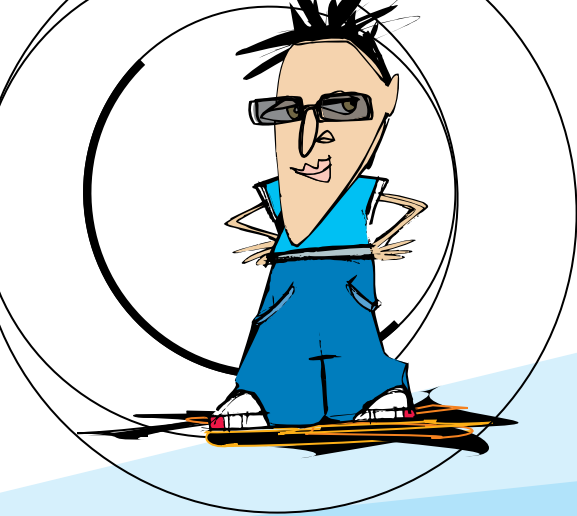




Get. Healthy Feel Great



There's no **magic age** when puberty knocks at your **bedroom door;** it can hit you any time between the ages of 10 and 18.

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It's an experience everyone goes through. When you're not looking puzzled as hair sprouts all over your body, you'll probably be glued to the mirror scrutinising every inch of your face and body. But don't waste your precious time comparing yourself with others, 'cos the secret of looking and feeling good is knowing how to make the most of yourself.

It's easy really, if you stay healthy and happy, sleep well and take exercise, you'll soon be looking and feeling great.

This booklet gives you the information you need about how to make the most of yourself, and shows you how getting healthy is easy.

Treat yourself well and your body will thank you for it!

Healthy eating

If you want to look and feel your best, you've got to eat well.

- **Feel great.** The right diet will help keep your energy levels high, maximise your brain-power and boost vitality.
- **Look great.** Eating well will help make sure your skin, hair and nails are getting all the nutrients they need to keep them healthy and looking good. A balanced diet is a top priority for a healthy weight too.
- **Great health.** What you eat and drink can have a big influence on your health now, and in the future. A good diet can help build up your bones, boost your immune system, keep your heart and blood healthy and may prevent tooth decay.

Eating well means choosing a good balance of different foods.

There are no 'healthy' or 'unhealthy' foods but there are 'healthy' and 'unhealthy' diets. It's the overall balance of your food choice that counts and eating well doesn't mean giving up all your favourite foods.

Foods can be divided into five food groups.

Bread, other cereals and potatoes



Fruit and vegetables

Meat, fish and alternatives

Milk and dairy products

Foods containing fat and foods containing sugar

The plate shows the types and proportion of foods that make up a healthy, well-balanced diet.

The plate is divided into sections of different sizes - the size of each section shows the proportion of your diet that should come from that food group.

You'll see that the smallest

section is for foods containing fat and/or sugar (e.g. crisps, chocolate, sweets, biscuits and fizzy drinks).

It is recommended that you eat servings of fruit and vegetables a day (5-A-Day).

Remember, variety is important too. The more varied your diet, the more likely it is to provide you with all the vitamins, minerals and energy you need.

Food for thought

Breakfast

Wake up your brain by tucking-in first thing.

By breakfast time, you probably won't have eaten for more than 10 hours so your body, and especially your brain, are crying out for energy. Breakfast kick-starts your body into action, boosting your energy levels, memory, concentration and creativity and even improving your mood.

It's also a great nutritional start to the day. Breakfast eaters usually have a better intake of vitamins, minerals and fibre than breakfast skippers. They also tend to be slimmer - which might have something to do with breakfast helping to reduce mid-morning cravings for high-calorie snacks!

And getting breakfast doesn't have to take ages - a bowl of cereal and milk or toast and fruit juice are super-quick - so you can still have those precious, extra few minutes in bed.

Iron

Concentrate on iron.

If your diet is short of iron, you could feel tired, irritable and find it hard to concentrate. That's because iron is used to make red blood cells, which carry oxygen around the body. And if your brain isn't getting enough oxygen, you won't be on top form!

Meat and fish, especially red meats such as beef, pork and lamb, are the best sources of iron.

You can also get iron from bread, breakfast cereals with iron added, pulses (peas, beans and lentils), dried fruit and green vegetables. The iron from these foods isn't so well absorbed by the body as it is from meat but you can boost uptake by including vitamin C-rich foods (e.g. fruit juice, kiwis, tomatoes) at the same meal. For example, a glass of orange juice with your breakfast will help make the most of the iron in the cereal or toast.

