

Toxic Relationship - A relationship that has a negative impact on your mental health and self esteem.



Good friendships go both ways

- 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.

Signs of a Toxic Friendship

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:

- 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



Bullying

Glossary

Bullying

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

Banter

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

By-Stander

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

Bullying

- 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 person's permission.



Specific

This is the term used to describe bullying based on a specific aspect of the victim's 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 is 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: 0800 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/



Abusive Relationships

Glossary

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..



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 behaviour 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
Unexplained and an increase in injuries such as: <ul style="list-style-type: none">Black eyesBusted lipsRed or purple marks on the neckSprained wristsBruises on the arms It's also common for someone to try to cover up the physical signs with clothing. For example: <ul style="list-style-type: none">Wearing long sleeves or scarves in the hot summer.Wearing heavier than normal makeupWearing sunglasses inside	Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair. Other emotional signs of abuse include: <ul style="list-style-type: none">Low self-esteemExtremely apologetic or meekSeeming fearfulChanges in sleep habitsAgitation, anxiety, or constant apprehensionDeveloping a drug or alcohol problemSymptoms of depressionLoss of interest in daily activitiesTalking about or attempting suicide	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. You may notice that the person: <ul style="list-style-type: none">Is reserved and distantDrops 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.mensadvice.org.uk/



Consent

Glossary

Sexual Consent

- The giving of permission by a person to engage in any form of sexual activity including penetrative and oral.

Affirmative Consent

- Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.

Coercion

- 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.

A person who is a minor

- A person who is under the age of 18 and legally considered a child.



Consent is:

1	Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.
2	Reversible. It's okay to say yes and then change your mind — at any time!
3	Informed. You can only consent to something if you have all the facts.
4	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.
5	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).

When can consent not be given?

1	When a person is drunk or high, to the point that they are unable to speak or look after themselves.
2	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!
3	They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.
4	Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.

What does the Law say?

Act	Definition	Consequence
Rape	A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.	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.
Sexual Assault	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.	Up to 10 years in prison and placement on the sex offenders register
Sex Between Minors	When both parties involved the sexual activity are under 16 but have consented to the activity.	Technically the law is that if two 13 – 15 year olds 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.

Who Can you turn to for help and Support

Parents or trusted family members	The Police / Community support officers
School Safe Guarding Team or any member of staff.	
NSPCC	Helpline: 0800 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
Rape Crisis	Helpline: 0800 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: 0800 802 9999 (12-2.30 & 7-9.30) rasac.org.uk



Parental Rights and Responsibilities



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 reregistered 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.



Sexuality and Gender Identity

Glossary

Asexual	A person who generally does not experience sexual attraction to any group of people
Androgyny	A gender expression that has elements of both masculinity and femininity
Biological Sex	The physical anatomy and gendered hormones one is born with.
Bisexual	A person who experiences sexual, romantic, physical, and/or spiritual attraction to people of their own gender as well as another gender
Cisgender	A description for a person whose gender identity, gender expression, and biological sex all align
LGBTQ+	Lesbian Gay Bisexual Trans Queer / Questioning + = Other
Sexuality	A person's sexual preference or orientation. Who they are attracted to.
Gender Dysphoria	Where a person experiences distress due to a mismatch of their biological sex and their gender identity.
Heterosexual	A medical definition for a person who is attracted to someone with the other gender.
Homosexual	A medical definition for a person who is attracted to someone with the same gender.
Transvestite	A person who dresses as the opposite gender expression for any one of many reasons, including relaxation, fun, and sexual gratification.
Intersex	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)
Pansexual	A person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions
Transgender	A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex
Transsexual	A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex
: Gender Identity	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.

Important legal changes that have affected LGBTQ+ people in the UK

- **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.**

Trans Teens and Children

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 that may include specialists such as mental health professionals and paediatric endocrinologists. Most treatments offered at this stage are psychological, rather than medical or surgical.

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.

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.

Gender Reassignment surgery will not be considered until a person has reached 18 years of age.

Schools and LGBTQ+ Students

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.

