

**Define:
Puberty**

The process of physical maturity in a person that takes place in adolescence

**Define:
Menstruation**

Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.

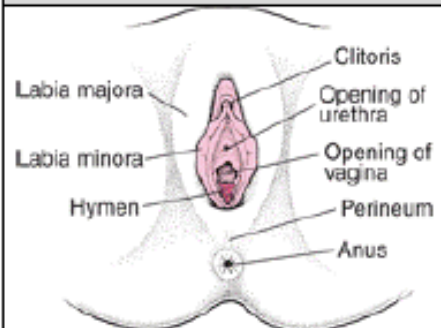
**Define:
Hormones**

A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.

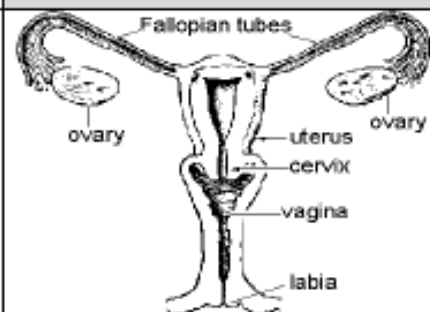
**Define:
Wet Dream**

An involuntary ejaculation that occurs whilst a person is asleep.

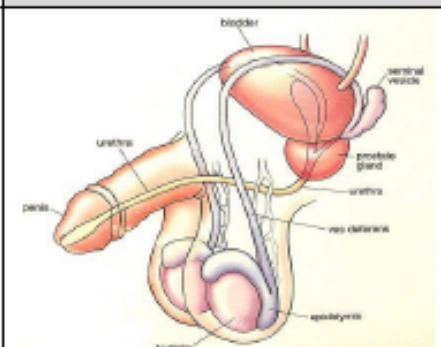
**Female Genitalia –
External (Vulva)**



**Female Genitalia –
Internal**



Male Genitalia



Physical Changes during Puberty

Physical Changes during Puberty		Things to Remember
Boys only	<ul style="list-style-type: none"> Starts between 10 and 12 years of age Facial Hair Voice Breaking Erections Wet Dreams Widening of chest and Shoulders 	<ul style="list-style-type: none"> Puberty begins at different times for different people. Changes will happen at different rates and in a different order for different people, Everyone goes through puberty, you are not alone. Good diet and exercise can help deal with some of the physical changes. Puberty is normal despite feeling very abnormal.
Girls Only	<ul style="list-style-type: none"> Starts between 9 and 11 years of age. Menstruation / Periods begin Breast growth Stretch Marks Cellulite Hips widen 	
Both	<ul style="list-style-type: none"> Grow taller Sweat more Changes to hair and skin Spots and Pimples 	

Who Can you turn to for help and Support

Parents or trusted family members	Teachers or school Staff
Your Doctor or Practice Nurse	School Nurse
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
NHS Live Well Website	www.NHS.UK/Livewell

<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**

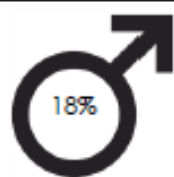
Domestic abuse is violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation or between siblings. .

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>	Act	Definition	Consequence
		2	<p>Reversible. It's okay to say yes and then change your mind — at any time!</p>	Rape	<p>A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.</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>
<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>	Sexual Assault	<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>Up to 10 years in prison and 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>	Sex Between Minors	<p>When both parties involved the sexual activity are under 16 but have consented to the activity.</p>	<p>Technically the law is that if two 13 – 15 year old's engage in consensual sexual activity and each knows that the other is under 16, they will both be guilty of an offence carrying a maximum penalty of five years' imprisonment, however it is unlikely the CPS will prosecute. If one party is under 13 and the other under 18 it is statutory Rape which is punishable by Life imprisonment, but the average is 6-7 years when prosecuted.</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>Who Can you turn to for help and Support</p>		
		1	<p>When a person is drunk or high, to the point that they are unable to speak or look after themselves.</p>	Parents or trusted family members		The Police / Community support officers
		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>	School Safe Guarding Team or any member of staff.		
		3	<p>They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.</p>	NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk	
<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>	Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk	
				Rape Crisis	Helpline: 0808 802 9999 (12-2:30 and 7-9:30) rapecrisis.org.uk	
				Survivors UK – Male Rape and Sexual Abuse Support	survivorsuk.org	
				RASAC (Rape and Sexual Abuse Support Centre)	National Helpline: 0808 802 9999 (12-2.30 & 7-9.30) rasasc.org.uk	

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.