Fluid

If you're dehydrated you can feel groggy and irritable and your memory and concentration suffer. By the time you feel thirsty your brain-power has already gone down by 10%! So you need regular fluid top-ups during the day - at least eight mugs, cups or glasses.

Water or milk are the best choices between meals as they won't damage your teeth.

It's also important to avoid becoming dehydrated when you're exercising so keep the water bottle handy.



Who's at risk of low iron?

- **Vegetarians** because meat and meat products are some of the best providers of easily absorbed iron.
- **Teenage girls** because they need to replace the iron lost in blood during their periods.

Bone boosters

Calcium

A calcium-rich diet is a top priority for bones. But one-in-five teenage girls and one-in-ten teenage boys don't get enough.

Missing out now, means missing a unique opportunity for bone building. An amazing 90% of your adult skeleton is formed by the age of 18 and even earlier in girls. Maximising your bone strength now reduces the risk of developing osteoporosis (weak, fragile bones which are more likely to break) later in life.

Milk and dairy products (such as cheese and yogurt) are a great way to give your bones a boost - they're the primary food source of calcium in the UK diet.

3 portions of dairy foods a day will give you all the calcium you need.

Other providers of calcium include tinned fish (if you eat the bones), green leafy vegetables, bread, baked beans, nuts and dried fruit.

Vitamin D

Vitamin D is also important for bone health because it's needed for the absorption of calcium from food. Some vitamin D comes from our diet but we get most from the action of sunlight on our skin. Getting outdoors regularly, particularly in the summer, will help build up your vitamin D levels but take care not to over do it (see The good sun guide, page 14).



Exercise

Bones need regular exercise too. Weight-bearing activities (they're the ones that keep you on your feet) like football, aerobics and brisk walking will help to build up your bones and keep them strong.

Good for bones

- Calcium
- Vitamin D
- Activity

Bad for bones

- Smoking
- Too much alcohol
- Being underweight

Smile!

Nobody wants bad breath or a mouth full of fillings. Here's what to do to keep your teeth and gums healthy.

- Watch the number of times a day you have sugary foods or drinks such as biscuits, cakes, sweets and fizzy drinks.
- Try not to have acidic drinks such as fruit juice and fizzy drinks between meals.

Sweet treats are fine once in a while but have too many, too often, and you can kiss goodbye to your sparkling smile. Every time you eat or drink something containing sugar, bacteria in the plaque on your teeth use the sugar as a fuel and produce acid as a waste product. Acid attacks your teeth, and can eventually lead to decay. It is best to limit sugary foods and drinks to mealtimes.

Fruit juice, squash and fizzy drinks (even the 'diet' ones) are acidic and can damage teeth by a process called erosion. The acid wears away tooth enamel, weakening teeth and making them extra sensitive - ouch! As with sugary stuff, the best protection plan is to keep acidic drinks for mealtimes.

Milk and water are the only drinks which are safe to drink between meals.

- Brush your teeth thoroughly twice a day using a fluoride toothpaste.

This will remove plaque, reducing the risk of gum disease and helping to prevent decay. Use a soft or medium brush that has round-ended bristles to avoid damage to your gums. If your toothbrush looks the worse for wear - bin it! They usually need replacing every three months or so.

- Visit your dentist regularly for checkups and advice.

Top tooth tip: Eating hard cheese decreases the risk of dental caries and dental erosion (WHO Technical Report Series 2003: Diet, Nutrition and the Prevention of Chronic Diseases).



Healthy weight

The best way to maintain a healthy weight is to eat a balanced diet and take regular exercise.

Skipping meals and faddy diets don't work for weight control.

Faddy diets might seem like a quick-fix solution but they often involve cutting out a whole food group, or just eating one or two types of food. They'll leave you short of essential nutrients and because they're difficult to stick to,

they increase the chances of falling into an unhealthy yo-yo dieting cycle.

Skipping meals doesn't work either as you're more likely to hit the high-calorie snacks later on!



Eating disorders

What is an eating disorder?

An eating disorder is a problem with how someone thinks about food. It's not just about not eating enough, it's using food as a way of coping with feelings that are making them unhappy or depressed.

The two most common types are anorexia nervosa and bulimia nervosa.

Anorexia

People who suffer from anorexia have an intense fear of gaining weight. They eat very little and often exercise excessively to burn off calories. They look extremely thin.