Where to get more help and support

- Parents and trusted family members
- Teachers and School Staff including School Nurse and Wellbeing Team
- Your Doctor or Community Nurse
- NHS Online
- Young Stonewall: <https://www.youngstonewall.org.uk/>
- The Proud Trust – Local Support groups: <https://www.theproudtrust.org>
- Friends and Family of Lesbians and Gays: <https://www.fflag.org.uk/>



Types of Drugs

Glossary

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.

Medicine

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

Caffeine	Cocaine	Heroin	Cannabis	Crack Cocaine	Amphetamines	Ecstasy
Caffeine is a naturally occurring chemical stimulant called trimethyl xanthine. 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.	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.	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 strychnine ¹ or other poisons.	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.	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.	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.	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.

Alcohol	Inhalants	Tobacco	LSD	Magic Mushrooms	Steroids
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.	The term inhalants 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)	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.	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.	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	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.



Types of Drugs

Glossary

Stimulant A drug which cause a person to feel like they have more energy or more awake.

Depressant A drug which cause a person to feel calmer or lethargic. **Hallucinogen** A drug which cause a person to experience sensations that are not really there. This could be visual, auditory or physical.

Analgesic A drug which reduces the feeling of pain.

Withdrawal a predictable group of signs and symptoms that result from either the sudden removal of, or abrupt decrease in the regular dosage of a drug.

Addiction The feeling of needing a drug in order to get through the day.

Mental and Emotional Withdrawal Symptoms

- **Anxiety:** Anxiety, panic attacks, restlessness, irritability
- **Depression:** Social isolation, lack of enjoyment, fatigue, poor appetite
- **Sleep:** Insomnia, difficulty falling asleep or staying asleep
- **Cognitive:** Poor concentration, poor memory

Physical Withdrawal Symptoms

- **Head:** Headaches, dizziness
- **Chest:** Chest tightness, difficulty breathing
- **Heart:** Racing heart, skipped beats, palpitations
- **GI:** Nausea, vomiting, diarrhoea, stomach aches
- **Muscles:** Muscle tension, twitches, tremors, shakes, muscle aches
- **Skin:** Sweating, tingling

Dangerous Withdrawal Symptoms

- **Grand mal seizures**
- **Heart attacks**
- **Strokes**
- **Hallucinations**
- **Delirium tremens (DTs)**

Who Can you turn to for help and Support

Parents and Family members

School Staff and Safeguarding Team

Your GP or Practice Nurse

NSPCC

Helpline: 0800 800 5000 nspcc.org.uk

Childline

Helpline: 0800 1111(
<https://www.childline.org.uk>

NHS Live Well Website

www.NHS.UK/Livewell

The Mix

Helpline: 0800 808 4994

Talk to Frank

Helpline: 0300 123 6600 talktofrank.com

Action on Addiction

Helpline: 0300 330 0659
actiononaddiction.org.uk

Drug FAM

Helpline: 0300 888 3853 drugfam.co.uk

Drug

Analgesic

Hallucinogen

Stimulant

Depressant

Caffeine

✓

Cocaine

✓

✓

Heroin

✓

✓

Cannabis

✓

✓

Crack
Cocaine

✓

Amphetamines

✓

✓



Drugs and the Law

Glossary

Rehabilitation Drug users are sent to specialist clinics to help them break their addiction and often the causes of it as well.

Possession Being caught with a small amount of drugs that could reasonably be used by one person.

Intent to Supply Being stopped whilst holding drugs and the police have reasonable suspicions that you will share with others or sell.

Supply Being caught selling drugs or medicines to other people.

Trafficking Taking illegal substances from one country to another.

Consequences of having a drug conviction

Employment	Having a criminal record for a drug conviction can prevent you from getting jobs in certain fields such as education, working with vulnerable adults, Health professions and legal professions.
Travel	A conviction for a drug offence can prevent travel to certain countries such as the USA and Australia
Education	A criminal record may stop you from enrolling on a course at the university of your choice, as many universities will ask you to declare any criminal convictions on your application and consider this separately from your academic achievements. The nature of the offence, the time that has elapsed since the offence was committed and the potential impact on fellow students and staff will all be considered. Some universities and educational facilities will refuse applications on the grounds of the crime committed.

Prescription Medications

The law surrounding the selling of or sharing of prescription medications is ambiguous and is often linked to the type of drug/medicine that is being sold.