Define: Female Genital Mutilation

Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.

Define: Male Circumcision

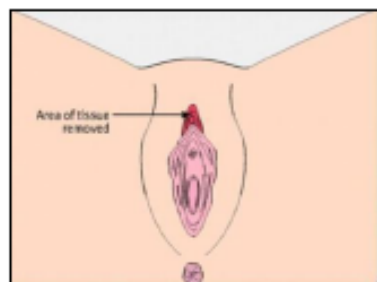
The removal of the foreskin from the human penis. In the most common procedure, the foreskin is opened, adhesions are removed, and the foreskin is separated from the glans. After that, a circumcision device may be placed, and then the foreskin is cut off.

Define: Breast Ironing

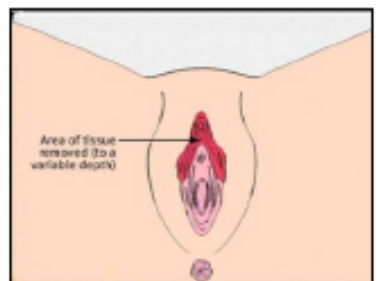
Breast ironing, also known as breast flattening, is the pounding and massaging of a pubescent girl's breasts, using hard or heated objects, to try to make them stop developing or disappear.

This can lead to greater chances of breast cancer as well as problems during pregnancy and with breast feeding.

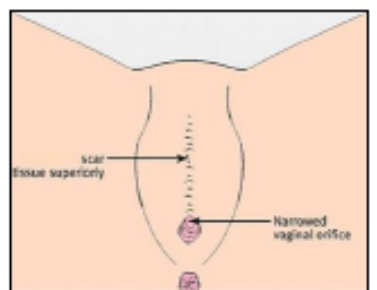
Types of FGM



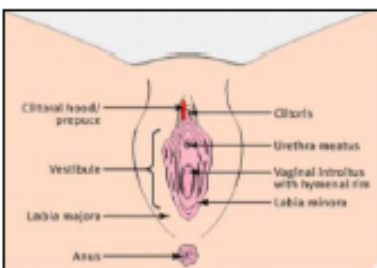
Type 1 – Clitoridectomy: partial or total removal of the clitoris and, in very rare cases, only the prepuce (the fold of skin surrounding the clitoris).



Type 2 – Excision: partial or total removal of the clitoris and the labia minora, with or without excision of the labia majora (the labia are the 'lips' that surround the vagina).



Type 3 – Infibulation: narrowing of the vaginal opening through the creation of a covering seal. The seal is formed by cutting and repositioning the inner, or outer, labia, with or without removal of the clitoris. Sometimes referred to as Pharaonic circumcision.



Type 4 – Other: all other harmful procedures to the female genitalia for non-medical purposes, e.g. pricking, piercing, incising, scraping and cauterising the genital area.

Why is FGM performed?

- Preservation of virginity and chastity
- Religion, in the mistaken belief that it is a religious requirement
- Fear of social exclusion
- To ensure the girl is marriageable or to improve marriage prospect
- Hygiene and cleanliness
- Belief that it increases the sexual pleasure for the male
- Enhancing fertility
- Family honour
- Social acceptance

Effects of FGM

PHYSICAL EFFECTS

- Bleeding
- Urinary tract infections
- Shock and pain
- Pregnancy complications
- Difficulty during childbirth
- Menstruation problems
- Painful sex
- Infertility
- Tetanus infections
- Loss of bladder control

EMOTIONAL EFFECTS

- PTSD
- Anxiety
- Trust Issues
- Anger Issues

FGM and the Law

Over **24,000** girls under the age of 15 living in the **UK** are at **risk** of undergoing the most **severe** form of FGM at any one time.

