

Healthy Body

HEALTHY EATING HELPS US
STAY FIT BOTH PHYSICALLY
AND MENTALLY.



healthy
body



healthy
mind

+



=
happy
life

- ★ TEENS NEED EXTRA NUTRIENTS TO SUPPORT BONE GROWTH, HORMONAL CHANGES AND ORGAN AND TISSUE DEVELOPMENT, INCLUDING THE BRAIN.
- ★ TEENS SHOULD EAT BREAKFAST, DRINK WATER AND LIMIT HIGHLY PROCESSED FOOD, SUGARY DRINKS AND EATING OUT.
- ★ HEALTHY EATING HABITS AND PHYSICAL ACTIVITY CAN HELP LOWER THE RISK OF OBESITY.

THE TEEN YEARS ARE A TIME OF RAPID GROWTH. THEY NEED EXTRA NUTRIENTS TO SUPPORT BONE GROWTH, HORMONAL CHANGES, AND ORGAN AND TISSUE DEVELOPMENT, INCLUDING THE BRAIN. THE TWO MAIN NUTRIENTS OF CONCERN FOR TEENAGERS ARE CALCIUM AND IRON.



EXERCISE RELEASES THOSE FEEL GOOD CHEMICALS WHICH LIFT OUR MOOD. JUST A SIMPLE WALK OR A DANCE AROUND YOUR ROOM CAN DO THE TRICK. FIND SOMETHING THAT YOU ENJOY AND MOTIVATES YOU.

Healthy Mind

Self-Care

SELF-CARE IS ALL ABOUT LOOKING AFTER YOURSELF
AND WHAT POSITIVE THINGS YOU CAN DO TO LOOK
AFTER YOUR PHYSICAL AND MENTAL HEALTH

WAYS BOOST YOUR SELF-CARE:

- KEEPING ACTIVE
- EATING AND SLEEPING WELL
- SPENDING TIME WITH PEOPLE WHO MAKE
A POSITIVE DIFFERENCE TO HOW YOU FEEL
- SPENDING TIME WITH PETS
- MUSIC
- BEING OUTSIDE IN THE FRESH AIR
- JOURNALING
- CARRYING OUT ACTS OF KINDNESS
- TAKING TIME TO RELAX AND SWITCH OFF



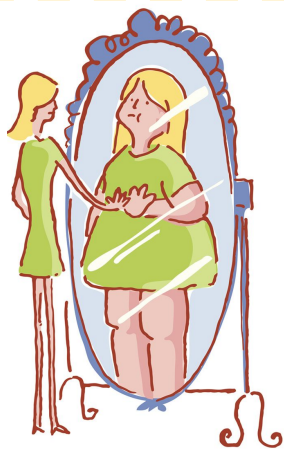
■ ■ ■ ■ ■ Top Tip ■ ■ ■ ■ ■

MAKE YOURSELF A SELF-CARE BOX WITH THINGS THAT MAKE YOU FEEL GOOD
LIKE YOUR FAVOURITE CHOCOLATE, A PHOTO THAT MAKES YOU SMILE ETC

Body Image

WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR? HAVING A POSITIVE BODY IMAGE IS NOT AS SIMPLE AS JUST THINKING YOU LOOK AMAZING!

SEEING BODY IMAGES OF CELEBRITIES AND MODELS CAN REDUCE OUR SELF-ESTEEM AND INCREASE OUR ANXIETY. THE MEDIA PUTS PRESSURE ON US AND SUGGESTS THAT WE SHOULD LOOK A CERTAIN WAY. BUT THE TRUTH IS, THE PERFECT BODY DOESN'T EXIST!



IT'S SO IMPORTANT TO RESPECT YOUR BODY. YOU MIGHT THINK OR HAVE BEEN TOLD THAT YOU'RE 'DIFFERENT' BUT YOU ARE YOU AND THAT'S OK. HAVING A POSITIVE BODY IMAGE MEANS:

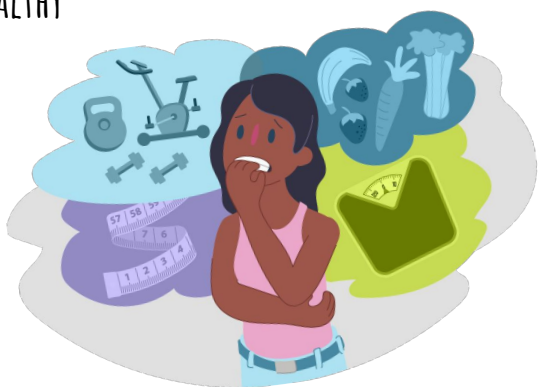
- ❖ BEING HAPPY WITH YOUR BODY THE WAY IT IS
- ❖ FEELING COMFORTABLE WITH YOUR BODY
- ❖ FEELING SATISFIED WITH HOW YOU LOOK
- ❖ CHOOSING TO FOCUS ON YOUR GOOD BITS AND STRENGTHS INSTEAD OF THE THINGS YOU FEEL YOU ARE NOT SO GOOD
- ❖ RECOGNISING THAT WHO YOU ARE AS A PERSON IS MORE IMPORTANT THAN HOW YOU LOOK
- ❖ KNOWING THAT THE HEALTH OF YOUR BODY IS MORE IMPORTANT THAN HOW IT LOOKS
- ❖ VIEWING A RANGE OF WEIGHTS, SHAPES AND APPEARANCES AS BEAUTIFUL

