



**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.

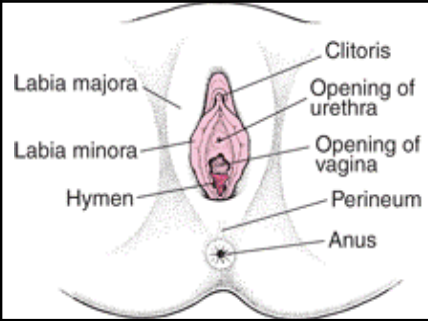
**Define:  
Hormones**

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

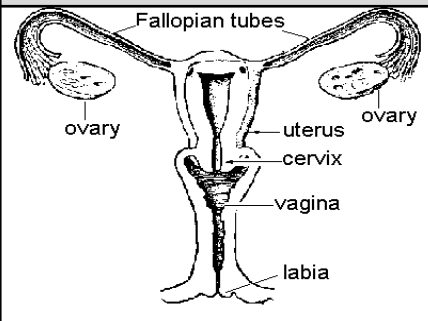
**Define:  
Wet Dream**

An involuntary ejaculation that occurs whilst a person is asleep.

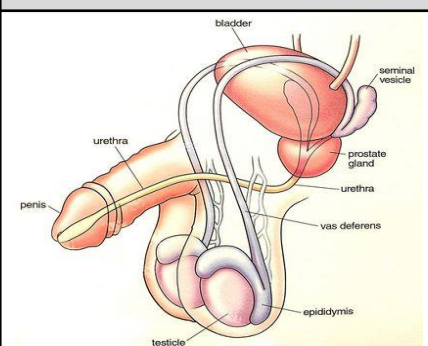
**Female Genitalia –  
External (Vulva)**



**Female Genitalia –  
Internal**



**Male Genitalia**



**Physical Changes during Puberty**

Boys only	<ul style="list-style-type: none"> <li>Starts between 10 and 12 years of age</li> <li>Facial Hair</li> <li>Voice Breaking</li> <li>Erections</li> <li>Wet Dreams</li> <li>Widening of chest and Shoulders</li> </ul>
Girls Only	<ul style="list-style-type: none"> <li>Starts between 9 and 11 years of age.</li> <li>Menstruation / Periods begin</li> <li>Breast growth</li> <li>Stretch Marks</li> <li>Cellulite</li> <li>Hips widen</li> </ul>
Both	<ul style="list-style-type: none"> <li>Grow taller</li> <li>Sweat more</li> <li>Changes to hair and skin</li> <li>Spots and Pimples</li> </ul>

**Things to Remember**

- 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.

**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) <a href="https://www.nspcc.org.uk">nspcc.org.uk</a>
Childline	Helpline: 0800 1111 (24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>
NHS Live Well Website	<a href="https://www.NHS.UK/Livewell">www.NHS.UK/Livewell</a>

Define:  
**Platonic Relationship**

A friendship or relationship where there is no romantic, intimate or sexual feelings.

Friends and Colleagues.

Define:  
**Intimate Relationship**

A relationship which can include a sexual attraction and sexual activity.

Boyfriend, Girlfriend, Married Couples

Define:  
**Familial Relationship**

A relationships with someone who has a blood, kinship or legal tie to you.

Parents, Siblings etc.

Define:  
**Toxic Relationship**

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

## What makes a good friend?

**Good friends make you feel good**

Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.

**Good friends listen**

A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.

**Good friends support each other**

If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.

**Good friends are trustworthy**

If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.

**Good friends handle conflict respectfully and respect boundaries**

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.

**Friends not followers**

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,

**Good friendships go both ways**

## 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

## What to do if you are in a toxic friendship

- **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.