Bulimia

People with bulimia eat large amounts of food in binges, and then make themselves sick. They may also take laxatives. Unlike those suffering from anorexia, people with bulimia are often a normal weight.

Both anorexia and bulimia can do serious harm to your body and in severe cases people can die.

Who gets an eating disorder?

People of all ages and from all backgrounds and ethnic groups can suffer from eating disorders. More girls are affected than boys, but boys experience them too.

Eating disorders aren't just about thinking you're fat. They can be linked with problems at home, at school or with friends. Pressure on young people to look a certain way, difficulty adjusting to changes in body shape that come along with puberty, and feeling the need to be 'perfect' can also contribute.

Often people with an eating disorder use their eating as a way of coping with these problems and to try to make themselves feel more in control.

What should I do if I think I've got an eating disorder?

Don't ignore it. Talk to someone you trust and see your GP.

What should I do if I think someone I know has an eating disorder?

Try to talk to them and encourage them to seek help. They may appreciate the chance to talk to someone they trust. It will be a sensitive subject, so tread carefully.

beat (*Beating eating disorders*) young people's helpline: 0845 634 7650 (4.30pm to 8.30pm Monday to Friday, Saturdays 1.00pm to 4.30pm, Bank Holidays 11.30am to 2.30pm). Text service: 077 8620 1820; email: fyp@b-eat.co.uk; www.b-eat.co.uk

Milk myths

Sorting the fact from the fiction.

Myth: Lots of people are allergic to milk

Fact: Milk allergy is actually quite rare - only 2% to 3% of the population are allergic to milk. It affects mainly babies and most children grow out of the problem by the time they are three.

Myth: Milk causes mucus

Fact: There's no scientific evidence of a link between drinking milk and mucus production. In one test, people given flavoured milk and a soya drink found no real difference between the two. Milk does tend to leave a slightly filmy coating in the mouth, but this is the result of milk's texture, not mucus.

Myth: If you're lactose intolerant, you need to ditch all dairy foods

Fact: People with lactose intolerance (they can't digest the milk sugar, lactose, properly) can still enjoy hard cheese (which is very low in lactose), yogurts (the friendly bacteria help with lactose digestion) and small quantities of milk with meals.

Myth: Milk is fattening

Fact: Semi-skimmed milk is a low-fat food - with 1.7% fat and has just 95 calories per 200ml glass. What's more, new research suggests three to four servings of dairy foods a day, as part of a balanced diet, may actually help with weight control!

Fact: Milk contains...

Vitamin A
for eyesight

Vitamin B₁₂
for red blood cells

Calcium
for strong bones and teeth

Carbohydrate
for energy

Magnesium
for muscle function

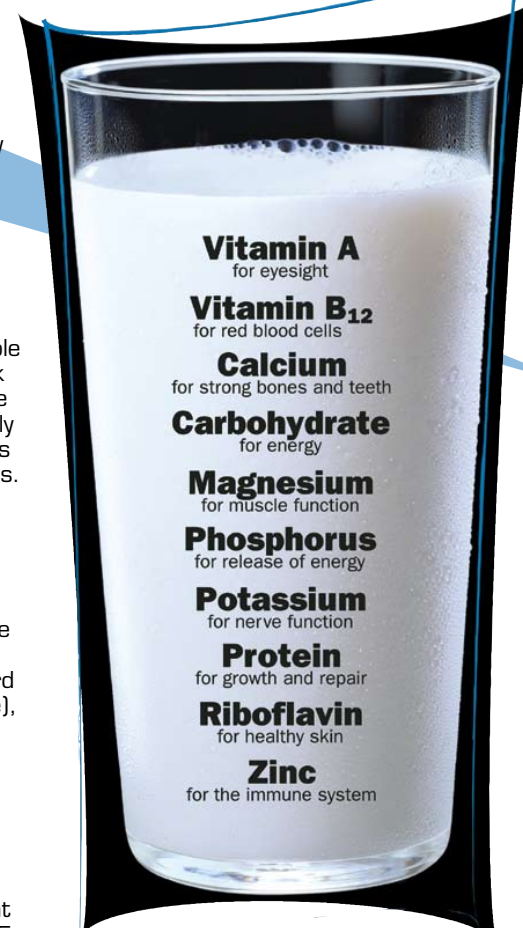
Phosphorus
for release of energy

Potassium
for nerve function

Protein
for growth and repair

Riboflavin
for healthy skin

Zinc
for the immune system



Meal winners!

