

<p>Define: Platonic Relationship</p> <p>A friendship or relationship where there is no romantic, intimate or sexual feelings.</p> <p>Friends and Colleagues.</p>	<p>What makes a good friend?</p>		<p>Signs of a Toxic Friendship</p>	
<p>Define: Intimate Relationship</p> <p>A relationship which can include a sexual attraction and sexual activity.</p> <p>Boyfriend, Girlfriend, Married Couples</p>	<p>Good friends make you feel good</p>	<p>Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.</p>	<p>Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:</p> <ul style="list-style-type: none"> • They might say "brutally honest" things to you which are unkind or hurtful • Put pressure on you to do things you don't want to do • Be manipulative (e.g. 'If you were my friend you would...') • Put you down • Laugh at you, or encourage others to laugh at you • Talk about you behind your back • Deliberately exclude you from group chat and activities • Take the "banter" too far • Share things about you online • Make you feel bad about yourself 	
<p>Define: Familial Relationship</p> <p>A relationships with someone who has a blood, kinship or legal tie to you.</p> <p>Parents, Siblings etc.</p>	<p>Good friends listen</p>	<p>A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.</p>	<p>What to do if you are in a toxic friendship</p>	
<p>Define: Toxic Relationship</p> <p>A relationship that has a negative impact on your mental health and self esteem.</p>	<p>Good friends support each other</p>	<p>If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.</p>	<ul style="list-style-type: none"> • Remember: the problem isn't you: Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you. • Talk to them about how their behaviour makes you feel: Explain calmly and without accusation. Be specific, Tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising. • If they apologise, give them another chance: If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on. • Make new friends: Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help. • Don't retaliate: It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them. 	
<p>Good friends are trustworthy</p>		<p>If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.</p>	<p>Good friendships go both ways</p>	
<p>Good friends handle conflict respectfully and respect boundaries</p>		<p>A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.</p>		
<p>Friends not followers</p>		<p>In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy,</p>		

**Define:
Bullying**

Bullying is the repeated and intentional behaviours which cause harm to another person, either physically, emotionally or psychologically.

**Define:
Banter**

Banter is the playful exchange of teasing remarks and jokes between friends where all are in on the jokes and enjoy the exchange.

**Define:
By-Stander**

A person who doesn't actively engage in the bullying but watches and doesn't do anything to prevent it.

**Define:
Bully**

A person who engages in bullying type behaviour towards one or more people.

Types of Bullying



Physical

The victim is physically and violently assaulted by the bully. This can include being beaten up, pushed and shoved or the physical taking of items from the victim. This sort of bullying is against the law and should be reported to the police.



Verbal

This can include name calling, snide comments and the spreading of rumours; it can also constitute harassment in some cases which is illegal and should be reported to the police.



Emotional

Psychological and emotional bullying is difficult to see, but can include the ostracization of the victim from a particular group, tormenting and humiliating the victim.



Cyber

Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature, but can also include setting up of malicious websites or posting personal and embarrassing images and videos without the persons permission.



Specific

This the term used to describe bullying based on an specific aspect of the victims identity such as homophobic, transphobic, Bi-phobic bullying but can also include racist bullying and bullying based on religion. All of these types of bullying are illegal.

Dealing with Bullying

Remember that it is the victim that determines if they believe the behaviour is bullying not the bully.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Don't retaliate, try and ignore them if you can.
- Try not to react in front of the bully.
- Stay with trusted friends who will support you.

Dealing with Cyber Bullying

Cyber Bullying can be harder to handle as it anonymous and can impact all aspects of your life.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Report the bullying to the website and block the user.
- Do not Retaliate
- Screenshot evidence of the bullying.

Who Can you turn to for help and Support

Parents or trusted family members	Teachers or school Staff
The Police	Friends
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
National Bullying Helpline	https://www.nationalbullyinghelpline.co.uk/

**Define:
Domestic Abuse**

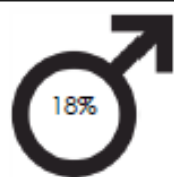
Domestic abuse is violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation or between siblings. .

The Statistics

16 to 19-year old's had experienced domestic abuse in the past year (2015)



13 to 17-year old's who had experienced physical abuse from an intimate partner



13 to 17-year olds reported some form of sexual abuse within their relationships.



Types of Abuse

Physical Abuse:
Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.

Sexual Abuse:
Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

Emotional Abuse:
Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

Economic Abuse:
Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

Psychological Abuse:
Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Signs of Abuse

Physical	Emotional	Social
<p>Unexplained and an increase in injuries such as:</p> <ul style="list-style-type: none"> • Black eyes • Busted lips • Red or purple marks on the neck • Sprained wrists • Bruises on the arms <p>It's also common for someone to try to cover up the physical signs with clothing. For example:</p> <ul style="list-style-type: none"> • Wearing long sleeves or scarves in the hot summer. • Wearing heavier than normal makeup • Wearing sunglasses inside 	<p>Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.</p> <p>Other emotional signs of abuse include:</p> <ul style="list-style-type: none"> • Low self-esteem • Extremely apologetic or meek • Seeming fearful • Changes in sleep habits • Agitation, anxiety, or constant apprehension • Developing a drug or alcohol problem • Symptoms of depression • Loss of interest in daily activities • Talking about or attempting suicide 	<p>If you notice that someone who was once outgoing and cheerful has gradually become quiet and withdrawn, it could be a sign of domestic abuse.</p> <p>You may notice that the person:</p> <ul style="list-style-type: none"> • Is reserved and distant • Drops out of activities they would usually enjoy. • Cancels appointments or meetings with you at the last minute. • Is often late to work or other appointments. • Exhibits excessive privacy concerning their personal life or the person with whom they're in a relationship. • Begins isolating themselves by cutting off contacts with friends and family members

