

Look after your physical well - being... There is a strong argument that if your mind is at peace you are more likely to make sensible and low risk decisions. Here is a summary of what you need to do if you find yourself in 'sticky' situations over the holiday

A stranger contacts you over a social networking site... DON'T reply! If they are persistent report it. If it's happening to a friend report it

A lift in a car... if you feel uncomfortable say you're feeling sick and get the driver to stop. Call someone to pick you up...

At a party... stay with a friend and never leave your drink unattended....

Don't feel pressured into being intimate... (even if it's with your partner) ... NO ONE should EVER force you to have sex. Relationships should be based on mutual respect.

Offered drugs Just say NO. If it happens to your friend support them in saying no. If your friend is very ill on substance abuse contact a responsible adult

Spending too much money. Do NOT feel pressured into buying big expensive presents. Make a present it has FAR more value or make an agreement with friends to spend no more than £2 on each other and be creative!!!

Conflict at home and feeling unsafe? Contact a trusted adult relative or friend. In extreme cases phone 999

Useful Websites:

<http://www.winstonswish.org.uk/> Support for bereaved children and parents

<http://www.youngminds.org.uk/> CAMHS website for a range of mental health issues

<http://www.relate.org.uk/> Support for parents on self harm and a range of relationship issues

<https://www.selfharm.co.uk> Support for teenagers who self harm

<http://www.nhs.uk/Livewell/eatingdisorders> NHS advice on eating disorders for children and parents

<https://www.minded.org.uk/> support for adults and parents on young mental health

<http://www.time-to-change.org.uk/> a website that promotes openness about mental health. Tips for parents to encourage talk...

<http://www.thejitty.com/articles/what-is-domestic-violence> support and guidance over domestic violence

Swanswell Coalville - 0300 303 5000 a national alcohol and drug charity that helps people change and be happy

07520615387 the school nurse help line if you need extra support over Christmas

Negativity distracts me from my goals. So I simply don't entertain it. I occasionally laugh at it as well. Sir Alan Sugar



Staying Safe

Look after each other and

stay safe



This leaflet has been designed to **help support you** in making sensible choices and **equally as important,** advice in terms of how to **support your friends** when faced with challenging decisions.

Guidance on staying safe

AnyOne Can Turn
Their Life Around
-Professor Green



It's important that you stay safe especially over the Christmas period. You may be exposed to a range of difficult and challenging situations whereby you will have to call upon your resilience and information given to you in the 'staying safe' assembly and during the course of PSHE so you have the confidence to make the right decisions.

Never be afraid to say 'NO' and never be afraid to act in a way you know is right!

This leaflet has been designed to give you some key tips and advice on maximising your safety. There are also some useful websites you may wish to access if you need more support and guidance.

I learned that my sadness never destroyed what was great about me. You just have to go back to that greatness, find that one little light that's left. I'm lucky I found one little glimmer stored away"
Lady Gaga



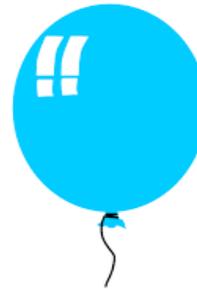
Looking after your mental health

Just as people's bodies can become unwell, people's minds can become unwell too. Mental health problems are more common than you might think - **three children in every classroom have a mental health problem.**

Just as there are different physical illnesses there are a range of mental health issues. Interestingly though people find mental health issues difficult to talk about and this can actually *make the situation worse.*

Possible Symptoms of negative mental health

*Mental health problems can be triggered by a range of factors such as bereavement, bullying, abusive relationships at home or in some cases we don't know what may have triggered negative thought patterns in our mind. The important thing is NOT to ignore it and **recognise how you feel** . Everyday we all experience a range of emotions. Mental health issues can arise if these emotions spiral out of control. For example prolonged feeling of fear and anxiety, guilt, anger, frustration, feelings of loneliness and isolation This can affect your behaviour such as uncontrolled tears, withdrawing from friends, tiredness, loss of concentration and motivation, loss of appetite that can lead to eating disorders such as anorexia and bulimia, reoccurring dreams, sleeplessness, loss of appetite, bowel and bladder problems, self harm or in extreme cases suicide.*



"Put your thoughts in a balloon and just let it go
..... *Graham Norton 2015*



How can you manage and improve your mental health?

1. **BE ACTIVE.** *You don't have to go for a 10 mile run every-day but if you feel a little low get up, get dressed and go out for fresh air!*
2. **SLEEP.** *Sleep deprivation on its own can affect your mood. Don't take your phone to bed so you can have an uninterrupted nights sleep. WHATEVER it is ...it can wait until the morning. Eating regularly and drinking lots of water can also improve your mood / perspective on life.*
3. **TALK!** *Who do you trust? Don't feel guilty about talking about your emotions. You will probably find out your friend / family member wants to talk too and by opening up to them gives them permission to talk too! When you share how you feel you are able to gain a sense of perspective on the world again! Never be ashamed of how you feel. How you feel is VERY REAL to you! Talking also helps you to connect to people that are close to you and supports the relationship. You WILL feel better if you talk to a trusted person.*
4. **LEARN A NEW SKILL** or piece of knowledge. *This keeps the mind active and healthy as you are 'tapping into' other thought processes and it can distract you from the negative ones!*
5. **ACTS OF KINDNESS.** *If you smile at someone ...they will smile back. This makes you feel better (and the other person!) Creating a positive energy through how you act and react. Positive interaction is contagious and you will learn quickly that you can influence how others around*
6. **BE MINDFUL.** *This means when you are feeling negative emotions be aware of these emotions and then simply let them float away (imagine them floating away in a balloon) focus your mind on the present sounds and smells and when another emotion or thought comes in put it in a balloon and let it float away so you can bring your mind back to the present. Try concentrating on your breathing as a way to bring your mind back into the present.*