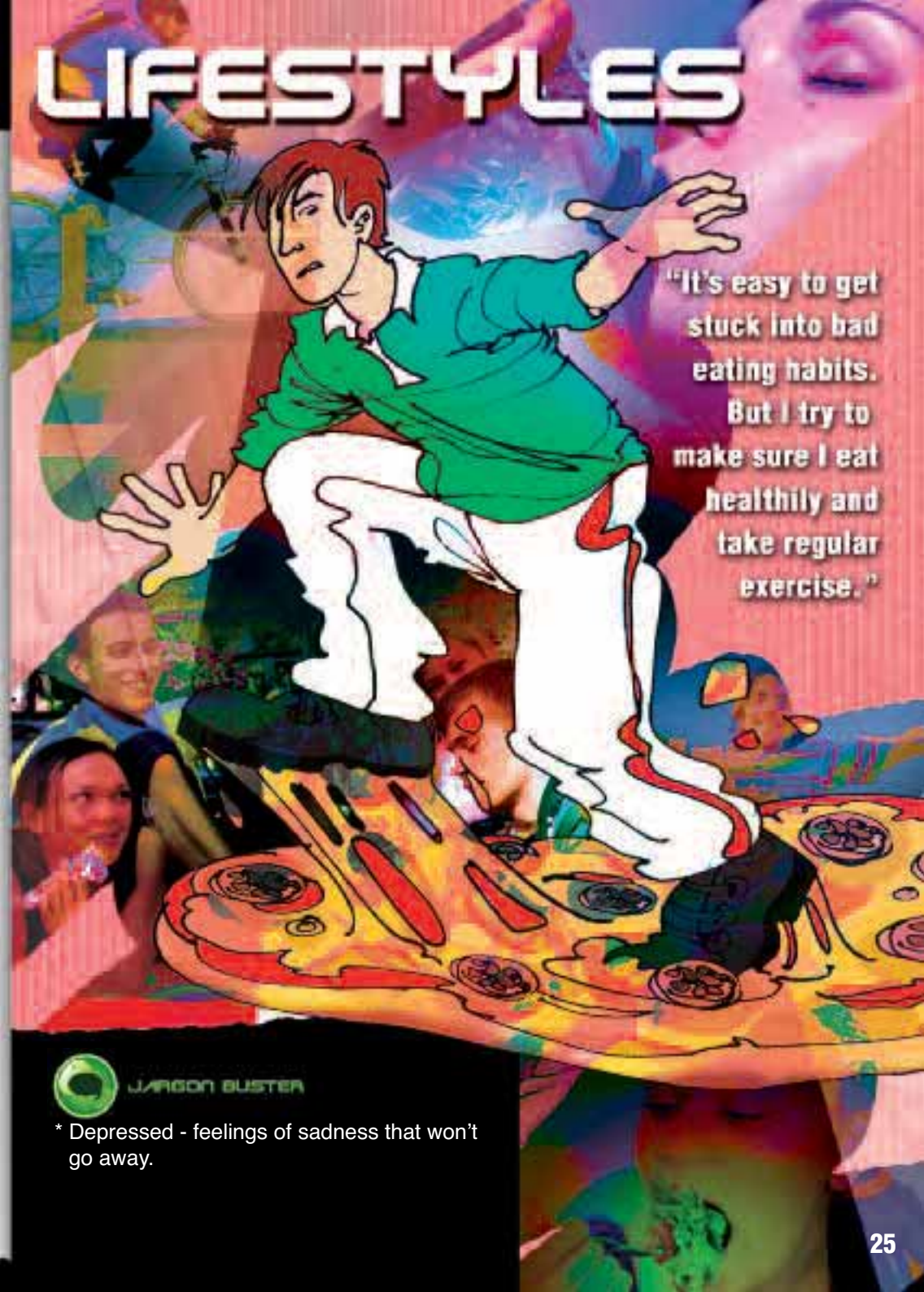
Keeping active will improve your overall health, your mood and keep a healthy body weight. Experts recommend one hour of physical activity a day.

Too much watching TV or playing computer games just won't help you look or feel good. Just because you aren't sporty doesn't mean you can't be active, take a walk, visit a park or start a dance class.

It's really true that a healthy body can help towards a healthy mind. Being active can reduce your stress levels and can give you the time to think clearly.

Avoid fast foods like burgers, pizzas and kebabs as much as you can and try to plan them as an occasional treat. Try to eat more fresh fruit and vegetables, read nutritional information on food packaging.

There are many other areas of our health we need to think about like sexual health, healthy teeth, drugs, alcohol and generally looking after ourselves.



"It's easy to get stuck into bad eating habits. But I try to make sure I eat healthily and take regular exercise."



JARGON BUSTER

* Depressed - feelings of sadness that won't go away.



- When you're out and about, be careful not to show your iPod or mobile phone or you may find yourself a victim of crime. It's not a good idea to walk home alone at night, so arrange to have lifts home with your friends if you can. Always try to let your parents/carers know where you are.



Looking after yourself means:

- Remembering to go to any appointments at your Doctor or Dentist.
- Being streetwise and finding out what you need to know.
- Find out how you can prevent Sexually Acquired Infections (SAIs*).