Female Genital Mutilation Act 2003 makes it **illegal** for FGM to be **performed** in the **UK** or anywhere in the world on **UK citizens** or **permanent residents** of any age.

If you **carry out** or **help** in carrying out FGM or if you **arrange** for someone to undergo FGM you face up to **14 years in prison**.

It is also **illegal** to **take** a British national or permanent resident **abroad** for FGM or to **help** anyone trying to do this.

Where to get more help and support

- School Staff and Wellbeing Team
- National FGM Support Clinics
- NSPCC - <https://www.nspcc.org.uk>
- Childline - Helpline: 0800 1111 (24 hours, every day) / <https://www.childline.org.uk>
- CEOPS - <https://www.ceop.police.uk/safety-centre/>

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.

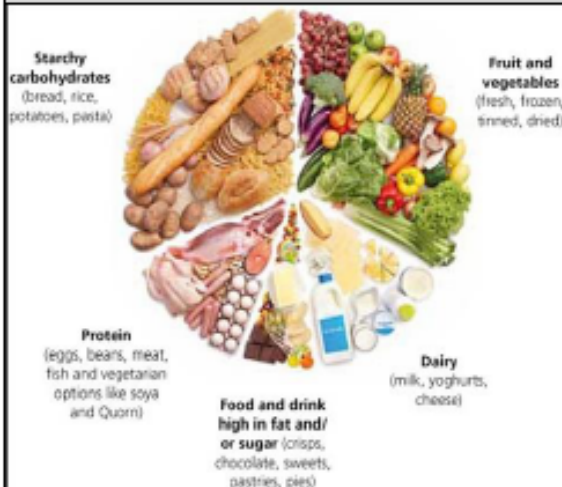
Define: Veganism

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.

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

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.

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

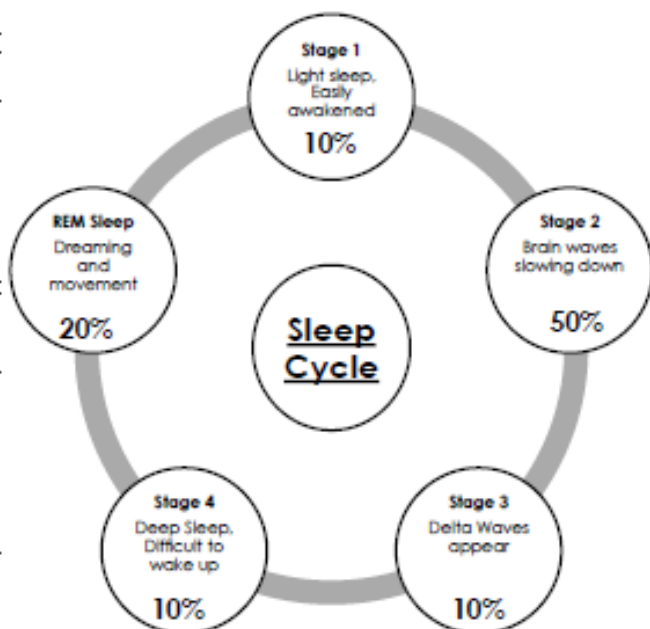
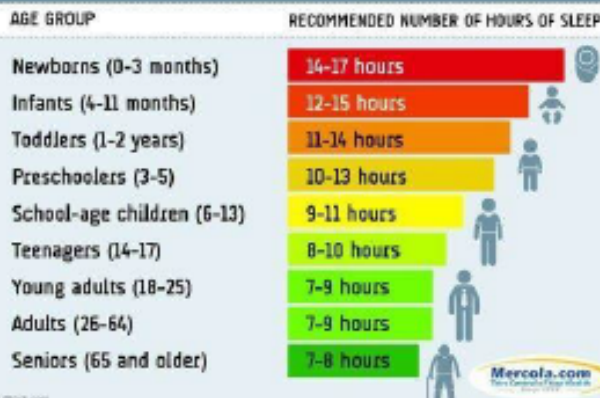
Trouble falling asleep or may wake up frequently during the night or early in the morning. Acute Insomnia is when this occurs infrequently. Chronic is when it occurs regularly.