If the medicine is on the controlled substance list (e.g. morphine, amphetamines and benzodiazepines) then the person supplying can be subject to the punishments which are for that class of drugs.

It is extremely dangerous to share prescription drugs because of the possible side effects and impacts of other medications that are being taken.

Class	Examples	Sentence for Possession	Sentence for Dealing
Class A	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, amphetamines (if prepared for injection).	Up to seven years in prison or an unlimited fine or both.	Up to life in prison or an unlimited fine or both.
Class B	Amphetamines, Methylphenidate (Ritalin),	Up to five years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Class C	Tranquilizers, Cannabis, some painkillers, Gamma hydroxybutyrate (GHB), Ketamine.	Up to two years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Temporary Class	The government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified.	None, but police can take away a suspected temporary class drug	Up to 14 years in prison, an unlimited fine or both

These are the maximum sentences that could be imposed but there are a number of factors which will determine the sentence given if someone is charged and convicted of a drug offence.

In most cases a first-time possession offence will lead to a caution and confiscation.

A caution is not a criminal conviction, but it could be used as evidence of bad character if you go to court for another crime.



Alcohol

Glossary

Alcohol 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.

ABV Alcohol by volume is a standard measure of how much alcohol (ethanol) is contained in a given volume of an alcoholic beverage (%).

Unit of Alcohol Units are a simple way of expressing the quantity of pure alcohol in a drink. One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour

Binge Drinking Consuming large quantities of alcohol in a short space of time. This is 8 units in a single session for men and 6 units in a single session for women.

How to Calculate Units of Alcohol

$\text{Strength (ABV)} \times \text{volume (ml)} \div 1,000 = \text{units}$

For example, to work out the number of units in a pint (568ml) of strong lager (ABV 5.2%): $5.2 (\%) \times 568 (\text{ml}) \div 1,000 = 2.95 \text{ units}$

Alcohol and the Law

It is against the law

- To sell alcohol to someone under 18 anywhere.
- For an adult to buy or attempt to buy alcohol on behalf of someone under 18.
- For someone under 18 to buy alcohol, attempt to buy alcohol or to be sold alcohol.
- For someone under 18 to drink alcohol in licensed premises,
- For an adult to buy alcohol for someone under 18 for consumption on licensed premises,
- To give children alcohol if they are under five.













It is not illegal:

- For someone over 18 to buy a child over 16 beer, wine or cider if they are eating a table meal together in licensed premises at the discretion of the manager.
- For a child aged five to 17 to drink alcohol at home or on other private premises.

How alcohol affects you drink by drink

Based on a standard (175ml) 13% volume glass of white wine or 4% strength pint of lager,

1. glass of white wine or a pint of lager (just over 2 units):
 - You're talkative and feel relaxed.
 - Your self-confidence increases.
 - Driving ability is already impaired, which is why it's best to drink no alcohol if you're driving.
2. glasses of white wine or 2 pints of lager (just over 4 units):
 - Your blood flow increases.
 - You feel less inhibited and your attention span is shorter.
 - You start dehydrating, one of the causes of a hangover.
3. glasses of white wine or 3 pints of lager (just under 7 units):
 - Your reaction time is slower.
 - Your liver has to work harder.
 - Your sex drive may increase, while your judgement may decrease.
4. glasses of white wine or 4 pints of lager (just over 9 units):
 - You're easily confused.
 - You're noticeably emotional.
 - Your sex drive could now decrease, and you may become less capable.

1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
					
Normal beer half pint (284ml) 4%	Small glass of wine (125ml) 12.5%	Strong beer half pint (284ml) 6.5%	Strong beer Large bottle/can (440ml) 6.5%	Bottle of wine (750ml) 12.5%	Bottle of spirits (750ml) 40%
				Government advises alcohol consumption should not regularly exceed:  Men 3-4 units daily  Women 2-3 units daily	
Single spirit shot (25ml) 40%	Alcopops bottle (275ml) 5.5%	Normal beer Large bottle/can (440ml) 4.5%	Large glass of wine (250ml) 12.5%		

Signs of Alcohol Addiction

It can be tricky to spot the signs of alcoholism as alcoholics can be secretive about it and can become angry if confronted. Some signs and symptoms can include:

- A lack of interest in previously normal activities
- Appearing intoxicated more regularly
- Needing to drink more in order to achieve the same effects
- Appearing tired, unwell or irritable
- An inability to say no to alcohol
- Anxiety, depression or other mental health problems
- Becoming secretive or dishonest

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.