- www.devon-cornwall.police.uk
- Your School Nurse
- www.bbc.co.uk/surgery
- www.thesite.org
- www.need2know.co.uk

KEEPING YOURSELF SAFE

As you get older you will need to take more responsibility* for looking after yourself in every way. This includes things like keeping safe, clean, healthy and happy.

When you're out and about, there are lots of things you can do to keep safe and feel more confident. Trust your instincts - they are often right, so if a situation doesn't feel right or you feel uncomfortable walk away.

Make sure your parents/carers know where you are, and try to travel with friends, especially at night.

Also, don't go around flashing your iPod or mobile as you may become a victim of assault or robbery. Having a balanced diet*, staying active and keeping clean are also important.

Find out about safe sex, and how to prevent getting SAIs. Growing up means doing everything you can to stay safe and healthy - it's your life after all, so enjoy it!



"I have started to trust my instincts more - if I feel bad about a situation I make sure I can walk away."



- * SAIs - Sexually Acquired Infections, for example Chlamydia, Warts, Syphilis or HIV.
- * Trust your instincts - do what feel's right.
- * Responsibility - something that's up to you to do.
- * Balanced diet - a healthy diet that includes plenty of fruit and vegetables but not too much junk food.



When you lose someone, it's normal to:

- Have trouble sleeping, eating or concentrating.
- Go off things you normally enjoy.
- Pretend that you feel okay, even if you don't, because you want to be 'strong' for people around you.



If you are missing someone:

- Don't bottle things up. It helps to talk about how you're feeling either with a friend or a counsellor*.
- You might feel that alcohol or drugs could help you feel better. But all they'll do is cover things up, and not help you get any happier.
- If you feel you want to harm or even kill yourself, it's really important to tell someone so they can support you.

Is your friend missing someone:

- Some people don't know what to say to a friend when they've lost someone and so they just keep away. Let your friend know you're there for them.
- Your friend might want to do 'normal' things with you to make them feel better, like going shopping, going to the cinema or going for a bike ride.



- www.childbereavement.org.uk
- www.itsnotyourfault.org
- www.winstonswish.org.uk
- Cruse Bereavement* Care
0808 808 1677
www.crusebereavementcare.org.uk

MISSING SOMEONE

If someone close to you dies or disappears from your life, like a member of your family, a friend, a boyfriend or girlfriend or even a pet, it can be really hard. It's normal to feel shock, sadness, anger, guilt, fear or depression.

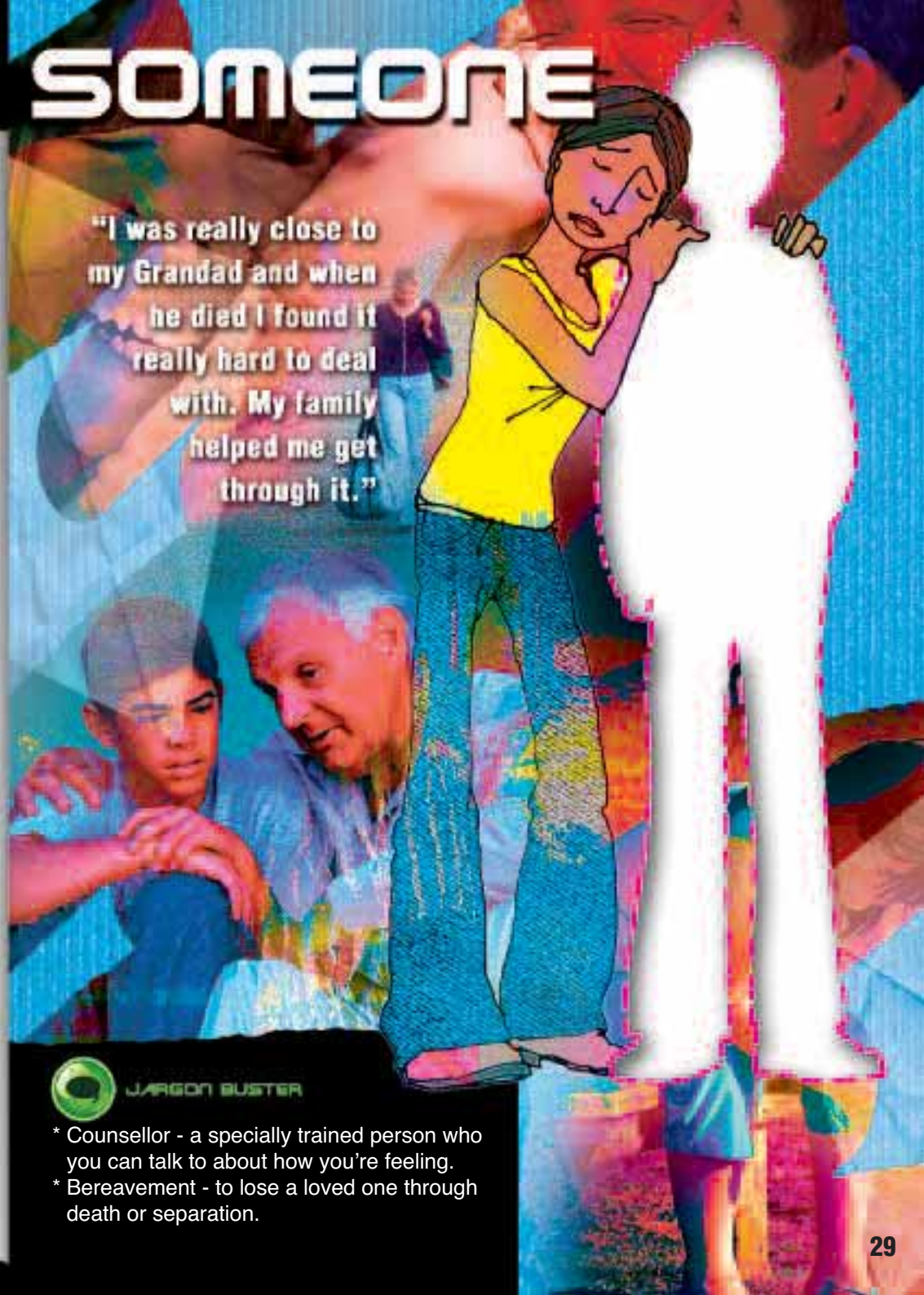
You might also feel grief if you don't see your parents any more, if they have divorced or separated. You may have split up with a boyfriend or girlfriend and feel very alone.