If it's chips with everything at lunchtime or a take-away for tea, try a few of these ideas. They're easy to make and taste greatso it's a win, win situation!

Cheese on toast

For a super-quick snack, cheese on toast is hard to beat. Just grab whatever bread you fancy - wholemeal, French, ciabatta, pitta, naan - and your favourite cheese and whop it under the grill.

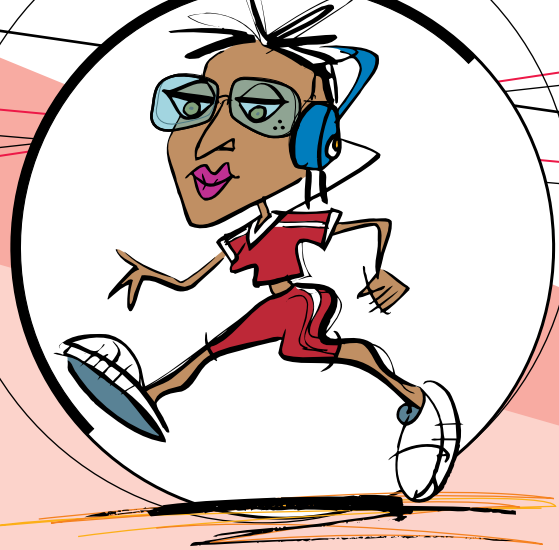
You could add:

- Marmite
- Worcester sauce
- Pickle or chutney
- Chopped ham
- Tomatoes
- Baked beans
- Curry paste

Anything goes!



A. Ham and tomatoes on ciabatta B. Plain fromage frais, chopped chives and pineapple chunks C. Strawberries, black cherry yogurt and milk smoothie.



Baked Potatoes

Potatoes are a great source of carbohydrate for long-lasting energy. If you're in a hurry, cook them in the microwave, they'll only take a few minutes.

Fantastic fillings:

- Plain fromage frais, chopped chives and pineapple chunks
- Cottage cheese with chopped peppers
- Chopped, cooked chicken mixed with apple, raisins and a curry yogurt dressing
- Grated Cheddar cheese and baked beans
- Tuna mixed with plain yogurt and sweetcorn

Smoothies

Whizz up a fruit smoothie - just blend together milk, yogurt and whatever fruit or fruit juice you like.

Combinations to try:

- Banana, vanilla yogurt and milk
- Pineapple, grapes, nectarine, orange juice and yogurt
- Strawberries, black cherry yogurt and milk
- Melon, apple juice and milk

Be proactive!

What stops you feeling down, boosts your confidence, helps you to look and feel great, helps your bones, heart and makes you strong and toned?

Sadly it's not a magic pill - the only thing that can do all this for you is to get off your bum and get active!



So how active are you?

For physical activity to be working you should feel warm and a little out of breath. You don't have to pump iron or pound the pavements to get fit. In-line or roller skating, skateboarding, football, walking, swimming, cycling and dancing are all great ways to get active.

If you like team activities joining a club, or even a class, is a great way to meet new mates! Whatever activities you choose, make sure they're fun, vary them so you don't get bored, and make them a regular part of your life.

- Getting fit can help you through your exams. Research shows that if you're active you'll do better at your school work - being active helps you to concentrate!
- If you aren't normally very active, start gently. Any activity is good so why not start by walking to school or getting off the bus a stop early. Make it a part of your life and build it into your daily routine.
- When you exercise, your body releases chemicals called 'endorphins' that help you feel happy and good about yourself.

Puberty

Young people will experience all sorts of changes during puberty, which can start anytime between the ages of 10 and 18.

Girls stuff

Girls, you will start your periods and they can be a pain, that's for sure. The bad news is you're likely to have one every month for the next 40 years or more.



- Firstly there's the menstrual cycle itself: that's the term used for the monthly process that means having a period, usually every 28 days, but this can vary.
- Week one: day one of the menstrual cycle is the day bleeding begins. This bleeding occurs because the body is shedding the cells and mucus lining the uterus. It will usually last around five days. You will usually lose about 2 tablespoons of blood per period.
- Week two: one ovary prepares to release an egg. On about day 14, the egg is released (ovulation), and begins its journey down the fallopian tube towards the uterus.
- Weeks three and four: this is the time between ovulation and your next period. The lining of the uterus builds up again in preparation for receiving a fertilised egg. If fertilisation does not take place, the lining of the uterus will be shed; this is your next period.