Drink Aware

0300 123 1110 (weekly 9am - 8pm, weekends 11am - 4pm)
<https://www.drinkaware.co.uk>

Al-Anon Family Group

0800 0086 811 from 10 am - 10 pm, 365 days a year
<https://www.al-anonuk.org.uk/>

AddAction

<https://www.addaction.org.uk> – Webchat facility



Smoking and Vaping

Glossary

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.

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

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

E-Cigarettes - 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.

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/quitsmoking>

Smoke Free

<https://smokefree.gov/>

How do E-Cigarettes Work

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

The liquid used in e-cigarettes often contains nicotine and flavourings. 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
- Flavouring 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



Healthy Diet and Exercise

Glossary

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

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

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.

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

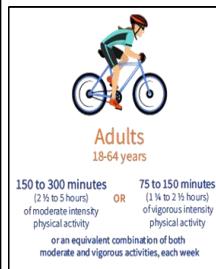
Veganism - A diet where a person does not eat or use animal products.

Vegetarianism - A diet where a person does not eat meat or fish

The Eat Well Plate



How much exercise should you do?



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

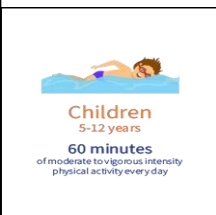
Heavy gardening with digging, hoeing, shovelling heavy snow, moving or pushing heavy objects, carrying loads of 50 pounds on level ground or 25 pounds or more upstairs.

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:

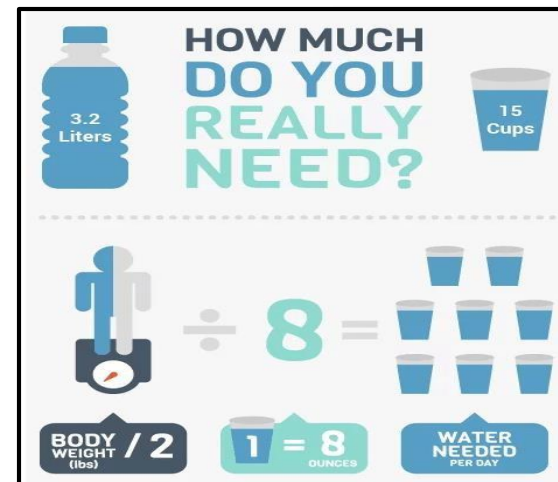
- stress,
- tiredness
- limit capacity to work,

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.

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.



Where to get more help and support

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



Body Image and Eating Disorders

Glossary

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

Eating Disorder - Any of a range of psychological disorders characterized by abnormal or disturbed eating habits.

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

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.

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

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.

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.

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.

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

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 - exiabulimiicare.org.uk Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)

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



Sleep

Glossary

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

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.

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

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.

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

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.

Consequences of Sleep Deprivation

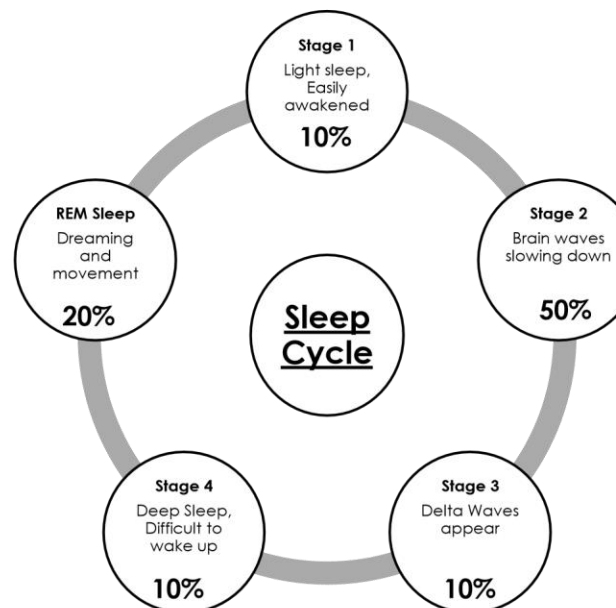
- Emotional Affects
 - Irritability
 - Mood Swings
 - Fatigue / Tiredness
 - Lack of Motivation
 - Depression
- Physical Affects
 - High Blood Pressure
 - Reduced Sex Drive
 - Lower Immune system
 - Disrupt hormone regulation
 - Higher risk of type 2 diabetes
- Cognitive effects
 - Forgetfulness
 - Clumsiness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