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: 0800 800 5000 (24 hours, every day) <a href="https://www.nspcc.org.uk">nspcc.org.uk</a>
Childline	Helpline: 0800 1111 (24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>
National Bullying Helpline	<a href="https://www.nationalbullyinghelpline.co.uk/">https://www.nationalbullyinghelpline.co.uk/</a>

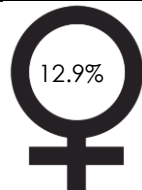
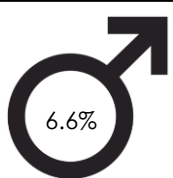


Define:  
**Domestic Abuse**

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**

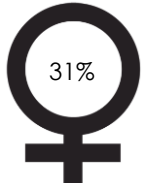
16 to 19-year old's had experienced domestic abuse in the past year (2015)



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**

Unexplained and an increase in injuries such as:

- Black eyes
  - Busted lips
  - Red or purple marks on the neck
  - Sprained wrists
  - Bruises on the arms
- It's also common for someone to try to cover up the physical signs with clothing. For example:
- Wearing long sleeves or scarves in the hot summer.
  - Wearing heavier than normal makeup
  - Wearing sunglasses inside

**Emotional**

Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.

Other emotional signs of abuse include:

- 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

**Social**

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:

- 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](http://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/>

**Define: Conception**

The point when the sperm meets the egg and a foetus is conceived.

**Define: Fertility**

The ability of people to conceive a child.

**Define: Pregnancy**

The condition or period of being pregnant.

**Define: Infertility**

The inability or difficulty to conceive a baby through natural methods

**Define: Miscarriage**

The spontaneous or unplanned ending of a pregnancy before the foetus can survive independently.

**Define: Still Birth**

Foetal death that occurs after 28 weeks of pregnancy which results in the foetus being born without signs of life.

Options for Unplanned Pregnancy	
<b>Keep the Baby</b>	When deciding if to keep the baby the people involved need to consider not just the financial implications such as the cost of raising a child but also the impact on income if one parent has to stay home to care for the child. They also need to consider the support that they have around them in terms of friends and family.
<b>Adoption</b>	Adoption is the least common choice for unplanned pregnancy in the UK. It means that the birth parents give up all legal rights to the child and allow other people to raise their child. Adoption are arranged through social services and adoption agencies but they are made legal by court order. Once an adoption order is made legal it cannot be undone and the level of contact between birth parents and adoptive parents are settled by those involved. An adoption order cannot be issued until the baby is at least 6 weeks old. No one can force you to put a baby up for adoption even if you are under 18, and the father's permission is only needed if he is named on the birth certificate. Again information on the father cannot be forced. However a court can decide the adoption can go ahead without your consent if it thinks the child would be put at risk if they were not or if it is determined that you're incapable of giving consent, for example due to a mental disability.
<b>Abortion</b>	<p>Abortions are quite common and about 1/3 of women will have had an abortion by the time they are 45. If you live in <b>England, Wales or Scotland</b>, two doctors need to agree that continuing the pregnancy will cause you significant physical or mental distress. Once they have agreed, you have until 24 weeks into the pregnancy to have an abortion. A GP will not perform the abortion but will refer you to a specialist service like the Marie Stopes Clinic. You do not need the permission of the father in order to have an abortion nor do you need the permission of your parents if you are under 16 and are considered mature enough to make medical decisions. A woman can change her mind at any point in the process. If your GP does not agree with abortion and refuses to refer you for the procedure, you have the right to go to another Doctor for the referral.</p> <p>There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.</p> <ul style="list-style-type: none"> <li><b>Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill'</b> - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception.</li> <li><b>Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method'</b> - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day.</li> <li><b>Abortions after 15 weeks</b> Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy.</li> </ul>