Who Can you turn to for help and Support

Parents or trusted family members and Friends	The Police / Community support officers
School Safe Guarding Team or any member of staff.	
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
Women's Aid	Helpline: 0808 2000 247 24hr https://www.womensaid.org.uk
Men's Advice Line	Helpline: 0808 801 0327 Monday-Friday 9am-5pm http://www.mensadviceline.org.uk/

<p>Define: Sexual Consent</p> <p>The giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex.</p>		<p>Consent is:</p>			<p>What does the Law say?</p>		
		1	<p>Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.</p>	<p>Act</p>	<p>Definition</p>	<p>Consequence</p>	
		2	<p>Reversible. It's okay to say yes and then change your mind — at any time!</p>				
<p>Define: Affirmative Consent</p> <p>Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.</p>		3	<p>Informed. You can only consent to something if you have all the facts.</p>	<p>Rape</p> <p>A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.</p>	<p>Sexual Assault</p> <p>Sexual assault is when a person is coerced or physically forced to engage against their will, or when a person, touches another person sexually without their consent. Touching can be done with any part of the body or with an object.</p>	<p>Rape is punished by a maximum of fifteen years' in prison. Aggravated Rape is punished by a maximum of twenty years' in prison Both offences would result in placement on the sex offenders register.</p>	
		4	<p>Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.</p>				
		5	<p>Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).</p>				
<p>Define: Coercion</p> <p>The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.</p>		<p>When can consent not be given?</p>			<p>Sex Between Minors</p> <p>When both parties involved the sexual activity are under 16 but have consented to the activity.</p>	<p>Up to 10 years in prison and placement on the sex offenders register</p>	
		1	<p>When a person is drunk or high, to the point that they are unable to speak or look after themselves.</p>				
		2	<p>Asleep or Passed Out – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!</p>				
		3	<p>They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.</p>				
<p>Define: A person who is a minor</p> <p>A person who is under the age of 18 and legally considered a child.</p>		4	<p>Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.</p>	<p>Who Can you turn to for help and Support</p>			
				<p>Parents or trusted family members</p>		<p>The Police / Community support officers</p>	
		<p>School Safe Guarding Team or any member of staff.</p>					
				<p>NSPCC</p>	<p>Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk</p>		
				<p>Childline</p>	<p>Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk</p>		
				<p>Rape Crisis</p>	<p>Helpline: 0808 802 9999 (12-2:30 and 7-9:30) rapecrisis.org.uk</p>		
				<p>Survivors UK – Male Rape and Sexual Abuse Support</p>	<p>survivorsuk.org</p>		
				<p>RASAC (Rape and Sexual Abuse Support Centre)</p>	<p>National Helpline: 0808 802 9999 (12-2.30 & 7-9.30) rasasc.org.uk</p>		

**Define:
Contraception**

Methods that are used to prevent pregnancy from occurring during sexual activity.

**Define:
Hormonal Methods**

Contraceptive methods with use hormones to prevent pregnancy, usually used by Women only.

**Define:
Barrier Methods**









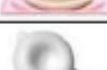






Contraceptive methods which prevent pregnancy by stopping the sperm from reaching the egg.

**Define:
Combination Methods**

Contraceptive methods which use both hormonal and barrier methods to prevent pregnancy.

**Define:
Natural Methods**

Contraceptive methods which do not use hormones or barriers, mostly focused on fertility awareness

	Birth Control	How to Use	Prescription Needed	Protects Against STDs
Hormonal	Monthly oral contraceptive (the Pill) 	Take one pill every day as directed.	Yes	No
	Extended-regimen oral contraceptive 	Take one pill every day for three months as directed.	Yes	No
	Patch 	Apply to skin and change weekly.	Yes	No
	Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days.	Yes	No
	Injection 	Get injections every three months.	Yes, injections given in health care provider's office	No
	Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to three or five years.	Yes, IUC inserted in health care provider's office.	No
	Implantable hormonal contraceptive 	Implanted under the skin of the arm and can remain for up to three years.	Yes, implanted in health care provider's office.	No
Non-hormonal	Spermicide 	Apply every time before sex.	No	No
	Diaphragm 	Insert every time before sex. Keep in place for six hours after sex.	Yes	No
	Contraceptive sponge 	Insert vaginally. Effective for 24 hours. Keep in place for six hours after sex.	No	No
	Cervical cap 	Insert every time before sex and keep in place for six hours after sex.	Yes	No
	Female condom 	Insert every time before sex.	No	Yes
	Male condom 	Partner must wear every time during sex.	No	Yes (latex or synthetic only)
	Non-hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years.	Yes, IUC inserted in health care provider's office.	No
	Female sterilization or male sterilization (vasectomy) 	No action required after surgery.	No, performed surgically.	No

Where to get more help and support

- Your Doctor
- Community Nurse
- School Nurse
- NHS Online
- www.helathforteens.co.uk
- www.brook.co.uk

Things to Remember

- Contraception is a personal choice.
- You may need to try more than one to find what works best for you.
- You will need to consult your Doctor for most contraceptive methods.