Everyone reacts differently and when you feel like this it means you're grieving, or going through grief.

You'll have days when you feel really sad, and might wonder if you can ever feel happy again. We all feel like this at times but after a while it will feel less painful.

It's okay to get on with your life, this doesn't mean you have forgotten the person you are missing.

"I was really close to my Grandad and when he died I found it really hard to deal with. My family helped me get through it."



- * Counsellor - a specially trained person who you can talk to about how you're feeling.
- * Bereavement - to lose a loved one through death or separation.



- People might say 'Everyone else is doing it, so why aren't you?'
- Nobody should be made to do anything they don't want to as they will probably regret it.



Are you feeling peer pressure?

- It's hard if you're the only one saying 'no' but be brave.
- If your friends want you to do something, ask yourself how you really feel about it, and stick to what you believe in.
- If you say 'no' to something, real friends should respect your decision*. If they don't, maybe you need to find new friends.
- It's better to have a few friends than lots of friends who try and make you do things you don't want to do.

Is a friend of yours feeling peer pressure?

- If your friend doesn't want to do something either, back them up.
- This can really help them, and it'll make peer pressure* easier to resist.
- Help them to make their own choices - they will gain confidence.
- Don't put pressure on your friends.



- www.nhs.uk
- www.teenlifecheck.co.uk
- www.teenagehealthfreak.org

PEER PRESSURE

Peer pressure is when you think you should do something because other people your age say you should, or because you think everyone else is doing it too. Sometimes people do things because they want to be liked, or they worry that they'll get teased if they don't follow the crowd.

If you are doing things because your mates are, or changing what you normally do to fit in, then you are being affected by peer pressure.

Some of the things you might feel pressure to do now or in the future:

- Wear the same clothes as your mates.
- Drink alcohol, smoke or take drugs.
- Commit a crime.
- Change your friends because your other mates don't like them.
- Skip school.
- Have a boyfriend or girlfriend.
- Start having sex.

It's normal to want to fit in with everyone else, but in the end people will think you're a lot cooler if you learn to make your own decisions. Just because people say they are doing something doesn't mean that they are, most young people don't do things they feel they shouldn't.

"I don't really care what my parents think of me, but I want friends to rate me. That's why I've started smoking - everyone else is doing it and I can't stand not fitting in."



- * Respect your decision - when people don't try to change your mind.
- * Peer pressure - when people the same age or in your group make you feel like you have to do something.



Living on your own or in a shared house isn't easy. You're probably used to your parents/carers doing everything for you, so find out:

- How much rent* and deposit* the landlord* is asking for and who will pay it.
- If you'll have any money left over to spend on yourself.
- If you're happy doing your own washing, cooking and cleaning.
- What furniture you'll need (for example, a bed, sofa, table, chairs) and how much you'll be spending on things such as utilities and food.



- Work out your budget, which is how much money you can afford to pay on rent and bills (for example, money you have to spend on food, electricity, gas, council tax).
- Try and give yourself as much time as possible before you leave home, because there are lots of things to plan and sort out.
- If you want to leave home because of problems with your family, try and talk to your parents/carers to see if you can make things better. Do you have any relatives you can stay with instead?



- www.thesite.org
- www.connexions-direct.com
080 800 13 2 19
- www.direct.gov.uk
- www.missingpeople.org.uk
0808 800 7070

RUNNING AWAY FROM HOME

Nearly everyone leaves home at some point and it can be exciting as well as scary. It is a big step, and it's best to know as much as you can about what it'll be like before it happens. Maybe you're leaving your area to start college or university somewhere else or moving in with your friends or boyfriend or girlfriend.

Make sure you keep yourself safe in your new home. Don't let anyone in that you feel uncomfortable with or don't trust. Ensure your home has smoke and carbon monoxide detectors and a gas safety certificate.