Pregnancy and foetal development by month.	
<b>1</b>	The embryo is only two layers of cells, making it microscopic. But by the end of the month, a little poppy seed will grow to be about the size of an apple seed.
<b>2</b>	While still small, the foetus is growing at a rapid pace; about a millimetre every day and doubling in size weekly.
<b>3</b>	The mother may not yet be showing, but her breasts have likely increased in size and her clothes are feeling a bit tight. By the end of the month, the foetus will be the size of a lime or a baseball and be about as long as a pea pod (7.4 cm).
<b>4</b>	The foetus now about as big as an avocado—or the size of your entire hand—and weighs around 100 grams. Mothers will probably also be starting to show.
<b>5</b>	Now, foetus is between 25 and 30 centimetres in length—so about the size of a banana.
<b>6</b>	Mothers are now probably starting to feel a little bit heavy. At this stage the foetus is starting to put on fat, making him/her about the size of a mango.
<b>7</b>	The foetus is now able open and close their eyes. At 40 centimetres in length and about 1 kg, they are the size of an aubergine.
<b>8</b>	Baby is getting ready to greet the world! At 2.2 kilograms, they have developed lungs and are the size of a pineapple.
<b>9</b>	At this point, the average size of babies are about 3.5 kg and about 50 centimeters in length — about the size of a watermelon.

Infertility	
<b>Causes</b>	<p><b>Infertility can be caused by many different things. For 25% of couples, a cause can't be identified.</b></p> <p>In women Infertility is most commonly caused by problems with ovulation, the monthly release of an egg. Some problems stop an egg being released at all, while others prevent an egg being released during some cycles but not others. This can be caused by several medical conditions such as PCOS, Thyroid Problems, fibroids, PID, Endometriosis or an untreated STI.</p> <p>In men The most common cause of infertility in men is poor-quality semen. Possible reasons for abnormal semen include a lack of sperm or a very low sperm count, sperm that aren't moving properly, abnormal sperm shape, making it harder for them to move or hypogonadism - an abnormally low level of testosterone.</p>
<b>Treatments</b>	<p>Fertility treatment is available on the NHS but there are long waiting lists and couples must meet strict criteria to be eligible.</p> <p>The treatment offered will depend on what's causing the fertility problems and what's available from the local clinical commissioning group (CCG).</p> <p><b>Medical Treatments</b> Fertility medicines are usually prescribed to women as they're mostly used to help with ovulation problems. But, in some cases, they may also be prescribed to men. Some of these medicines may cause side effects, such as nausea, vomiting, headaches and hot flushes.</p> <p><b>Assisted Conception: Intrauterine insemination (IUI)</b> IUI, also known as artificial insemination, involves inserting sperm into the womb Sperm is first collected and washed in a fluid. The best-quality sperm are selected.</p> <p><b>In vitro fertilisation (IVF)</b> In IVF, the egg is fertilized outside the body. A fertilised egg called an embryo is then returned to the woman's womb to grow and develop.</p>

## 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**

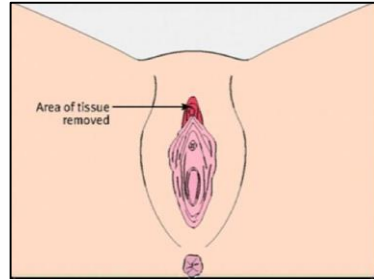
The removal of the foreskin from the human penis. In the most common procedure, the foreskin is opened, adhesions are removed, and the foreskin is separated from the glans. After that, a **circumcision** device may be placed, and then the foreskin is cut off.

## Define: **Breast Ironing**

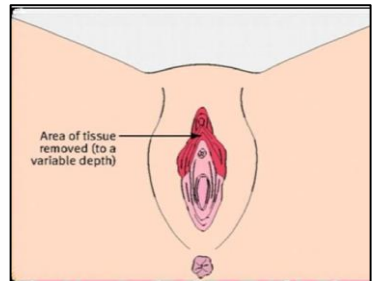
Breast ironing, also known as breast flattening, is the pounding and massaging of a pubescent girl's breasts, using hard or heated objects, to try to make them stop developing or disappear.