Define: Sexually transmitted Infection	Infection	Symptoms	Treatment	Where to get more help and support
Sexually Transmitted Infections are infections that are passed on mainly through sexual contact both vaginally, anally and orally.	Chlamydia: <i>Bacterial infection</i>	Women often have no symptoms or may have pain with sexual intercourse, lower abdominal pain, changes in bleeding pattern. Men may have no symptoms or may have watery or thick discharge from penis, pain or urinating.	Antibiotics	<ul style="list-style-type: none"> Your Doctor Community Nurse School Nurse NHS Online www.helathforteen.co.uk www.brook.co.uk
	Gonorrhoea: <i>Bacterial infection</i>	Women usually have no symptoms, but may have pain with sex, vaginal discharge, lower abdominal pain. Men may have no symptoms or discharge from penis, discharge from anus, pain in testicles, pain on urinating.	Antibiotics	
Define: Bacteria	Syphilis: <i>Bacterial infection</i>	Painless ulcer (chancre) usually on genitals; later swollen glands, rash, hair loss.	Antibiotics	
	Bacterial vaginosis <i>Bacterial Infection</i>	If the control of the normal bacteria in a healthy vagina fails, an overgrowth of certain bacteria can occur. Greyish white, smelly vaginal discharge.	Oral tablets and/or vaginal pessaries.	
Single-celled microorganisms that can exist either as independent (free-living) organisms or as parasites (dependent on another organism for life).	Genital warts <i>Viral Infection</i>	Fleshy or flat lumps on or around genitals, anus, groin or thigh.	Visible warts can be treated, but the infection cannot be cured.	
	Genital herpes <i>Viral Infection</i>	Painful, red blisters, little sores or ulcers, flu-like symptoms, and sometimes a discharge.	Anti-herpes drugs and pain relief can be given to treat symptoms, but the infection cannot be cured.	
Define: Virus	Hepatitis B <i>Viral infection</i>	May have no symptoms or mild flu-like illness or vomiting, abdominal pain, dark urine and yellowing of the skin and whites of the eyes. Can be passed on through vaginal, anal or oral sex without a condom with someone who has the infection; from mother-to-baby. By sharing needles, syringes, toothbrushes, razors and unsterilized instruments that pierce the skin.	Not curable, but it is treatable with Anti-viral medications	
	Trichomoniasis <i>Parasitic Infection</i>	Women may have no symptoms, but there may be a yellowy-green frothy vaginal discharge. Men usually have no symptoms.	Antibiotic tablets and/or vaginal pessaries.	
A microorganism that is smaller than bacteria that cannot grow or reproduce apart from a living cell. A virus invades living cells and uses their chemical machinery to keep itself alive and to replicate itself.	Pubic lice – crabs <i>Parasitic Infection</i>	Intense itching in the pubic area, small nits (eggs) on pubic hair.	Special shampoo, cream or spray applied to pubic area. Wash all clothing and bed linen.	
	HIV <i>Human Immunodeficiency Virus</i>	HIV attacks the white blood cells and causes damage to the immune system so that it can be difficult to fight off infections. Usually no obvious symptoms for many years. HIV can be transmitted through blood, semen and vaginal fluids, sharing needles and from mother-to-baby.	No immunisation or cure available although there are medications to manage the condition.	
Define: Parasite	Pelvic inflammatory disease (PID)	An infection of the womb and fallopian tubes that can cause infertility. Pain during sex, sore abdomen or back, heavy, irregular or painful periods, spotting, high temperature, feeling sick; sometimes no symptoms.	Antibiotics and rest.	Things to Remember <ul style="list-style-type: none"> You can have an STI and not know it. Only a Doctor can diagnose an STI. If you are diagnosed with an STI you must inform prior partners so they can be tested. Some STI's can be transmitted without having sex
	A plant or an animal organism that lives in or on another and takes its nourishment from that other organism.			

<p>Define: Conception</p>	<h3>Options for Unplanned Pregnancy</h3>		<h3>Pregnancy and foetal development by month.</h3>		<h3>Infertility</h3>		
<p>The point when the sperm meets the egg and a foetus is conceived.</p>							<p>Keep the Baby</p>
<p>Define: Fertility</p> <p>The ability of people to conceive a child.</p>	<p>Adoption</p>	<p>Adoption is the least common choice for unplanned pregnancy in the UK. It means that the birth parents give up all legal rights to the child and allow other people to raise their child. Adoption are arranged through social services and adoption agencies but they are made legal by court order. Once an adoption order is made legal it cannot be undone and the level of contact between birth parents and adoptive parents are settled by those involved. An adoption order cannot be issued until the baby is at least 6 weeks old. No one can force you to put a baby up for adoption even if you are under 18, and the father's permission is only needed if he is named on the birth certificate. Again information on the father cannot be forced. However a court can decide the adoption can go ahead without your consent if it thinks the child would be put at risk if they were not or if it is determined that you're incapable of giving consent, for example due to a mental disability.</p>	<p>2</p>	<p>While still small, the foetus is growing at a rapid pace; about a millimetre every day and doubling in size weekly.</p>	<p>Treatments</p>	<p>Fertility treatment is available on the NHS but there are long waiting lists and couples must meet strict criteria to be eligible.</p> <p>The treatment offered will depend on what's causing the fertility problems and what's available from the local clinical commissioning group (CCG).</p>	
<p>Define: Pregnancy</p> <p>The condition or period of being pregnant.</p>		<p>Abortion</p>	<p>Abortions are quite common and about 1/3 of women will have had an abortion by the time they are 45. If you live in England, Wales or Scotland, two doctors need to agree that continuing the pregnancy will cause you significant physical or mental distress. Once they have agreed, you have until 24 weeks into the pregnancy to have an abortion. A GP will not perform the abortion but will refer you to a specialist service like the Marie Stopes Clinic. You do not need the permission of the father in order to have an abortion nor do you need the permission of your parents if you are under 16 and are considered mature enough to make medical decisions. A woman can change her mind at any point in the process. If your GP does not agree with abortion and refuses to refer you for the procedure, you have the right to go to another Doctor for the referral.</p> <p>There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.</p> <ul style="list-style-type: none"> Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill' - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception. Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method' - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day. Abortions after 15 weeks Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy. 	<p>3</p>		<p>The mother may not yet be showing, but her breasts have likely increased in size and her clothes are feeling a bit tight. By the end of the month, the foetus will be the size of a lime or a baseball and be about as long as a pea pod (7.4 cm).</p>	<p>Medical Treatments Fertility medicines are usually prescribed to women as they're mostly used to help with ovulation problems. But, in some cases, they may also be prescribed to men. Some of these medicines may cause side effects, such as nausea, vomiting, headaches and hot flushes.</p>
<p>Define: Infertility</p> <p>The inability or difficulty to conceive a baby through natural methods</p>	<p>Abortion</p>		<p>There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.</p> <ul style="list-style-type: none"> Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill' - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception. Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method' - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day. Abortions after 15 weeks Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy. 	<p>4</p>	<p>The foetus now about as big as an avocado—or the size of your entire hand—and weighs around 100 grams. Mothers will probably also be starting to show.</p>	<p>Assisted Conception: Intrauterine insemination (IUI) IUI, also known as artificial insemination, involves inserting sperm into the womb. Sperm is first collected and washed in a fluid. The best-quality sperm are selected.</p>	
<p>Define: Miscarriage</p> <p>The spontaneous or unplanned ending of a pregnancy before the foetus can survive independently.</p>		<p>Abortion</p>	<p>There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.</p> <ul style="list-style-type: none"> Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill' - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception. Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method' - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day. Abortions after 15 weeks Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy. 	<p>5</p>	<p>Now, foetus is between 25 and 30 centimetres in length—so about the size of a banana.</p>	<p>In vitro fertilisation (IVF) In IVF, the egg is fertilized outside the body. A fertilised egg called an embryo is then returned to the woman's womb to grow and develop.</p>	
<p>Define: Still Birth</p> <p>Foetal death that occurs after 28 weeks of pregnancy which results in the foetus being born without signs of life.</p>	<p>Abortion</p>		<p>There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.</p> <ul style="list-style-type: none"> Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill' - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception. Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method' - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day. Abortions after 15 weeks Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy. 	<p>6</p>	<p>Mothers are now probably starting to feel a little bit heavy. At this stage the foetus is starting to put on fat, making him/her about the size of a mango.</p>		
				<p>7</p>	<p>The foetus is now able open and close their eyes. At 40 centimetres in length and about 1 kg, they are the size of an aubergine.</p>		
			<p>8</p>	<p>Baby is getting ready to greet the world! At 2.2 kilograms, they have developed lungs and are the size of a pineapple.</p>			
			<p>9</p>	<p>At this point, the average size of babies are about 3.5 kg and about 50 centimeters in length — about the size of a watermelon.</p>			