The Dangers of Running Away

You may feel that moving out is your only option because you're not getting on with your family. You probably imagine that there will be no more rules, no parent to tell you what to do, no more fights. In reality, kids and teens who run away face new problems like not having any money, any food to eat, a safe place to sleep or anyone to look out for them.

People with no home and no money become desperate. They often find themselves in risky situations that would be frightening, even for adults. Runaway kids get involved in dangerous crimes much more often than kids who live at home. Many take drugs or alcohol because they become depressed and feel that no one cares for them. Some do things they wouldn't normally do to make money such as illegal activities, gang violence and prostitution.



- * Rent - money you pay to live somewhere. Usually paid weekly or monthly.
- * Deposit - money you have to pay when you first move in somewhere. You get it back when you move out if you've paid all the rent and haven't damaged the place.
- * Landlord - person who owns the house/flat you want to live in.

"Leaving home to go to college was a real shock.

I was used to my mum doing everything for me - cooking, cleaning, washing, ironing, even buying my toothpaste!"





Are you ready to have sex?:

- Nobody is putting pressure on you and most young people wait until they are at least 16 before they have sex, even if they say different!
- You're not doing it because you think all your friends are.



- Free and confidential advice, information tests, treatment and contraceptives are available from GUM (Genito-Urinary Medicine) clinics, some young people's sexual health clinics and Doctors.
- If you've had sex without contraception, or think it's failed, you can take emergency contraception* up to 72 hours later.
- If you think you might be pregnant, talk to your parents. Free pregnancy testing is available at all young people's sexual health clinics, GUM clinics and some Doctors.



- Your Parent/Carer
- Your School Nurse
- Your Doctor
- Ask Brook 0808 802 1234
www.brook.org.uk

SEX &

Part of growing up is going out with people and then maybe, when the time is right, having sex for the first time. But only you know if you're ready to sleep with someone. In the UK, the age of consent* for sex is 16.

It's vital to have safe sex and use contraception*. A condom is best - it stops you getting pregnant and also stops you catching an SAI*.

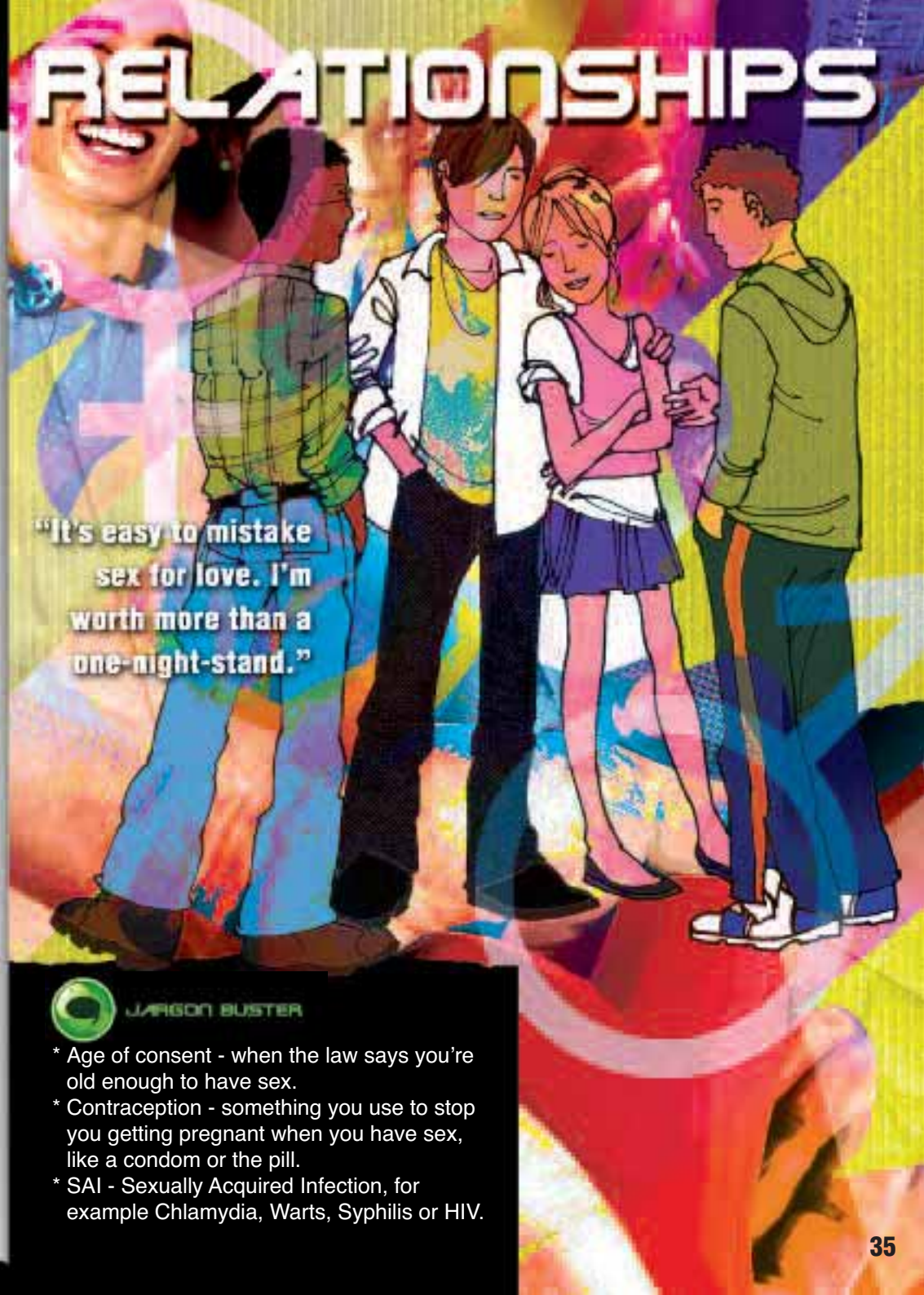
If you have decided you're ready then practising safe sex by using contraception will reduce the risk of STIs and pregnancy. For the best protection against both of these, using condoms and a hormonal contraceptive like the Implant is the best option.