Some of you will suffer from symptoms caused by a period; these can include headache, backache, cramps, moodiness and depression. If you notice that you have a worrying vaginal discharge with irritation and/or unpleasant smell, or if you are suffering with any other problems, you should contact your GP who'll be able to help.

You shouldn't listen to any myths about not washing, swimming or playing any sport when you are having a period. You can carry on as normal and get on with your usual activities.

You can also choose between tampons and pads depending on what you feel most comfortable with. If you're using tampons, you need to make sure that you change them every four hours.

And finally, each girl's period is unique to her body. So if your best mate only has a light four-day period, while you're blessed with a heavy-flow, seven-day one, it's hard luck, but there's nothing wrong with either of you. It can also take a couple of years for your period to settle into a regular cycle, so you shouldn't worry too much if this isn't the case when you first start.

You will also notice that the shape of your body changes a lot during puberty. You become curvier and

develop a waist, hips and boobs. It's perfectly normal to put on a bit of weight and become more voluptuous during this time. When it comes to boobs, some girls get them when they're 12, others might not develop until they're 18. Some people develop huge breasts; others won't be quite so well endowed. **Don't worry** – your body will develop in a way that's just right for you.

Boys Stuff

During puberty, you are at the mercy of the male sex hormone testosterone.

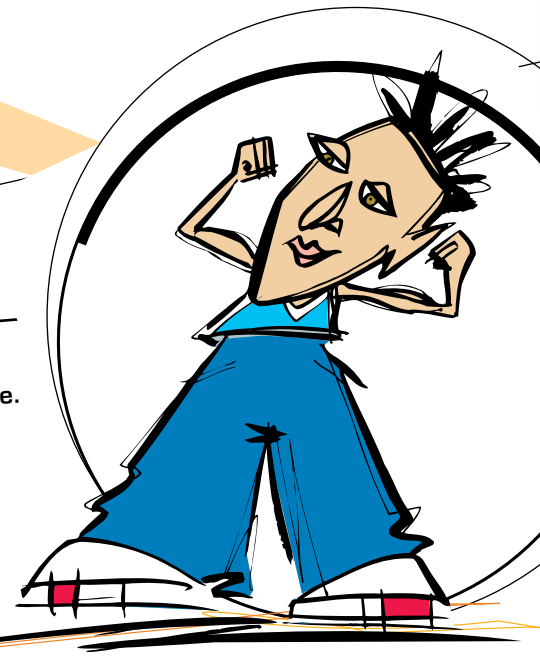
Testosterone is the main male hormone and controls the growth of the male sex organs; it also stimulates the development of muscle and the male characteristics e.g. body and facial hair, and deepens your voice.

One of the first tell-tale signs of puberty kicking in for boys is the appearance of 'bumfluff' on your upper lip. Eventually this hair becomes thicker and spreads to the chin, jaw line and lower cheeks. If you don't want to end up looking like a Wookiee, you can start shaving with an electric or disposable razor. The rate of hair re-growth will dictate how often you'll need to shave.

You'll also have to get to grips with 'squeaky voice' syndrome. As your

larynx gets bigger your voice will deepen. The extension of the larynx shows as a hard bump (cartilage) that sticks out on your throat called the 'Adam's apple'. In the meantime your vocal cords become thicker and longer and you may alternate between sounding like Mickey Mouse and James Bond! Boys – try not to get embarrassed when this happens.

Most girls find the whole process very cute.



Trouble spots

What are spots and why do I get them?

Spots (called acne – if they are bad) are caused by a hormone called testosterone. As you hit puberty your body starts making testosterone, which tells the glands in your skin (called sebaceous glands) to produce oil (called sebum). Sometimes these glands become over reactive and produce too much sebum. When this happens, the pores on your face fill up with sebum bacteria and dead cells get trapped in the pores and hey presto, you end up with a big red spot! The good news is, once your hormones start to settle down, spots become much less frequent.

If you do find that you suffer badly with spots don't worry, there are lots of treatments out there that will help. Just go and see your GP, they'll be happy to help.

I'm forever washing my face but I still get spots. Why?

Spots aren't caused by dirt. If you wash your face too often you could make things worse! Your skin will end up dry and sore. You should wash your face no more than twice a day, using mild medicated soap and water.

It's the sensitivity to testosterone which causes the oil glands to overreact. The pores most commonly affected are on the face, back, neck and chest. The hair follicle (where the oil gland is located) also gets blocked with dead skin cells. These blocked pores are an ideal home for the oil to start attracting the acne bacteria and this, in turn, causes the spot.