What is Parental Responsibility?

The term 'Parental Responsibility' attempts to focus on the parent's duties towards their child rather than the parent's rights over their child.

If you have parental responsibility, your most important roles are to:

- Provide a home for the child
- Protect and maintain the child
- You're also responsible for:
 - Disciplining the child
 - Choosing and providing for the child's education
 - Agreeing to the child's medical treatment
 - Naming the child and agreeing to any change of name
 - Looking after the child's property

Parents have to ensure that their child is supported financially, whether they have parental responsibility or not.

Parental responsibility for separated parents

If you have parental responsibility for a child but you don't live with them, it doesn't mean you have a right to spend time with your children. However, the other parent must include you when making important decisions about their lives, including:

- Determining the child's education and where the child goes to school;
- Choosing, registering or changing the child's name;
- Appointing a child's guardian in the event of the death of a parent;
- Consenting to a child's operation or certain medical treatment;
- Accessing a child's medical records;
- Consenting to taking the child abroad for holidays or extended stays;
- Representing the child in legal proceedings;
- Determining the religion the child should be brought up with.

They do not need to be consulted on day to day decision about the child's well being.

Who has Parental Responsibility?

- Mothers automatically have Parental Responsibility and will not lose it if divorced.
- Married fathers automatically have Parental Responsibility and will not lose it if divorced.
- Unmarried fathers do not automatically have Parental Responsibility.
- Step-fathers and Step-mothers do not automatically have Parental Responsibility.
- Grandparents do not automatically have Parental Responsibility.

An unmarried father can obtain Parental Responsibility by:

- Marrying the mother;
- Having his name registered or re-registered on the birth certificate if his name is not already registered; the law changed in 2003 so that unmarried fathers who registered or re-registered their name on their child's birth certificate after 1st December 2003 will have parental responsibility for their child.
- Entering into a parental responsibility agreement with the mother;
- Obtaining a parental responsibility order from the court;
- Having obtained a residence order prior to 22/4/2014;
- Being named as the resident parent under a child arrangements order;

Same Sex Couples

Adoption

In November 2002, the Adoption and Children Act passed into law and, for the first time, allowed unmarried couples, including same-sex couples, to apply for joint adoption. Applications for adoption must be made to an adoption agency. These may be run by the local authority or an approved agency. The adoption assessment is lengthy and thorough. If you are a couple applying to adopt you will both be assessed, and will need to demonstrate the stable and enduring nature of your relationship.

Following a successful assessment the application is referred to an Adoption Panel. If you are approved by the Panel, you will go through a matching process. This involves a child or young person being placed with you. Depending on the success of this placement, an application can be made to the court for an adoption order. At this stage further reports will be placed before the court to help them reach a final decision. If successful both partners will have parental rights for the child.

Surrogacy

Surrogacy is where a woman carries a child for intended parents and relinquishes her parental status upon the birth of the child. This is commonly an option for male same-sex couples who wish to have a child without sharing responsibility with the child's mother/s. Under English law, the surrogate is always treated as the legal mother of a child at birth. If the surrogate is married or in a civil partnership, her husband/civil partner is treated as the child's second parent. This excludes the intended father(s) from having any legal status at birth. Parents who enter into a surrogacy arrangement may apply to the court within six months of their child's birth for a 'parental order' to acquire parenthood. Parental orders are designed specifically for surrogacy situations, and have the effect of extinguishing the status of the surrogate mother (and her husband, wife or civil partner), and granting full parental status to the applicant/s. Following the grant of a parental order, the child will be issued a new birth certificate naming the applicant/s as the child's parent/s.