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

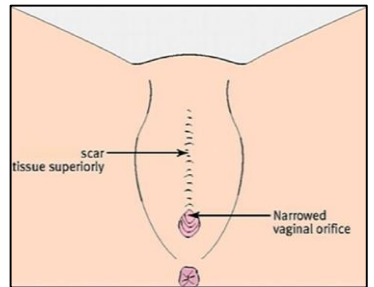
## Types of FGM



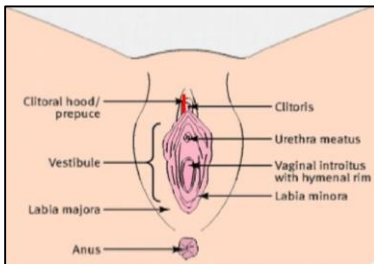
**Type 1 – Clitoridectomy:** partial or total removal of the clitoris and, in very rare cases, only the prepuce (the fold of skin surrounding the clitoris).



**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/>

Caffeine	Cocaine	Heroin	Cannabis	Crack Cocaine	Amphetamines	Ecstasy
<p><b>Caffeine</b> is a naturally occurring chemical stimulant called trimethylxanthine. In its pure <b>form</b>, <b>caffeine</b> is a white crystalline powder that tastes very bitter. <b>Caffeine</b> is in tea, coffee, chocolate, many soft drinks, and pain relievers and other over-the-counter medications.</p>	<p>The <b>hydrochloride</b> 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 strychnine<sup>1</sup> 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><b>Crack cocaine</b> 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 <i>only</i> 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.



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

Define: **Depressant**  
A drug which cause a person to feel calmer or lethargic.

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

Define: **Analgesic**  
A drug which reduces the feeling of pain.

Define: **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.

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

Drug	Analgesic	Hallucinogen	Stimulant	Depressant
Caffeine			✓	
Cocaine			✓	✓
Heroin	✓			✓
Cannabis		✓		✓
Crack Cocaine			✓	
Amphetamines		✓	✓	
Ecstasy			✓	
Alcohol				✓
Inhalants		✓	✓	
Tobacco				✓
LSD		✓		
Magic Mushrooms		✓		
Steroids	✓			

**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 <a href="https://nspcc.org.uk">nspcc.org.uk</a>
Childline	Helpline: 0800 1111 ( <a href="https://www.childline.org.uk">https://www.childline.org.uk</a> )
NHS Live Well Website	<a href="https://www.nhs.uk/livewell">www.NHS.UK/Livewell</a>
The Mix	Helpline: 0800 808 4994
Talk to Frank	Helpline: 0300 123 6600 <a href="https://talktofrank.com">talktofrank.com</a>
Action on Addiction	Helpline: 0300 330 0659 <a href="https://actiononaddiction.org.uk">actiononaddiction.org.uk</a>
DrugFAM	Helpline: 0300 888 3853 <a href="https://drugfam.co.uk">drugfam.co.uk</a>

**Define: Nicotine**

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

**Define: Vaping**

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

**Define: Smoking**

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

**Define: E-Cigarette**

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

**Effects Of Nicotine**

**Nicotine is both a sedative and a stimulant.**

When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline. This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity, and blood pressure. Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain.

**How do E-Cigarettes Work**

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

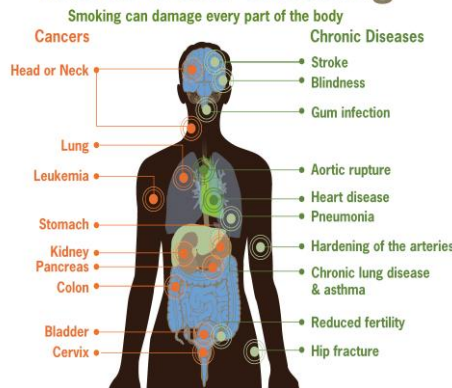
The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid."

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

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

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

**Risks from Smoking**



**Side effects of vaping**

**Mouth and airways**

- Irritation
- Cough
- Increased airway resistance

**Heart and circulation**

- Chest pain
- Increased blood pressure
- Increased heart rate

**Stomach**

- Vomiting
- Nausea

**Smoking and the Law**

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

It's illegal:

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

**Vaping and the Law**

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

**Who Can you turn to for help and Support**

Parents or trusted family members	School Safe Guarding Team or any member of staff.
Your GP or Practice Nurse.	
Smoke Free Future	<a href="https://smokefreefuture.co.uk">https://smokefreefuture.co.uk</a>
NHS – Stop Smoking	<a href="https://www.nhs.uk/live-well/quit-smoking">https://www.nhs.uk/live-well/quit-smoking</a>
Smoke Free	<a href="https://smokefree.gov/">https://smokefree.gov/</a>

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/m<sup>2</sup> indicates a normal weight. **BMI** is a person's weight in kilograms (kg) divided by his or her height in meters squared.