For most people spots are an everyday part of growing up and eventually you 'switch off' the sensitivity to the sebum.

There's someone I fancy but they've got really bad spots – could I catch them?

No. Spots aren't contagious – you can't even catch them from kissing!



My friends all say that eating chocolate causes spots. Are they right?

No. That's just a myth. Eating chocolate, biscuits, crisps or fried foods doesn't cause spots. However, eating a balanced healthy diet with plenty of fresh fruit, vegetables and low-fat dairy foods will ensure your body (and therefore your skin) gets all the nutrients it needs.

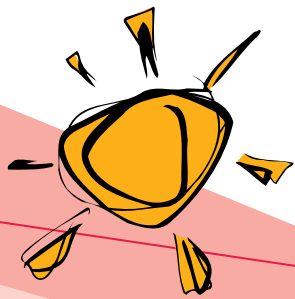
As well as spots I get dry patches – should I use moisturiser?

Yes, moisturiser won't make your spots worse – although you should use an oil-free one.

Finally, if you want help and advice about spots, why not speak to your local chemist or GP.

There are lots of treatments around – but remember all of them can take up to two months to have any effect, so you have to be patient.

The good sun guide



We all feel better when we have a tan; it makes us look and feel healthier.

However, as most of you know, the sun's rays can have devastating effects. Sunburn in early childhood can double the risk of developing skin cancer. This is why it is becoming much more common, with at least 75,000 new cases diagnosed in the UK every year.

Melanoma is the third most common form of cancer for 15-24 year olds, as 80% of a persons exposure to the sun is before they reach the age of 20.

There are only two ways of preventing it:

- Don't sunbathe in the middle part of the day (11am to 3pm) when the sun is at its strongest.
- Clothes and shades are the best protection. If your skin is exposed, use a broad spectrum SPF (sun protection factor) cream 15 or above, with UVA and UVB protection, and reapply regularly.

Skin cancer doesn't happen overnight and you don't need to get sunburnt for it to develop. Long-time exposure to the sun can also speed up the ageing of the skin, making it look dry and dull.

However, if you are determined to have a tan, you can cheat by using a self-tanning lotion – **nobody will know!**

Don't spend hours sunbathing – it's not worth the risk.
For more information: www.sunsmart.org.uk or www.cancerresearchuk.org

Keep it fresh

If your mates suddenly stop returning your calls and start wearing pegs on their noses every time you hang out with them, maybe it's time to start making the bathroom your new best friend. Especially during puberty, you have to be on your guard against strange and powerful pongs.

We all sweat a bit – it's the body's way of keeping us cool, but stale sweat can combine with the skin's natural bacteria and make you smell. If you don't wash yourself or your clothes on a regular basis, all that stale sweat can cause skin irritations and infections.



Similarly, dirty hair, grubby hands and stinky feet are all a real turn-off. So...

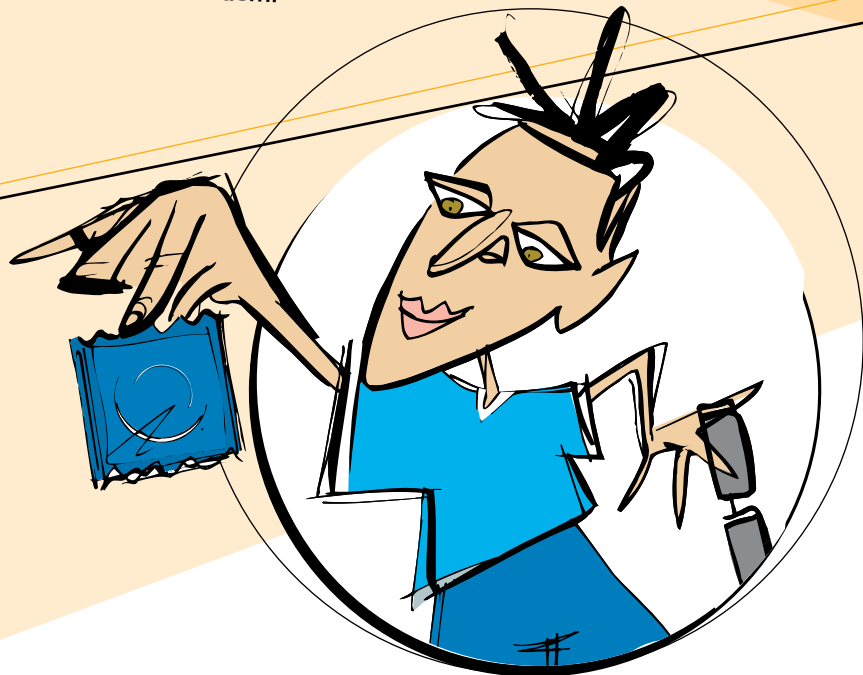
- Shower, bathe or wash every day, particularly after sport.
- Wash your hair at least a couple of times a week (or when it starts to look greasy). Keep dandruff at bay with a good medicated shampoo.
- Invest in some anti-perspirant deodorant to keep you smelling fresh.
- Give your nails a good scrub each day and cut them every couple of weeks. Girls – if you paint your nails, keep them looking good by reapplying it regularly – chipped polish just looks tacky!
- Wash your feet everyday, as stinky feet are a right no-no. Take care to dry your feet well, particularly in between your toes, or infections such as Athlete's Foot may occur.