Donor insemination

Donor insemination involves using donor sperm. This can be obtained by using an anonymous sperm donor (from a sperm bank), or using a known donor or a friend. If a baby is conceived in a UK licensed fertility clinic or at home and the couple are in a civil partnership or married, then the non-birth mother will automatically be the second legal parent and will be named as such on the birth certificate.

If the couple are not in a civil partnership or married, but the baby is conceived in a clinic they will need to complete a simple form at the clinic for the non-birth mother to be the legal parent, and to appear on the birth certificate. If the baby is conceived at home then the non-birth mother will need to apply to adopt the child to gain legal rights.

Regardless of the method of conceiving the donor will have no legal parenthood status.

<p>Define: Asexual</p> <p>A person who generally does not experience sexual attraction to any group of people</p>	<p>Define: Sexuality</p> <p>A persons sexual preference or orientation. Who they are attracted to.</p>	<p>Define: Intersex</p> <p>A person with a set of sexual anatomy that doesn't fit within the labels of female or male (e.g., XXY phenotype, uterus, and penis)</p>	<p>Important legal changes that have affected LGBTQ+ people in the UK</p> <ul style="list-style-type: none"> 2000: Government lifts the ban on lesbians and gay men serving in the Armed Forces. 2001: Age of consent for gay/bi men is lowered to 16. 2002: Equal rights are granted to same-sex couples applying for adoption. 2003: Repeal of Section 28 - Section 28 was a law that made it illegal to talk positively about homosexuality in schools. 2003: A new law comes into force protecting LGBT people from discrimination at work. Until 2003 employers could discriminate against LGBT people by not hiring them or not promoting them, just because of their sexual orientation or gender identity. 2004: Civil Partnership Act is passed. 2004: Gender Recognition Act is passed - This Act allowed trans people to change their legal gender. This means that they can get a new birth certificate that reflects who they really are, which helps for future legal processes like marriage. 2007: It becomes illegal to discriminate against people because of their sexual orientation or gender identity when providing them with goods or services. 2008: The Criminal Justice and Immigration Act makes 'incitement to homophobic hatred' a crime. 2009: A new law gives better legal recognition to same-sex parents. 2013: The Marriage (Same-Sex Couples) Act is passed. 	<p>Trans Teens and Children</p> <p>If a child is under 18 and thought to have gender dysphoria, they'll usually be referred to a specialist child and adolescent Gender Identity Clinic (GIC). Treatment is arranged with a multi-disciplinary team (MDT). This is a group may include specialists such as mental health professionals and paediatric endocrinologists. Most treatments offered at this stage are psychological, rather than medical or surgical.</p> <p>If the child is diagnosed with gender dysphoria and they've reached puberty, they could be treated with gonadotrophin-releasing hormone (GnRH) analogues. These are synthetic hormones that suppress the hormones naturally produced by the body. They also suppress puberty and can help delay potentially distressing physical changes caused by the body becoming even more like that of the biological sex, until they're old enough for other treatment options. The effects of treatment with GnRH analogues are considered to be fully reversible, so treatment can usually be stopped at any time.</p> <p>Teenagers who are 17 years of age or older may be seen in an adult gender clinic. They are entitled to consent to their own treatment and follow the standard adult protocols.</p> <p>Gender Reassignment surgery will not be considered until a person has reached 18 years of age.</p>	
<p>Define: Androgyny</p> <p>A gender expression that has elements of both masculinity and femininity</p>	<p>Define: Drag Queen</p> <p>A man who dresses up in an exaggerated feminine form usually in a show or theatre setting.</p>	<p>Define: Pansexual</p> <p>A person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions</p>			<p>Schools and LGBTQ+ Students</p> <p>All Schools are required to have a policy relating to LGBTQ+ Students and how they are supported in schools. However each case will be dealt with on an individual basis as to what is best for the students. Discussions will be conducted with Safe guarding team, parents, wellbeing teams and appropriate external agencies involved in the students care.</p>
<p>Define: Biological Sex</p> <p>The physical anatomy and gendered hormones one is born with.</p>	<p>Define: Gender Dysphoria</p> <p>Where a person experiences distress due to a mismatch of their biological sex and their gender identity.</p>	<p>Define: Transgender</p> <p>A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex</p>			
<p>Define: Bisexual</p> <p>A person who experiences sexual, romantic, physical, and/or spiritual attraction to people of their own gender as well as another gender</p>	<p>Define: Heterosexual</p> <p>A medical definition for a person who is attracted to someone with the other gender.</p>	<p>Define: Transsexual</p> <p>A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex</p>			
<p>Define: Cisgender</p> <p>A description for a person whose gender identity, gender expression, and biological sex all align</p>	<p>Define: Homosexual</p> <p>A medical definition for a person who is attracted to someone with the same gender.</p>	<p>Define: Gender Identity</p> <p>Gender identity is a way to describe how you feel about your gender. You might identify your gender as a boy or a girl or something different. This is different from your sex, which is related to your physical body and biology.</p>			
<p>Define: LGBTQ+</p> <p>Lesbian Gay Bisexual Trans Queer / Questioning + = Other</p>	<p>Define: Transvestite</p> <p>A person who dresses as the opposite gender expression for any one of many reasons, including relaxation, fun, and sexual gratification.</p>				
<p>Some of these terms are controversial in their definitions and may mean slightly different things to different people. These definitions have been taken from Stonewall charity.</p>					

Define: Nicotine

A toxic colourless or yellowish oily liquid which is the chief active constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of autonomic nerve and skeletal muscle cells.

Define: Vaping

The action or practice of inhaling and exhaling the vapour produced by an electronic cigarette or similar device.

Define: Smoking

The action or habit of inhaling and exhaling the smoke of tobacco or a drug. Usually through Cigarettes or Cigars.