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 restrains 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: Hygiene

Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

Define: Body Odour

The unpleasant smell of a person's unwashed body.

Define: Halitosis

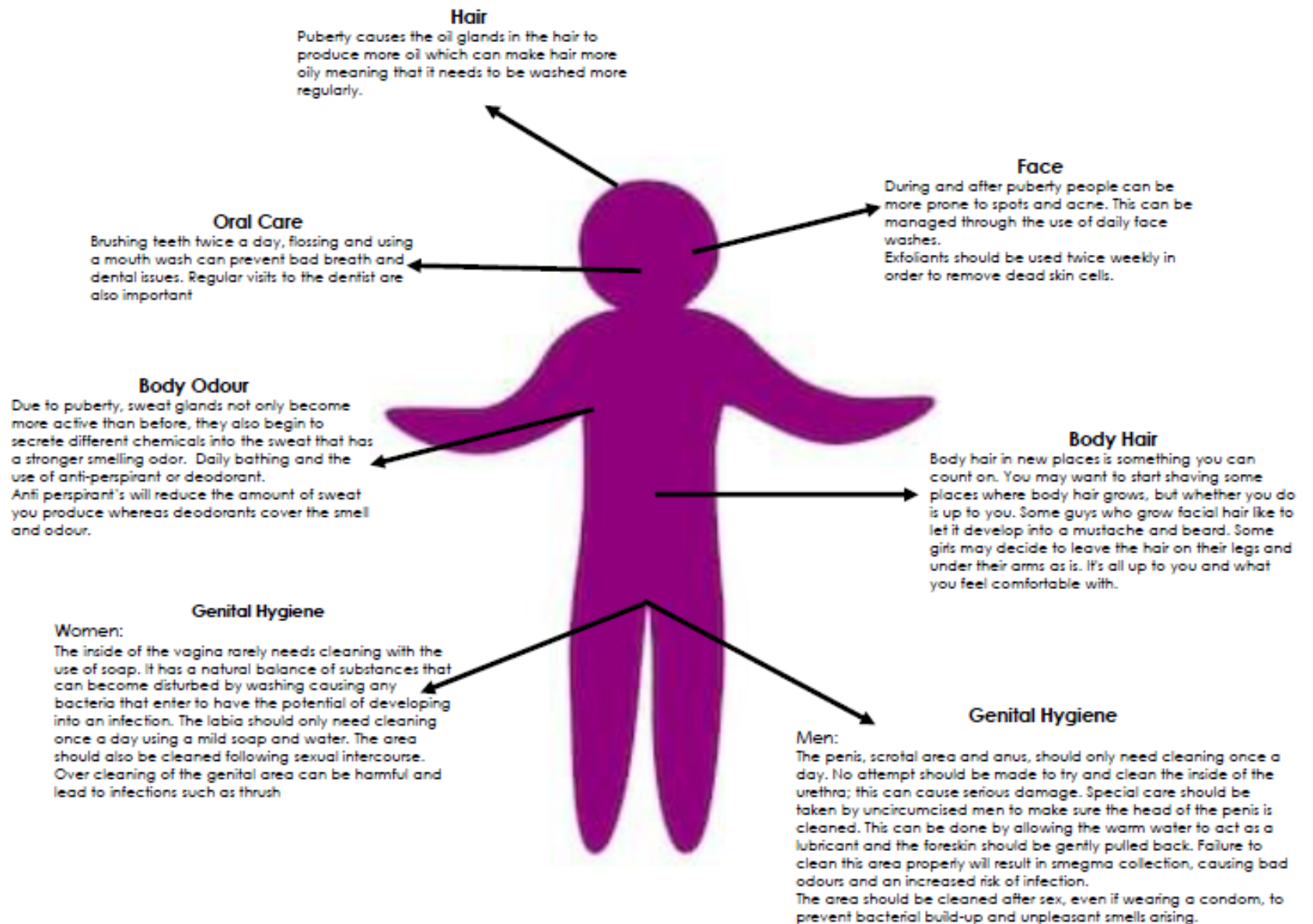
Medical term for bad breath

Define: Oral Hygiene

The practice of keeping one's mouth clean and free of disease and other problems

Define: Puberty

The process of physical maturity in a person that takes place in adolescence



Define: E-Safety

Strategies and systems to help people stay safe online.

Define: Digital Citizenship

Accepted ways on behaving whilst engaging in online activity.

Define: Cyber Bullying

The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature

Define: Hacking

Gaining access to systems and computers which you do not have permission to access. Can be for malicious purposes.

Define: Grooming

When someone uses the internet to trick, force or pressure a young person into doing something they wouldn't normally do, this could be sexual behavior or radical beliefs.

Define: Digital Footprint

The information about a particular person that exists on the internet as a result of their online activity. It can not be deleted.

10 strategies for staying safe online

1. Don't post any personal information online – like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know.
6. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
7. Remember that not everyone online is who they say they are
8. Think carefully about what you say before you post something online.
9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.
10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

Digital Footprints and Online Behaviour

A person's digital footprint cannot be deleted and can be accessed at any time through a simple social media or search engine search.

To promote a positive digital footprint there are 5 simple rules:

1. **Would you want your grandmother to see it?**
Is that photo/video/comment appropriate for the wider public audience? Would you want a future partner or employer to see it? Once something is online it stays forever.
2. **Do you really think that is private?**