Define: **Nutrition**

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

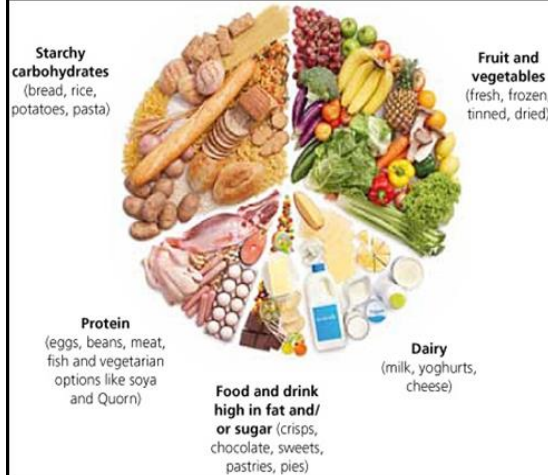
Define: **Veganism**

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

Define: **Vegetarianism**

A diet where a person does not eat meat or fish

The Eat Well Plate



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

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

Impacts of poor Nutrition

Short term:

- stress,
- tiredness
- limit capacity to work,

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

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

How much exercise should you do?



**Children**  
5-12 years  
60 minutes  
of moderate to vigorous intensity physical activity every day



**Young People**  
13-17 years  
60 minutes  
of moderate to vigorous intensity physical activity every day



**Adults**  
18-64 years  
150 to 300 minutes (2 ½ to 5 hours) OR 75 to 150 minutes (1 ¼ to 2 ½ hours) of moderate intensity physical activity OR of vigorous intensity physical activity or an equivalent combination of both moderate and vigorous activities, each week

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

Where to get more help and support

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

**HOW MUCH DO YOU REALLY NEED?**

3.2 Liters

15 Cups

**BODY WEIGHT / 2**

**1 = 8 OUNCES**

**WATER NEEDED PER DAY**

## 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](http://www.youthaccess.org.uk)
- The Mix - [www.themix.org.uk](http://www.themix.org.uk)  
Freephone: 0808 808 4994 (13:00-23:00 daily)
- B-eat - [www.b-eat.co.uk](http://www.b-eat.co.uk)  
Helpline: 0808 801 0711 (Daily 3pm-10pm)
- Men Get Eating Disorders Too - [.mengetedstoo.co.uk](http://.mengetedstoo.co.uk)
- Anorexia & Bulimia Care - [exiabulimiacare.org.uk](http://exiabulimiacare.org.uk)  
Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)