Define: E-Cigarette

E-cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air. Which is then inhaled.

Effects Of Nicotine

Nicotine is both a sedative and a stimulant.

When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline.

This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity, and blood pressure. Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain.

How do E-Cigarettes Work

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol.

The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid."

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air. E-cigarette aerosol is NOT harmless "water vapor." The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

Risks from Smoking



Side effects of vaping

Mouth and airways

- Irritation
- Cough
- Increased airway resistance

Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach

- Vomiting
- Nausea

Smoking and the Law

- You must be over 18 to buy cigarettes in the UK. If you're under 16 the police have the right to confiscate your cigarettes.

It's illegal:

- For shops to sell you cigarettes if you are underage
- For an adult to buy you cigarettes if you are under 18
- To smoke in all public enclosed or substantially enclosed area and workplaces.
- To smoke in a car with a child.

Vaping and the Law

- You must be 18 or over to purchase e-cigarettes or e-liquids in the UK. It also became illegal for an adult to buy e-cigarettes for someone under the age of 18.
- Although there is no legal restriction on where you can vape in the UK there are local laws and bylaws in force that prohibit the practice. The choice of whether or not to allow vaping is that of the property owner.
- Vaping generally is not allowed on the underground, planes, buses or trains and train stations in the United Kingdom.
- Vaping while you drive may not seem like such a big deal but it could land you with up to nine penalty points and a fine of £2,500.

Who Can you turn to for help and Support

Parents or trusted family members

School Safe Guarding Team or any member of staff.

Your GP or Practice Nurse.

Smoke Free Future

<https://smokefreefuture.co.uk>

NHS – Stop Smoking

<https://www.nhs.uk/live-well/quit-smoking>

Smoke Free

<https://smokefree.gov/>

Define: Calories

Calories refer to the energy people get from the food and drink they consume.

Define: Obesity

Obesity has been defined by the National Institutes of Health (the NIH) as a BMI of 30 and above.

Define: BMI

This is a numerical value of your weight in relation to your height. A BMI between 18.5 and 25 kg/m² indicates a normal weight.

BMI is a person's weight in kilograms (kg) divided by his or her height in meters squared.

Define: Nutrition

The process of providing or obtaining the food necessary for health and growth.

Define: Veganism

A diet where a person does not eat or use animal products.

Define: Vegetarianism

A diet where a person does not eat meat or fish

The Eat Well Plate



What does 1 portion of your 5 a day look like?

- 80g of fresh, canned or frozen fruit and vegetables
- 30g of dried fruit – which should be kept to mealtimes
- 150ml glass of fruit juice or smoothie – but do not have more than 1 portion a day as these drinks are sugary and can damage teeth
- Just 1 apple, banana, pear or similar-sized fruit is 1 portion each.
- A slice of pineapple or melon is also 1 portion.
- 3 heaped tablespoons of vegetables is another portion.

Impacts of poor Nutrition

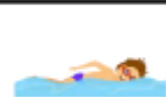
Short term:

- stress,
- tiredness
- limit capacity to work,

Long term it can contribute to the risk of developing some illnesses and other health problems such as:

- being overweight or obese
- tooth decay
- high blood pressure
- high cholesterol
- heart disease and stroke
- type-2 diabetes
- osteoporosis
- some cancers
- depression
- eating disorders.

How much exercise should you do?



Children
5-12 years

60 minutes of moderate to vigorous intensity physical activity every day



Young People
13-17 years

60 minutes of moderate to vigorous intensity physical activity every day



Adults
19-64 years

150 to 300 minutes (2 1/2 to 5 hours) of moderate intensity physical activity OR 75 to 150 minutes (1 1/4 to 2 1/2 hours) of vigorous intensity physical activity or an equivalent combination of both moderate and vigorous activities, each week

- Jogging or running
- Racewalking
- Hiking uphill
- Cycling more than 10 miles per hour or steeply uphill
- Swimming fast or lap swimming
- Aerobic dancing, fast dancing, step aerobics
- Heavy gardening with digging, hoeing, shoveling heavy snow, moving or pushing heavy objects, carrying loads of 50 pounds on level ground or 25 pounds or more upstairs.
- Martial arts
- Playing sports with lots of running such as basketball, hockey, soccer
- Singles tennis
- Court sports such as handball, racquetball, squash

Where to get more help and support

- Parents and trusted family
- School Staff and Wellbeing Team
- NHS Eat Well: <https://www.nhs.uk/live-well/eat-well/>
- British Nutrition Foundation: <https://www.nutrition.org.uk/healthy-living/lifestages/teenagers.html>
- Kids Health: <https://kidshealth.org/en/teens/dieting.html>



Define: *Body Image*

The perception that a person has of their physical self and the thoughts and feelings that result from that perception.

Define: *Eating Disorder*

Any of a range of psychological disorders characterized by abnormal or disturbed eating habits

Define: *Anorexia*

An emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.

Define: *Bulimia*

An emotional disorder characterized by a distorted body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by fasting or self-induced vomiting or purging.

Define: *Binge Eating*

The consumption of large quantities of food in a short period of time, typically as part of an eating disorder.

Factors affecting body image

- Puberty and the changing body.
- The Media
- Peers and Family

Ways to promote positive body image

- Accept Your Body.
- Remember Nobody's perfect.
- Don't body-shame yourself.
- Build a better habits.
- Like Your Body - Find things to like about your looks.
- Take Care of Your Body
- Eat healthy foods.
- Get a good nights sleep.
- Be active every day.
- Keep to a healthy weight.