Just because your privacy settings are high doesn't mean that someone else can't repost or screenshot what you have posted.
3. **Would you say it to someone's face?**
If you wouldn't say it to someone face, don't say it online. Portray yourself in a positive way as this may be seen by future friends, partners or employers.
4. **Is this your work to publish/use?**
Reposting or using someone else's work is fine if you credit the original owner creator. If you don't it is plagiarism.
5. **Would you want someone to do it to you?**
How would you feel if someone posted a picture of you or made a comments about you that you didn't like or want online?

Online Behaviour and the Law

- **The Computer Misuse Act 1990** says you can't impersonate or steal someone else's identity online. This means that writing a status on social media pretending to be your friend is technically against the law as it creating fake profiles or websites.
- It is a criminal offence under the **Communications Act 2003** to send messages using any public electronic communications network, such as Twitter or Facebook, which are grossly offensive or of an indecent, obscene or menacing character.
- It is a criminal offence under the **Criminal Justice and Courts Act 2015** for someone to disclose private sexual images of you online or offline without your consent with the effect of causing you distress. This is more commonly known as 'revenge porn'.
- There are a range of other offences which the police can investigate including harassment, harassment when someone fears violence, and stalking under the **Protection from Harassment Act 1997**.

Each case will be taken on an individual basis looking at context and evidence to determine if a crime has been committed. If you believe you have been the victim of a crime screen shot the evidence and speak to the police.

Where to get more help and support

- Parents and trusted family.
- School Staff and Wellbeing Team
- Directly to the police.
- Report any inappropriate behaviour to the website.
- NSPCC - <https://www.nspcc.org.uk>
- Childline - Helpline: 0800 1111 (24 hours, every day) / <https://www.childline.org.uk>
- CEOPS - <https://www.ceop.police.uk/safety-centre/>