ARE YOU READY - OR NOT QUITE YET?

- You feel you could say 'no' if you wanted to.
- You can have fun together without anything sexual involved.
- You each want it for yourself, not for the other person or to fit in with friends.
- Nobody's forcing, pressurising or making you.
- You have discussed using condoms and contraception.

You probably won't be ready for sex until you can tick **all** these boxes - but remember, even if you are, it still doesn't mean you **have** to!

RELATIONSHIPS



"It's easy to mistake sex for love. I'm worth more than a one-night-stand."



- * Age of consent - when the law says you're old enough to have sex.
- * Contraception - something you use to stop you getting pregnant when you have sex, like a condom or the pill.
- * SAI - Sexually Acquired Infection, for example Chlamydia, Warts, Syphilis or HIV.



- Remember alcohol can seriously affect your inhibitions and actions and reduce your ability to be alert. Whenever possible, make any decisions about sex when you are sober!
- Stay away from situations that you do not feel comfortable with.
- Don't go to a club or party on your own. Friends should watch out for each other.



The Role of the Police

Devon and Cornwall Police takes all reports of sexual assault and rape seriously, no matter whether the attack happened recently or a long time ago.

An officer can speak to you in uniform or plain clothes and you can have a friend or family member present. You can request this to be a male or female officer.

Devon and Cornwall Police have specialist officers you can ask for called a SOLO (Sexual Offences Liaison Officer) who will be your single point of contact with the Police.



- Police 08452 777 444
www.devon-cornwall.police.uk
- Sexual Assault Referral Centre (SARC) 08458 12 12 12
www.sarcplymouth.co.uk
- Victim Support 0800 30 30 900
- www.direct.gov.uk/en/YoungPeople/CrimeAndJustice/index.htm

THE LAW & YOU

What about me and my girlfriend? Are we breaking the law?

The laws amended in 2003 make it an offence for any person to have any sexual activity with a person under 16 years old. It doesn't need to be full sexual intercourse - any activity of a sexual nature with someone under 16 is illegal.

If you are 15 or less, the person who you have sex with will be breaking the law. If you have sex with someone else who is also under 16 then you too will be breaking the law. If someone of any age has sex with a child under 13 they will be guilty of rape and could go to prison for a long time.

What about kissing and stuff?

The word 'sex' can also mean sexual activity - so if you are under 16 it is against the law for anyone even to kiss or touch you in a 'sexual' area of your body clothed or unclothed (even if you consent to it). Being pressurised or forced to have sex or a sexual activity when you don't want to is a serious crime.

What is rape?

Rape is when a man forces his penis into the vagina, anus or mouth of another person when that person doesn't want him to do so; the law calls this 'without consent'.

In real life young people who are under 16 do have relationships with each other. If both young people are about the same age, and if neither of them is putting pressure on the other one to do something they do not want to do, the law is not intended to be used against them.

If you are not comfortable reporting to the police

There are currently two sexual assault referral centre's (SARC's), in Devon & Cornwall.

Sexual assault referral centre's (SARC's) can offer free and confidential help, support, examination and counselling. They can also co-ordinate sexual health checks and offer advice about contraception. Within the sexual assault referral centre there are Independent Sexual Violence Advisors (ISVA's). An ISVA can help you to report to police and support you through the criminal justice process.

SARC locations are:

- Twelves Company - if you are located in Plymouth, North Cornwall, South Hams or West Devon or to find out where a SARC is near you.

Tel: 08458 12-12-12

www.sarcplymouth.co.uk

- Devon and Torbay SARC, The Oak Centre. If you are located in Exeter, East or Mid Devon or Teignbridge. Tel: 01392 436967

If there is not currently a sexual assault referral centre near to where you live You can also seek help or advice from other services such as counsellors, sexual health centre's, (called GU clinics), your GP or a hospital. You can also report to Victim Support without involving the police. Victim Support 0800 30 30 900.



* ????????????????



SPARKLY SMILES

The following will affect your teeth:

- Smoking and alcohol are bad news for your teeth.
- Whitening toothpastes which claim to make teeth whiter are popular. Choose one with fluoride, though.
- Using bleaching products may damage your gums and mouth, be careful about using them.
- Eating sweet foods before you go to bed can damage your teeth, especially if you don't brush your teeth afterwards.