Athlete's Foot is a fungus infection which often appears between the toes. It can be caused by sweaty feet, tight shoes and not drying your feet properly and can make feet itchy and sore. Treatment can be in the form of an anti-fungal cream or powder available from your local chemist.

Finally, how clean are your clothes? Your clothes will pick up smells both from yourself and the environment. Even if they look clean, they may still smell! So make sure that you wash them regularly.

Sexual health

The most effective form of contraception is not to have sex (remember, sex under the age of 16 is illegal). If you are being pressured into having sex and you don't want to, be confident and just say no. When you do make the decision to have sex, remember to use a condom.



Condoms don't just stop pregnancies, they can also protect against HIV and AIDS. You can't tell by looking if someone has **HIV** (Human Immunodeficiency Virus) or **AIDS** (Acquired Immune Deficiency Syndrome). It can lie undetected for years and there is still no cure.

Condoms also prevent a wide range of other sexually transmitted infections (STI's), such as gonorrhoea, chlamydia, syphilis, herpes and genital warts.

If you think you may have contracted an STI, go and see your GP or local Family Planning Clinic.

If you want advice on all forms of contraception (and girls, if you think you may be pregnant but can't talk to your parents or guardian) there's a wide range of people you can go to in confidence – your GP, your local Family Planning Clinic (find them in the phone book) or groups such as **Brook**, tel: **0800 0185 023** (9am to 5pm Monday to Friday) Text **BROOK HELP** to **81222**

Smoke alarm

If you hadn't sussed already – smoking is bad for you! But you may not have realised just how bad it is.

Smoking has about 50 ways of making you ill and more than 20 ways of killing you.

Smoking ages your skin, firstly by drying the skin's surface and secondly by narrowing the blood vessels that supply the skin. The more a person smokes, the more likely they are to get wrinkles at a younger age!

Smoking causes lung cancer as well as cancers of the mouth, throat, bladder, kidney and pancreas. It can affect your taste and sense of smell.

It's also one of the main risk factors for heart disease and stroke, as well as making conditions such as bronchitis and emphysema worse. It can also lead to early tooth loss and gum disease.

It causes smelly clothes and hair, bad breath, and stains your teeth, nails and fingers.

Here are some smoking stats:

- Every year 114,000 smokers in the UK die from smoking related illnesses.
- It kills approximately six times more people in the UK than road accidents, other accidents, poisoning and overdose, murder and manslaughter, suicide and HIV infection all put together.
- The average smoker dies early – they lose at least a day from every week of their life.
- About half of all regular smokers will eventually be killed by their habit.

In the short-term, smoking has been linked with coughs, chest infections and asthma.

If you smoke 10 cigarettes a day, giving up could save you over £834 a year! **Imagine what you could do with that money!**

For more information:
www.ash.org.uk

Alcohol alert

Because alcohol is widely available (remember it's illegal to buy alcohol under the age of 18) people underestimate how dangerous it can be.



Although alcohol appears to make people feel happier, more outgoing and can make you less stressed, it's actually a depressant drug. That means it slows down your brain, making you feel depressed, clumsy, and unable to speak properly. Larger amounts can make people aggressive and argumentative.

Very large amounts of alcohol can make people a danger to themselves and possibly others. There's also another downside to alcohol – that morning-after feeling a.k.a. a hangover. When you have a hangover you feel thirsty, tired, maybe a bit sick, and usually a bit down or depressed. You have been warned!