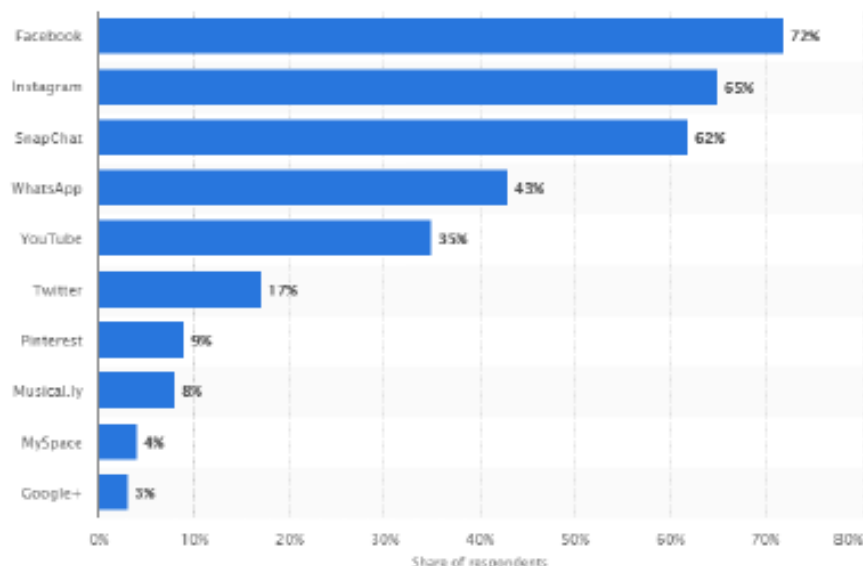
Define: Social Media

Websites and applications that enable users to create and share content or to participate in social networking.

Top tips for staying safe on Social media

1. Use a strong password. The longer it is, the more secure it will be.
2. Use a different password for each of your social media accounts.
3. If you have social media apps on your phone, be sure to password protect your device.
4. Be selective with friend requests. If you don't know the person, don't accept their request. It could be a fake account.
5. Click links with caution. Social media accounts are regularly hacked.
6. Be careful about what you share. Don't reveal sensitive personal information i.e: home address, financial information, phone number.
7. Become familiar with the privacy policies of the social media channels you use and customize your privacy settings to control who sees what.
8. Remember to log off when you're done.
9. Report any inappropriate behavior to the site.

Social media sites or apps used by children (12- 15) in the UK in 2018



Age Restrictions On Social Media



These are in the websites terms and conditions and are not legal restrictions.

Define: WhatsApp

WhatsApp is a messenger app for smartphones. WhatsApp uses the internet to send messages, images, audio or video. The service is very similar to text messaging services, however, because WhatsApp uses the internet to send messages, the cost of using WhatsApp is significantly less than texting.

Define: YouTube

YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. Users can search for and watch videos, Create a personal YouTube channel, Upload videos to your channel, Like/Comment/share other YouTube videos, Users can subscribe/follow other YouTube channels and users, Create playlists to organize videos and group videos together

Define: Twitter

Twitter is known as a micro-blogging site. Blogging has been around for some time. Usually blogging consists of people setting up basic websites where they write about whatever they want, whether it be politics, sport, cooking, fashion etc. Posting a message is known as a tweet. People make connections by following other people's twitter feeds. Once you click follow, anything that person or organisation says will appear on your timeline.

Define: TBH

short for To Be Honest — is a polling app that lets your friends answer questions anonymously. Essentially it is a big popularity contest, where people received "gems" when they are picked in a poll.

Define: Facebook

Facebook is a website which allows users, who sign-up for free profiles, to connect with friends, work colleagues or people they don't know, online. It allows users to share pictures, music, videos, and articles, as well as their own thoughts and opinions with however many people they like.

Define: Snapchat

Snapchat is a mobile messaging application used to share photos, videos, text, and drawings. It's free to download the app and free to send messages using it. There is one feature that makes Snapchat different from other forms of texting and photo sharing: the messages disappear from the recipient's phone after a few seconds.

Define: Instagram

At its most basic, Instagram is a social networking app which allows its users to share pictures and videos with their friends. Once a user snaps a picture, Instagram filters – of which there are dozens – can transform images in a manner reminiscent of old-fashioned Polaroid prints.