Statistics on Eating Disorders

- Between 1.25 and 3.4 million people in the UK are affected by an eating disorder
- Around 25% of those affected by an eating disorder are male
- Eating disorder are most common in individuals between the ages of 16 and 40 years old

Causes of Eating Disorders

Eating disorders are not simply about food; the behaviours that accompany them may often serve as a coping mechanism or a way to feel in control. Eating disorders have many causes which are individual to the person however some common causes are:

- Distorted Body Image
- Bullying
- Depression and/or Anxiety

Symptoms of Eating Disorders

Symptoms of eating disorders will vary between individuals and type of eating disorder. Not matching the symptoms exactly does not mean that someone does not have an eating disorder, however, some common symptoms include:

- Eating very little food or eating large amounts of food in a short time in an uncontrolled way
- Having very strict habits, rituals, or routines around food
- Spending a lot of time worrying about your body weight and shape
- Changes in mood
- Deliberately making yourself ill after eating
- Avoiding socialising when food may be involved
- Withdrawing from social groups, hobbies you used to enjoy or from family life
- Physical signs such as digestive problems or weight being very high or very low for someone of your age and height.

Treatments for Eating Disorders

Although there is no easy treatment for eating disorders, they are treatable and manageable. The treatment will often be linked to the underlying causes of the eating disorder.

Common treatments include:

- Cognitive behavior therapy
- Talk Therapy
- Group support
- Medication – Anti-Depressants

The best course of treatments will be decided by a Doctor and team of specialists. In sever cases in-patient treatment might be necessary.

Where to get more help and support

- Parents and trusted family
- School Staff, school nurse and Wellbeing Team
- Your GP or Practice Nurse
- Youth Access - www.youthaccess.org.uk
- The Mix - www.themix.org.uk
Freephone: 0808 808 4994 (13:00-23:00 daily)
- B-eat - www.b-eat.co.uk
Helpline: 0808 801 0711 (Daily 3pm-10pm)
- Men Get Eating Disorders Too - mengetedstoo.co.uk
- Anorexia & Bulimia Care - exibulimiacare.org.uk
Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)

Define: Sleep Disorders

These are medical conditions which affect our sleep. They can only be diagnosed by a Doctor and can require medicinal intervention.

Define: REM Sleep

A kind of sleep that occurs at intervals during the night and is characterized by rapid eye movements, more dreaming and bodily movement, and faster pulse and breathing.

Define: Sleep Apnoea

Sleep apnea occurs when the upper airway becomes completely or partially blocked, interrupting regular breathing for short periods of time -- which then wakes you up.

Define: Insomnia

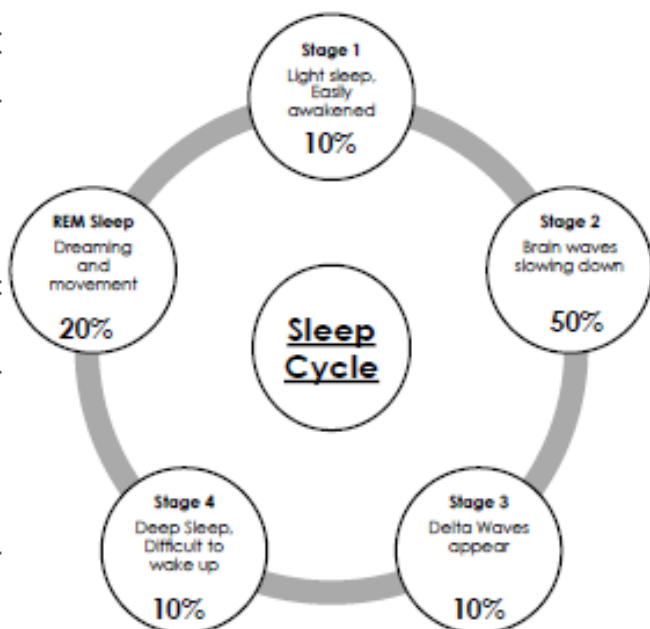
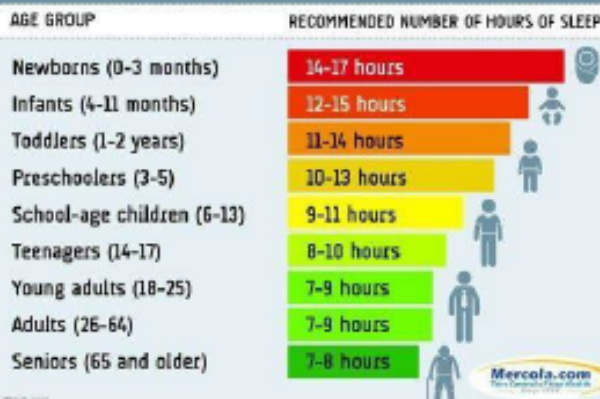
Trouble falling asleep or may wake up frequently during the night or early in the morning. Acute Insomnia is when this occurs infrequently. Chronic is when it occurs regularly.

Define: Sleep Deprivation

Sleep deprivation means you're not getting enough sleep. This can be caused intentionally or not. It can be either chronic or acute and may vary widely in severity.

How Much Sleep Is "Enough"?

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack, and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance, and diabetes.



What can cause problems with our sleep?



Medical Issues – there are 89 recognised sleep disorders and the most common are Insomnia, Sleep apnoea, Restless limb syndrome.



Technology - The blue light emitted by screens restrain the production of melatonin, the hormone that controls your sleep/wake cycle or circadian rhythm. Reducing melatonin makes it harder to fall and stay asleep.



Hunger – It is not recommended to eat a big meal before bedtime, a small bedtime snack helpful. If you go to bed hungry, you're likely to wake up with hunger pangs.



Stress causes hyperarousal, which can upset the balance between sleep and wakefulness.



Mental Health Issues – Mental health issues can have a variety of impacts on sleep, such as anxiety making it hard to settle due to racing thoughts, PTSD can lead to nightmares and night terrors, depression can lead to over sleeping.



Your Bed - Past research shows that sleeping on an uncomfortable mattress can rob you of up to an hour's vital, restful sleep.