To keep your teeth healthy:

- Go to see your dentist at least once a year.
- Try to eat fruit instead of sugary foods.
- If you drink fizzy drinks, use a straw. There will be less damage to your teeth as the drink will go to the back of your mouth.
- Try to use dental floss* every day. It'll remove plaque* and food from between your teeth. Mouthwash is good for fresh breath.
- If you can't brush your teeth after you've eaten, chew some sugar-free gum.
- Your dentist can clean your teeth for you with a special machine.



- www.dentalhealth.org.uk/helpline/
- www.kidshealth.org/teen

When you're meeting people and making friends it's great to have a healthy smile - it'll help you feel good about yourself.

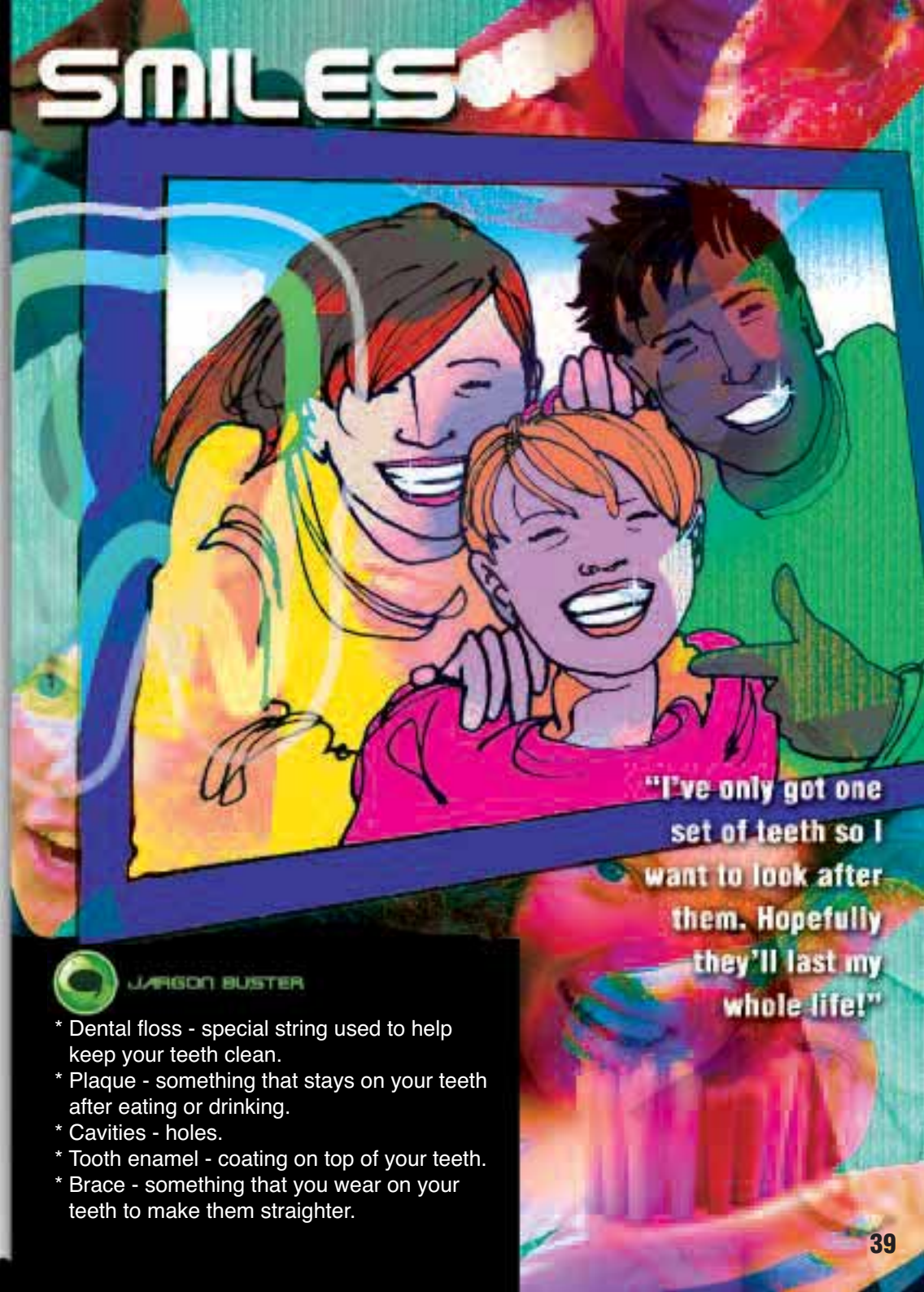
If you don't look after your teeth you might get bad breath, cavities*, tooth loss, stained teeth and even gum disease.

Get rid of plaque by brushing your teeth for two minutes twice a day with a fluoride toothpaste. Using floss and a mouthwash helps, too.

Cut down on sugary food as it contains acid which damages your teeth's enamel* and can cause holes.

If you're unhappy with your teeth your dentist can help. For example, crooked teeth can be straightened with a temporary brace*. It'll be worth it - you'll have a perfect smile afterwards.