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



Personal Hygiene

Glossary


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

Body Odour The unpleasant smell of a person's unwashed body.

Halitosis Medical term for bad breath


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

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



Hygiene Checklist


Tweens and Teens



CLOTHES

EVERY DAY


No rolling out of bed with clothes from the day before. Emphasize CLEAN clothes. No piling up clothes off the floor or from the hamper.



TEETH

AT LEAST 2X A DAY


Remind your kids that smell isn't the only reason for brushing. Taking the time to scrub gets rid of the grime and keeps cavities away. Minty gums and mints will not cut it!



SHOWER

1X A DAY


Hint: Be sure there is some good soap scrubbing going on. Skin, dandruff, breakouts and the possibility of them happening. Buy a mild face wash that can be used daily.



SHAVE

BE SAFE

There's no right or wrong age to start shaving. Just make sure you teach your teen how to do it safely!




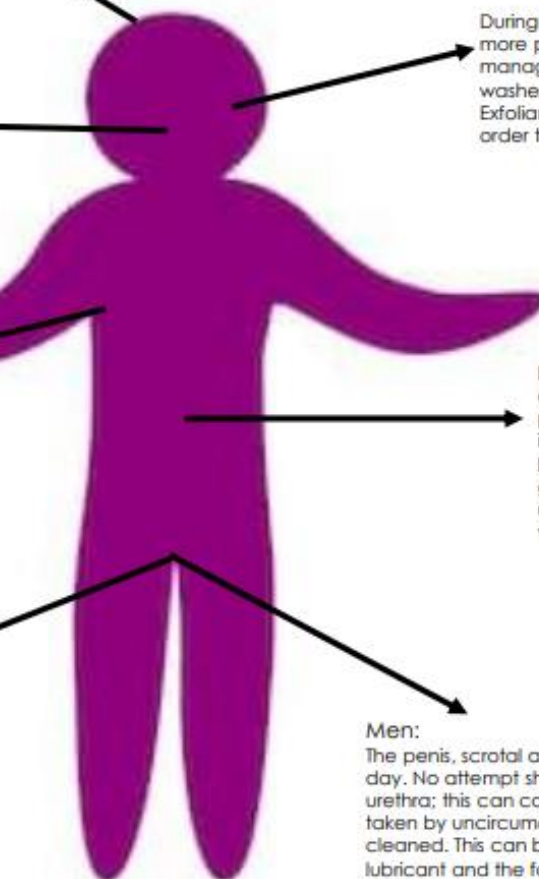
BODY ODOR

WEAR DEODORANT AT LEAST 1X DAILY

Deodorant is an important reminder your teen that they need to put it on at least once in the morning, but it's also important to reapply after intense activity.

Keep it Simple!
Don't Make it Awkward!
Be Lighthearted!
Make Yourself Approachable.





Hair

Puberty causes the oil glands in the hair to produce more oil which can make hair more oily meaning that it needs to be washed more regularly.

Face

During and after puberty people can be more prone to spots and acne. This can be managed through the use of daily face washes. Exfoliants should be used twice weekly in order to remove dead skin cells.

Oral Care

Brushing teeth twice a day, flossing and using a mouth wash can prevent bad breath and dental issues. Regular visits to the dentist are also important

Body Odour

Due to puberty, sweat glands not only become more active than before, they also begin to secrete different chemicals into the sweat that has a stronger smelling odor. Daily bathing and the use of anti-perspirant or deodorant. Anti perspirant's will reduce the amount of sweat you produce whereas deodorants cover the smell and odour.