Eating Disorders

EATING DISORDERS CAUSE UNHEALTHY ACTIONS AND ATTITUDES TOWARDS FOOD. MANY CHILDREN AND YOUNG PEOPLE HAVE DIFFICULTIES WITH THEIR EATING STYLES AND SOMETIMES THESE CAN BE VERY SERIOUS. IT IS IMPORTANT TO UNDERSTAND MORE ABOUT THESE DIFFICULTIES AND HOW TO RECOGNISE IF YOU OR A FRIEND HAVE A PROBLEM. FOR SOME, DIETING, OVEREATING, BINGEING AND PURGING BEGIN AS A WAY TO COPE WITH DIFFICULTIES AND TO FEEL IN CONTROL, BUT THESE ARE VERY UNHEALTHY AND DANGEROUS BEHAVIOURS.

OVERTIME, EATING DISORDERS CAN DAMAGE PHYSICAL HEALTH, MENTAL HEALTH AND SELF-ESTEEM.

RECOGNISING THEM AS SOON AS POSSIBLE IS KEY.



What can cause an eating disorder?

EATING DISORDERS CAN BE REALLY COMPLICATED AND THERE ISN'T ALWAYS A SINGLE CAUSE. SOMETIMES THEY OCCUR BECAUSE:

- ❖ LOSING WEIGHT MIGHT MAKE A PERSON FEEL IN CONTROL
- ❖ A PERSON IS UNHAPPY OR SUFFERING FROM MENTAL HEALTH CONDITIONS SUCH AS DEPRESSION AND ANXIETY
- ❖ THE MEDIA IDEALISES BEING THIN AND SUGGESTS THAT WE SHOULD LOOK A CERTAIN WAY
- ❖ SOME PEOPLE USE EATING DISORDERS TO COPE WITH PAINFUL EMOTIONS AND LOW SELF-ESTEEM
- ❖ PUBERTY CAN TRIGGER DISORDERS SUCH AS ANOREXIA, WHICH REVERSES SOME OF THE PHYSICAL CHANGES OF PUBERTY AND THEREFORE DELAYS SOME OF THE CHALLENGES OF BECOME AN ADULT

Eating Disorders

Where can I get support?

FEAST: PROVIDES USEFUL INFORMATION AND ONLINE SUPPORT FOR PARENTS OF THOSE WITH EATING DISORDERS. VISIT: WWW.FEAST-ED.ORG



BEAT: IS THE UK'S EATING DISORDER CHARITY. THEY ARE A CHAMPION, GUIDE AND FRIEND FOR ANYONE AFFECTED BY AN EATING DISORDER. VISIT: WWW.BEATEATINGDISORDERS.ORG.UK

Eating disorders.

Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

IF YOU ARE WORRIED YOU MAY HAVE AN EATING DISORDER, YOU SHOULD TELL A TRUSTED ADULT AND ASK FOR ADVICE OR VISIT THE G.P. THE DOCTOR MAY REFER YOU TO A SPECIALIST COUNSELLOR, PSYCHIATRIST OR PSYCHOLOGIST.

Depression

WE ARE ALL UNHAPPY FROM TIME TO TIME, BUT DEPRESSION IS A SERIOUS MOOD DISORDER WHEN PEOPLE EXPERIENCE LASTING FEELINGS OF UNHAPPINESS AND HOPELESSNESS. IT IS OK NOT TO BE OK, BUT IT IS NOT OK TO FEEL THIS WAY ALL OF THE TIME.

WHAT TO LOOK OUT FOR:

- LOW MOOD MOST OF THE DAY, NEARLY EVERYDAY
- NO INTEREST IN THINGS
- CHANGES IN WEIGHT AND/OR APPETITE
- SLOWER THINKING AND MOVEMENT
- LOSS OF ENERGY
- FEELING TIRED ALL THE TIME
- FEELING WORTHLESS
- LACK OF CONCENTRATION
- FREEZING OTHERS OUT
- MORBID OR POTENTIALLY SUICIDAL THOUGHTS