Make sure you visit your dentist regularly - it's a free service after all.



"I've only got one set of teeth so I want to look after them. Hopefully they'll last my whole life!"



- * Dental floss - special string used to help keep your teeth clean.
- * Plaque - something that stays on your teeth after eating or drinking.
- * Cavities - holes.
- * Tooth enamel - coating on top of your teeth.
- * Brace - something that you wear on your teeth to make them straighter.

STRESSED OUT



LOOK OUT FOR

If you're stressed you might:

- Have a headache, upset stomach or skin rash.
- Feel anxious* and irritable*.
- Be unable to sleep at night.
- Want to cry a lot.
- Eat more or less than usual.
- Feel you are useless or have no control.



DIRECTION

Do you feel stressed?

- If your parents/carers are putting pressure on you to do well, talk to them about how this is making you feel. They're only trying to encourage you, and might not realise the stress they are putting you under.
- Take a deep breath and walk away from the thing that's stressing you out, even if it's only for a few minutes.
- Eat a healthy diet and try to get enough sleep.
- Don't smoke or drink to cope with stress. It'll just make you feel worse.
- If you're really anxious, it can make it hard to cope. You must get help if you think about skipping school, running away, taking an overdose, self-harming*, or feel that life is not worth living. See your Doctor or School Nurse.



CONTACTS

- www.youngminds.org.uk
- www.ru-ok.org.uk

When you worry a lot about something that means you're stressed. Feeling stressed occasionally is normal and can be a good thing, but too much stress is bad for your health.

Lots of things can cause this - course work and exam pressure, being bullied, family problems or when someone you love is ill or dies.

People cope with stress in different ways. Some people get angry and take things out on other people - there are ways to learn to manage your anger. Managing angry feelings and channelling them into something more positive is the way to go. Use all that energy in a positive way.

You might feel everything's getting on top of you, and it can really help to have someone to talk to about things. Have a break and do something you enjoy. Try to look at what it is that is causing you stress and see if you can change this. Express yourself, talk to friends, family or teachers - it's good to talk.

TIPS TO COPE WITH STRESS:

- Make some time to do things you enjoy.
- Get a good night's sleep.
- Learn to relax.
- Take up an activity, such as swimming or running.
- Set yourself small achievable goals and reward yourself when you meet them.

OUT

"Now I understand what stresses me out I am much better at coping."

FRIENDS

EXAMS



JARGON BUSTER

- * Anxious - very worried.
- * Irritable - feeling moody and on edge.
- * Self-harming - injuring yourself on purpose, could be cutting or burning skin for example.



LOOK OUT FOR

- If you're pregnant*, don't hide it. The sooner you tell someone, the better. That way you can plan what's going to happen in the future.
- If you think your girlfriend is pregnant, encourage them to talk about how they're feeling. They'll need a lot of support.



DIRECTION

See your Doctor they will:

- Ask the date of your last period so you know how far along your pregnancy is.
- Ask to examine you.
- Take a blood test, a urine test and test for Sexually Acquired Infections*.
- Encourage you to start taking vitamins to make sure you and your baby are healthy.
- If you're pregnant but not sure what you're going to do, contact your local Family Planning Clinic to discuss your options.
- You can still get a good education if you become a parent. There's lots of help out there for you.



CONTACTS

- Your Doctor
- www.brook.org.uk 0808 802 1234
- www.fpa.org.uk 0845 122 8690
- www.connexions-direct.com
080 800 13 2 19
- www.parentlineplus.org.uk
0808 800 2222
- www.youngmums.org.uk
- www.fatherhoodinstitute.com

TEENAGE

Finding out you're pregnant or your girlfriend is pregnant can be a big surprise if you haven't planned it.

You might feel scared about telling anyone, or worried about the future. It's a good idea to tell someone close to you. If you don't feel ready to talk to your parents yet, confide in a friend. Dads to be might not feel ready to be a father just yet. Having a baby means big changes in your life but it can be really exciting, too.

Taking good care of yourself will help you and your baby stay healthy and it's important to see your Doctor as soon as possible. Make sure you go to your appointments.

Smoking, drinking alcohol and taking drugs are bad for you and your baby and can have permanent effects on the baby.

If you're still at school, you can get help to continue your education. There's also help to find you a job if you're old enough to leave school. Just because you are a parent doesn't mean your education has to end. Find out about your entitlements and benefits.

PREGNANCY SUPPORT



"When I fell pregnant I thought that was the end of my education. But my school gave me lots of support. Two years on I've got a gorgeous son - and my GCSEs!"



JARGON BUSTER

- * Pregnant - going to have a baby.
- * Sexually Acquired Infection - an infection that you can catch through unprotected sex e.g. Chlamydia.



- 'Urbie' - The Mobile Drop-In facility offering wi-fi, a range of useful information and support, music, and games. Look out for Urbie in your area and at special events.
- Things to do, places to go, and someone to talk to. Why not get involved in the Duke of Edinburgh Award Scheme, young women's groups and/or Youth Forums where you can influence what is on offer to other young people in your area!
- 'The Kids Are Alright Campaign', challenging negative images of young people.
- Summer Mix - Offers a range of free courses to young people during the summer holiday period.
- C-Card - Registered youth centres where youth workers can provide you with the guidance and advice you need.