Body Hair

Body hair in new places is something you can count on. You may want to start shaving some places where body hair grows, but whether you do is up to you. Some guys who grow facial hair like to let it develop into a mustache and beard. Some girls may decide to leave the hair on their legs and under their arms as is. It's all up to you and what you feel comfortable with.

Genital Hygiene

Women:
The inside of the vagina rarely needs cleaning with the use of soap. It has a natural balance of substances that can become disturbed by washing causing any bacteria that enter to have the potential of developing into an infection. The labia should only need cleaning once a day using a mild soap and water. The area should also be cleaned following sexual intercourse. Over cleaning of the genital area can be harmful and lead to infections such as thrush

Men:
The penis, scrotal area and anus, should only need cleaning once a day. No attempt should be made to try and clean the inside of the urethra; this can cause serious damage. Special care should be taken by uncircumcised men to make sure the head of the penis is cleaned. This can be done by allowing the warm water to act as a lubricant and the foreskin should be gently pulled back. Failure to clean this area properly will result in smegma collection, causing bad odours and an increased risk of infection. The area should be cleaned after sex, even if wearing a condom, to prevent bacterial build-up and unpleasant smells arising.



E-Safety & Digital Citizenship

Glossary

E-Safety Strategies and systems to help people stay safe online.

Digital Citizenship Accepted ways on behaving whilst engaging in online activity.

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

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

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 behaviour or radical beliefs.

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. 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's 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 comment 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 creates 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/>





Social Media

Glossary

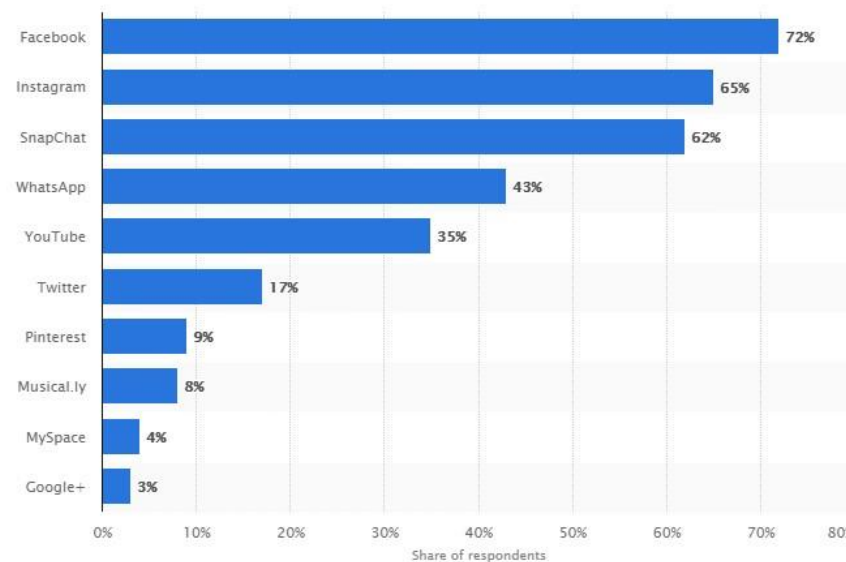
Social Media Websites and applications that enable users to create and share content or to participate in social networking.

Top Tips for staying safe online

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 behaviour to the site.



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



apps used by children (12- 15) in the UK in 2018

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: **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: **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: **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: **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: **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: **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: **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.



Mental wellbeing

Glossary

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.

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.

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

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 poor mental wellbeing

Erratic changes in mood and behaviour
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

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 discernible 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 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**

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/>



Stress and Anxiety

Glossary

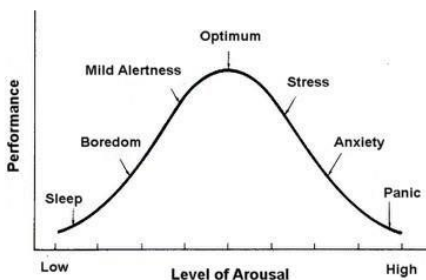
Stress A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

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.

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.

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.

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.

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 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

Signs of poor mental wellbeing

- Erratic changes in mood and behaviour
- 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 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.

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.

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