- Heavy drinking can result in permanent damage to the liver, stomach, heart and brain.
- Each year, approximately 1,000 people under the age of 15 are admitted to hospital with alcohol poisoning.
- Between 10,000 and 40,000 people die each year in the UK as a result of excess alcohol.

Never mix drink and drugs, even medicines. Drugs can act in unpredictable and potentially dangerous ways if combined with alcohol.

Finally, remember no one can make you drink if you don't want to. You can always say no!

Drugs and solvents

Messing around with drugs and solvents can mess up your life – big time!

People may try drugs because they are curious or have problems at home or school. Don't give in to peer pressure or try them 'cos you think it is trendy or cool'.

Drugs are addictive and can be lethal.



Wise-up to the dangers of some common illegal drugs:

- Cannabis (known as marijuana, hash, weed or grass) – can affect short-term memory, cause temporary distress and confusion, and can eventually lead to respiratory disorders.
- Solvents – can lead to nausea, vomiting, disorientation, unconsciousness and heart problems. They can also damage the eyes, inner ear, muscles and liver and can be fatal.
- Ecstasy – taking this drug can cause panic and confusion, affect the body temperature and control and cause overheating and dehydration, which can be fatal. Heavy users may be risking brain damage.

If you're worried about a friend or would like some help or advice, call Childline on: 0800 1111.

Bullying

Bullying can take many forms. For example:

- Being called names.
- Being teased, pushed, hit or attacked.
- Having your bag and other possessions taken and thrown around.
- Being attacked because of your religion, colour or sexuality.

It can make you scared and upset. It can make you feel that you're no good and that there's something wrong with you. No one has the right to make you feel this way.

If you are being bullied:

- **TELL** someone i.e. teacher, parent or carer.
- **Keep a diary** of what's happening.
- **Practise** what you want to say.
- **Ask your parents or guardian to visit the school and speak to the Head Teacher.**
- **Remember that teachers have to listen carefully when someone tells them they are being bullied.**

You don't have to put up with the bullies!

If you need help, advice or support, call Childline on 0800 1111 or visit www.bullying.co.uk

Exams

Sitting exams is as inevitable in life as your parents saying, "You're not going out dressed like that, are you?"

To help things along, here are some hints for revising:

- **Work out a revision timetable and plan well before the exams begin.**
- **Make summary notes and use revision cards, key words and spider charts.**
- **Ask for help if you don't understand, or if you are feeling stressed-out, talk to someone.**
- **During or after exams you can always talk to your parents, teachers or friends. Don't bottle up your feelings. If you need someone to talk to call Childline on: 0800 1111.**
- **Don't leave revision to the last minute or avoid revising for subjects you don't like.**
- **And don't cram ALL night before the exam!**

Don't get so engrossed that you forget to eat or sleep! It's important to take regular breaks when you are studying and to get a good night's kip before the exam.

Take time out to give yourself a break and be nice to yourself. Whether you pamper yourself at home, do some form of activity or go out with your mates, you need your chill out time too.

Also, make sure that you eat a nutritious breakfast on the morning of the exam. Hunger won't help your nerves, or your concentration – but a good brekkie will!

Most importantly, once they are over, take a rest. You can only do your best on the day and there is life after exams!

With special

thanks to:

> Action on Smoking and Health
British Dental Association
British Potato Council
Cancer Research UK

Childline
Health Development Agency
Royal College of Obstetricians
and Gynaecologists
Maria Coole



Useful numbers and
websites

> Bullying Online
www.bullying.co.uk

ASH
(Action on Smoking and Health)
www.ash.org.uk

Brook
0800 0185 023
(9.00am to 5.00pm
Monday to Friday)
www.brook.org.uk

Cancer Research UK
020 7121 6699
020 7242 0200
www.cancerresearch.co.uk or
www.sunsmart.org.uk

Childline
0800 1111
www.childline.org.uk

beat (beating eating disorders)
young people's helpline: **0845 634 7650**
(4.30pm to 8.30pm Monday to Friday,
Saturdays 1.00pm to 4.30pm,
Bank Holidays 11.30am to 2.30pm)
Text service: 077 8620 1820
email: fyp@b-eat.co.uk
www.b-eat.co.uk

Youth Hostels Association
0870 870 8808

The
DairyCouncil

Tel 020 7467 2629
info@dairycouncil.org.uk

For **free** copies of the Dairy Council's publications visit www.milk.co.uk