Contact the Youth Service Team for information on a wide range of services available to you in your area.



Youth Service Team
01752 306596
www.plmyouth.co.uk

YOUTH SERVICE

Securing positive activities for young people.

Plymouth Youth Service is available to all young people to ensure that you have access to high quality information, advice and support on the wide range of provision and opportunities that are there for you to use.

What is on offer?

If you are at school/college or working full-time, it may be that you want to use your evenings and weekends to do something different. You might be unemployed or at a loose end - so using your spare time to improve existing skills or get new ones could be a useful thing to do.

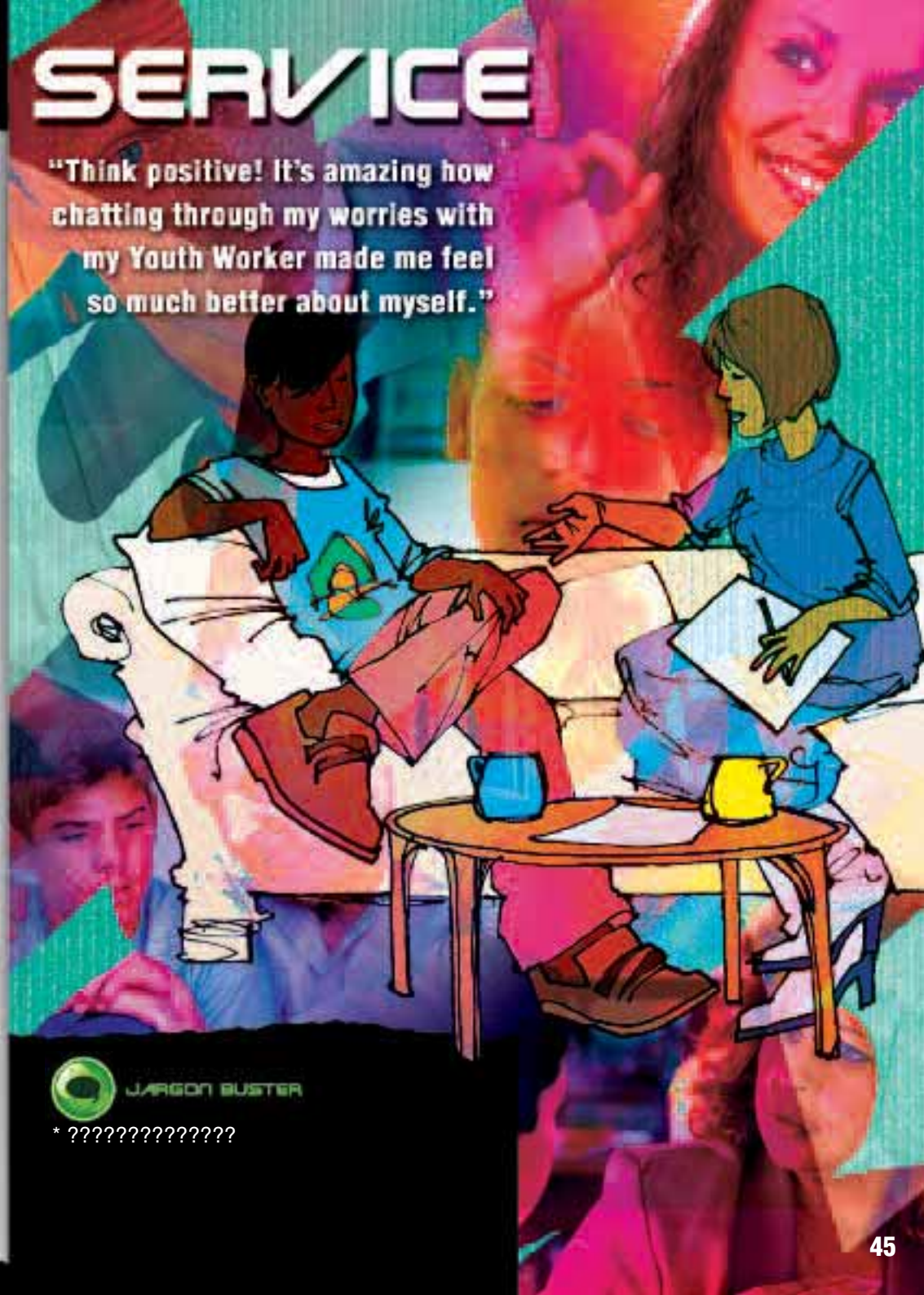
School/college or university holidays are a great time to improve your skills through doing voluntary work, finding a spare time activity that costs nothing, getting fit, getting out and about with friends or meeting new people.

For your interests and needs there are youth centre's, projects and clubs in your area that offer a wide range of things to do. Call them now, go along to make your spare time work for you.

THE KIDS ARE ALRIGHT



"Think positive! It's amazing how chatting through my worries with my Youth Worker made me feel so much better about myself."



* ????????????????

CONTACTS

Devon and Cornwall Police
www.devon-cornwall.police.uk

Devon and Cornwall Police Youth Site
www.yospace.info