Define: TikTok (formally Musical.ly)

TikTok is an app for creating, sharing and discovering short music videos (15 sec), think Karaoke for the digital age. It used by young people as an outlet to express themselves through singing, dancing, comedy, and lip-syncing.

Define: *Mental Wellbeing*

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

Define: *Emotional Literacy*

The ability to understand and express feelings. Emotional Literacy involves having self-awareness and recognition of one's own feelings and knowing how to manage them.

Define: *Primary Emotions*

There are 5 primary emotions but over 600 words in the English language for different emotions. The primary emotion groups are:

1. Joy
2. Anger
3. Sadness
4. Disgust
5. Fear

Define: *Mental Illness*

Mental illnesses comprise of a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others.

They can only be diagnosed by a Doctor or Mental Health Professional

Signs of good mental wellbeing

- Feeling relatively confident in yourself and have positive self-esteem
- Feeling and express a range of emotions
- Building and maintaining good relationships with others
- Feel engaged with the world around you
- Live and work productively
- Cope with the stresses of daily life
- Adapt and manage in times of change and uncertainty

Things that can affect our mental wellbeing

Everyone is different and what affects someone's mental wellbeing won't necessarily affect others in the same way. Everyone will have times when they have low mental wellbeing, where they feel stressed, upset or find it difficult to cope.

Common life events that can affect your mental wellbeing include:

- loss or bereavement
- loneliness
- relationship problems
- issues at work
- worry about money

However there are times when there is no discernable reason for the way a person feels which can be extremely frustrating.

There are some factors that may make people more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now:

- Childhood abuse, trauma, violence or neglect
- Social isolation or discrimination
- Homelessness or poor housing
- A long-term physical health condition
- Social disadvantage, poverty or debt
- Unemployment
- Caring for a family member or friend
- Significant trauma as an adult, such as military combat, being involved in a serious accident or violent crime

Signs of poor mental wellbeing

- Erratic changes in mood and behavior
- Distancing from friends and family.
- Loss of interest in things that they used to be interested in.
- Excessive sleeping or not sleeping.
- Increased alcohol consumption.
- Poor concentration and being easily distracted
- Finding it hard to make decisions
- Feeling overwhelmed by things & tearfulness
- Finding it difficult to control your emotions
- Irritability and short temper or aggression

The Importance of Positive Relationships

Connecting with others can help us to feel a greater sense of belonging and can help to challenge feelings of loneliness.

- **Make time for the people you love.** Keeping regular contact with friends and family, whether it's face-to-face, on the phone or by text, can strengthen your relationships.
- **Join a group.** Think of the things you like to do, such as drawing, gardening or sport and look for local groups. Meeting others with a shared interest can increase your confidence and build your support network.
- **Talk about the way you feel.** Opening up to a trusted friend or family member can help you to feel listened to and supported. Just acknowledging your feelings by saying them out loud can help.
- **Use peer support.** If you're finding things difficult, talking to people who have similar feelings or experiences can help you to feel accepted.

The Importance of Self Care

At times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient.

Some self care techniques include

- Mindfulness
- Doing something you enjoy
- Relaxation techniques
- Get outdoors and fresh air
- Exercise

If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing.

Strategies can include:

- Talking to someone
- Knowing triggers and warning signs
- Keeping a mood diary
- Building your self esteem.

Where to get more help and support

- Parents and trusted family.
- School Staff and Wellbeing Team
- Your Doctor 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/>

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.