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

**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**

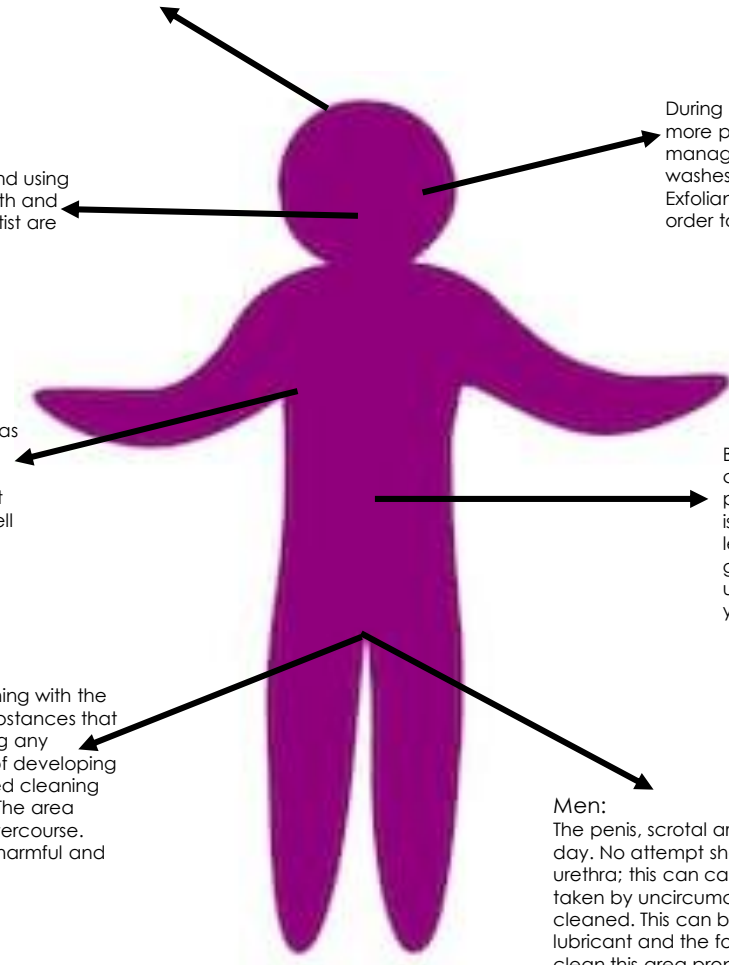
Body hair in new places is something you can count on. You may want to start shaving some places where body hair grows, but whether you do is up to you. Some guys who grow facial hair like to let it develop into a mustache and beard. Some girls may decide to leave the hair on their legs and under their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

**Genital Hygiene**

**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.



**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/>

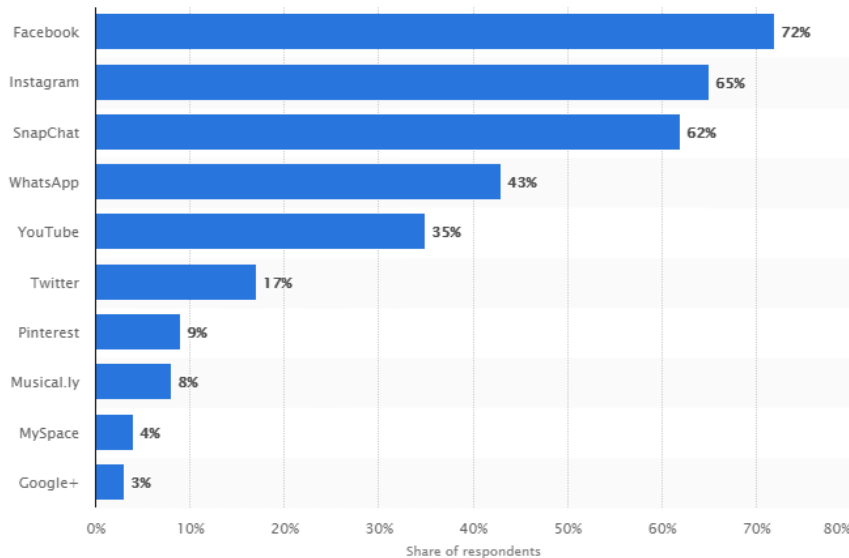
Define: **Social Media**

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 ie: 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: **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.

## 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.

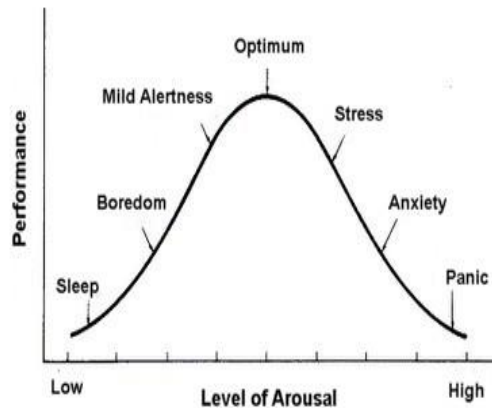
**Define: Social Anxiety Disorder**

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 SSRIs, 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/>