Clutter and Messy Rooms - A cluttered bedroom makes for a cluttered mind. Don't use it as a dumping ground for the rest of the house. Your bedroom should be a sanctuary, somewhere you can go to turn off and relax.



Napping and Lie Ins: Trying to make up for lack of sleep with extra time in bed the following morning, or even a few days later, throws off your internal body clock. Naps of under 30 minutes can be refreshing any longer throws out your body clock.

Consequences of Sleep Deprivation

- Emotional Affects
 - Irritability
 - Mood Swings
 - Fatigue / Tiredness
 - Lack of Motivation
 - Depression
- Physical Affects
 - High Blood Pressure
 - Reduced Sex Drive
 - Lower Immune system
 - Disrupt hormone regulation
 - Higher risk of type 2 diabetes
- Cognitive effects
 - Forgetfulness
 - Clumsiness
 - Difficulty focusing

Top Tips for a Good nights sleep

- Routines – set a routine which your body can recognize is a wind down for sleep.
- Tech free bedrooms – stop using technology such as tablets and phones 2 hours before bed or use a blue light filter.
- Clutter free bedrooms – Keeping your bedroom clutter free and tidy and help make the room feel calmer and more relaxing.
- Reduce stimulant food intake – foods and drinks which contain a lot of sugar and caffeine can impact your sleep so try not to consume too much after 3pm.
- Temperature - the suggested bedroom temperature should be around 18 degrees Celsius .

More Information & Support

Sleep deprivation means you're not getting enough sleep. This can be caused intentionally or not. It can be either chronic or acute and may vary widely in severity.

Define: Stress

A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Define: Chronic Stress

The response to emotional pressure suffered for a prolonged period of time in which an individual perceives they have little or no control.

Define: General Anxiety Disorder

A condition characterized by 6 months or more of chronic, exaggerated worry and tension that is unfounded or much more severe than the normal anxiety most people experience.

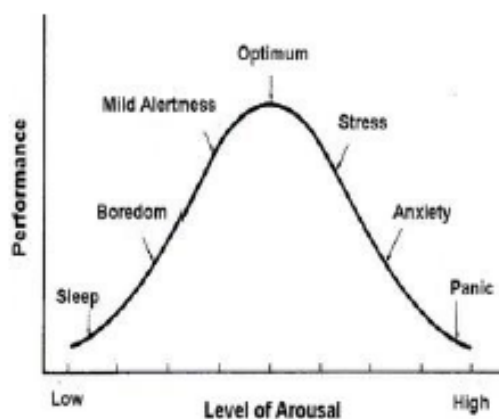
Define: Social Anxiety Disorder

Also called social phobia, is intense anxiety or fear of being judged, negatively evaluated, or rejected in a social or performance situation.

Define: Depression

People experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

Some stress is good as it can motivate people however too much can be detrimental, especially if over a long period of time.



Symptoms of Chronic Stress

Chronic stress affects the whole body. It can have several physical or psychological symptoms, which can make functioning on a daily basis more challenging.

The type and severity of symptoms vary considerably from person to person.

Signs and symptoms of chronic stress can include:

- Irritability, which can be extreme
- Fatigue
- Headaches
- Difficulty concentrating.
- Rapid, disorganized thoughts
- Difficulty sleeping / insomnia
- Digestive problems and changes in appetite
- Feeling helpless
- A perceived loss of control
- Low self-esteem
- Loss of sexual desire
- Nervousness
- Frequent infections or illnesses
- High blood pressure

Anxiety Disorders

Anxiety is an evolutionary and survival mechanism which is often linked to the flight or fight response. The brain responds to a perceived threat or danger by releasing stress hormones such as adrenaline and cortisol which cause the physical symptoms of anxiety. Once the threatening situation has stopped, the body will usually return to normal.

But if someone has an anxiety disorder these feelings of fear and danger can be ongoing and interrupt their daily routine long after the threat has gone. They can make them feel like things are worse than they actually are.

General Anxiety Disorder is a long-term condition that causes a person to feel anxious about a wide range of situations and issues, rather than a specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed. As soon as 1 anxious thought is resolved, another may appear about a different issue.

Social Anxiety Disorder, also called social phobia, is a long-lasting and overwhelming fear of social situations. Social Anxiety is more than shyness. It's an intense fear that does not go away and affects everyday activities, self-confidence, relationships and work or school life.

Symptoms of General Anxiety Disorder

Mental symptoms of anxiety can include:

- Racing thoughts,
- Uncontrollable over thinking,
- Difficulties concentrating,
- Feelings of dread, panic or 'impending doom',
- Feeling irritable,
- Heightened alertness,
- Problems with sleep,
- Changes in appetite,
- Wanting to escape from the situation you are in, and
- Dissociation.

Physical symptoms of anxiety can include:

- Sweating,
- Heavy and fast breathing,
- Hot flushes or blushing,
- Dry mouth,
- Shaking,
- Hair loss,
- Fast heartbeat,
- Extreme tiredness or lack of energy
- Dizziness and fainting, and
- Stomach aches and sickness.

Treatments for Chronic Stress and Anxiety

- Therapy and Counselling such as Cognitive Behaviour Therapy
- Medications – including SSRI's, Benzodiazepines, and Beta-blockers
- Self Care including mindfulness, meditation and journaling.
- Alternative therapies such as acupuncture.

Things to Remember

- Everyone experiences stress and anxiety at points in their lives.
- Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think.

Where to get more help and support

- Parents and trusted family
- School Staff and Wellbeing Team
- GP or Practice Nurse.
- MIND - <https://www.mind.org.uk> Help line - 0300 123 3393 open 9am to 7pm, Monday to Friday or Text: 86463
- Young Minds - <https://youngminds.org.uk> Text: 85258 or Parents Helpline: 0808 802 5544
- Stem4 - <https://stem4.org.uk/>