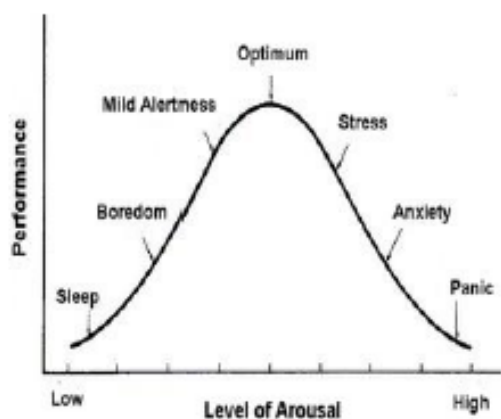
Define: *Social Anxiety Disorder*

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/>

Caffeine	Cocaine	Heroin	Cannabis	Crack Cocaine	Amphetamines	Ecstasy
<p>Caffeine is a naturally occurring chemical stimulant called trimethylxanthine. In its pure form, caffeine is a white crystalline powder that tastes very bitter. Caffeine is in tea, coffee, chocolate, many soft drinks, and pain relievers and other over-the-counter medications.</p>	<p>The hydrochloride salt is usually in a powdered form by the time it makes it to street dealers and users. The texture is similar to baby powder. In fact, it is so similar that many dealers will cut their coke with baby powder in order to increase their profits. The color can range from a clear white to an off-white, and sometimes even a yellowish color.</p>	<p>In its purest form, heroin is a fine white powder. But more often, it is found to be rose gray, brown or black in color. The coloring comes from additives which have been used to dilute it, which can include sugar, caffeine or other substances. Street heroin is sometimes "cut" with strychnine¹ or other poisons.</p>	<p>Soft black resin, furry green leaves dried to look like herbs or hard brown lumps, cannabis can look very different depending on its type – but it all comes from cannabis plants.</p>	<p>Crack cocaine is a purer form of cocaine and looks somewhat like rocks. Most of the time, crack cocaine is off-white in color, but it can have a rosy hue that makes it appear pink.</p>	<p>It's usually an off-white or pinkish powder and can sometimes look like crystals. It's also available in a paste form which is usually white/grey or brown in colour, and can be damp and gritty.</p>	<p>Ecstasy comes in pill or powder form. Ecstasy pills can be white, coloured, round, square or pressed into any shape. Some pills have designs stamped into them, like well known company logos that the pills are then named after. Ecstasy powder looks like white/grey crystals and is called MDMA, mandy or MD.</p>
Alcohol	Inhalants	Tobacco	LSD		Magic Mushrooms	Steroids
<p>While some drinks have more alcohol than others, the type of alcohol in all alcoholic drinks is the same – it's a type of alcohol called ethanol. Alcohol is a colourless, odourless and inflammable fluid.</p>	<p>The term <i>inhalants</i> refers to the various substances that people typically take only by inhaling. These substances include solvents (liquids that become gas at room temperature), aerosol sprays; gases; nitrites (prescription medicines for chest pain)</p>	<p>Tobacco is a plant grown for its leaves, which are dried and fermented before being put in tobacco products. People can smoke, chew, or sniff tobacco. Smoked tobacco products include cigarettes, cigars, bidis, and kreteks. Some people also smoke loose tobacco in a pipe or hookah (water pipe). Chewed tobacco products include chewing tobacco, snuff, dip, and snus; snuff can also be sniffed.</p>	<p>It is produced in crystal form laboratories, mainly in the United States. These crystals are converted to a liquid for distribution. It is odorless, colorless, and has a slightly bitter taste. LSD is sold on the street in small tablets ("microdots"), capsules or gelatin squares ("window panes"). It is sometimes added to absorbent paper, which is then divided into small squares decorated with designs or cartoon characters ("loony toons"). Occasionally it is sold in liquid form.</p>		<p>Magic mushrooms are often sold raw or dried. In the UK, the most common types are liberty caps (<i>Psilocybe semilanceata</i>) and fly agaric (<i>Amanita muscaria</i>). Liberty caps look like small tan-coloured mushrooms. Fly agarics look like red and white spotted toadstools</p>	<p>Anabolic steroids come in the form of tablets, capsules, a solution for injection and a cream or gel to rub into the skin. Weightlifters and bodybuilders who use steroids often take doses that are up to 100 times greater than those used to treat medical conditions.</p>

Define: Drug

Drugs are chemicals that alter, block, or mimic chemical reactions in the brain. This causes alterations of the body's normal process's causing physical or mental changes.

Define: Medicine

A drug or other preparation for the treatment or prevention of disease.