Depression

- ★ TALK ABOUT YOUR FEELINGS WITH A TEACHER, COUNSELLOR, PARENT OR TRUSTED ADULT WHO WILL LISTEN WITHOUT JUDGEMENT
- ★ USE CREATIVITY TO PROCESS EMOTIONS. DRAWING, PAINTING AND WRITING ARE GREAT WAYS TO EXPRESS HOW YOU FEEL.
- ★ ACCEPT THAT SADNESS IS NORMAL AND THAT EVERYONE FEELS LOW FROM TIME TO TIME
- ★ REMEMBER THAT YOU HAVE FELT SAD AND THAT THOSE FEELINGS EVENTUALLY WENT AWAY
- ★ KEEP DOING THE THINGS YOU ENJOY AND KEEP SEEING THE PEOPLE WHO YOU ENJOY SPENDING TIME WITH
- ★ USE EXERCISE AS A NATURAL ANTIDEPRESSANT: IT PRODUCES ENDORPHINS, THE NATURAL 'HAPPY

Top Tips

Depression

Where can I get support?

Children & Young People's Emotional Wellbeing Hub

THE EMOTIONAL WELLBEING HUB: INFORMATION AND ADVICE FOR PARENTS, CARERS AND PROFESSIONALS CONCERNED ABOUT A CHILD OR YOUNG PERSON'S MENTAL HEALTH, AGED 0-25 YEARS, IN EAST AND WEST SUFFOLK. CALL 0345 600 2090 (MON-FRI, 8AM-7.30PM) TO MAKE AN ONLINE REFERRAL GO TO: WWW.EMOTIONALWELLBEINGGATEWAY.ORG.UK

4YP: SUFFOLK YOUNG PEOPLE'S HEALTH PROJECT, IS A LOCAL CHARITY, WHICH PROVIDES AND COORDINATES SERVICES THAT IMPROVE THE SOCIAL, EMOTIONAL, AND PHYSICAL HEALTH AND WELLBEING OF YOUNG PEOPLE IN SUFFOLK, AGED 12-25. VISIT: WWW.4YP.ORG.UK



IS LIFE GETTING TOO MUCH?

Feeling overwhelmed or suicidal?



www.thesource.me.uk/wellbeing

The Source – information, advice and support for young people in Suffolk.



IS LIFE GETTING TOO MUCH?:

THIS IS A SUICIDE PREVENTION CARD FOR YOUNG PEOPLE WITH ADVICE AND CONTACTS IF THEY ARE EXPERIENCING SUICIDAL THOUGHTS. [CLICK HERE](#) THIS INFORMATION IS ALSO AVAILABLE ONLINE: [CLICK HERE](#)

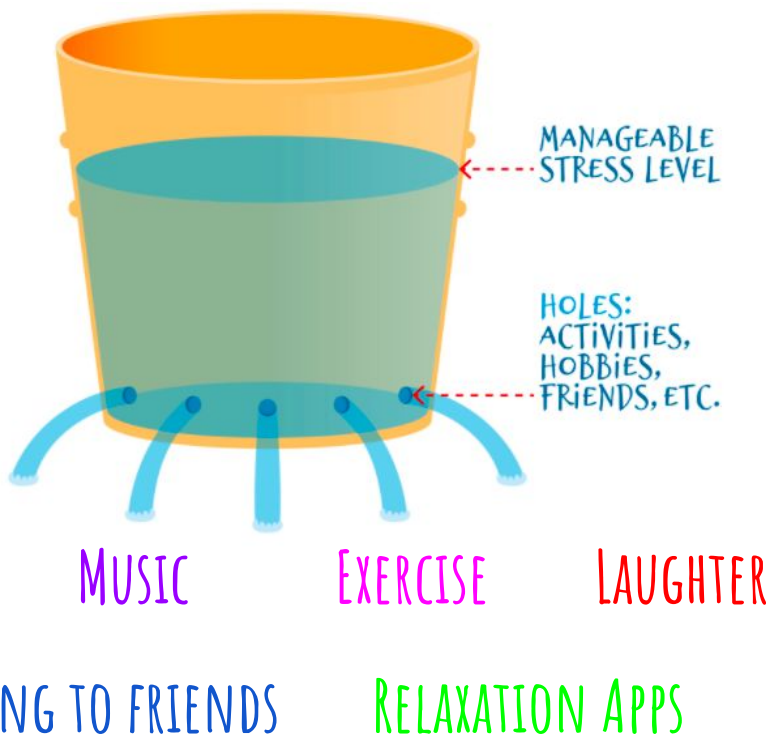
Stress

STRESS IS A PART OF LIFE - TOO LITTLE AND WE GET BORED - TOO MUCH CAN CAUSE OUR BRAIN TO SHUT DOWN. IT IS NOT ALWAYS EASY TO PIN DOWN WHAT STRESS MEANS. IT COULD BE SITUATIONS OR EVENTS THAT PUT PRESSURE ON US OR OUR REACTION TO BEING PLACED UNDER PRESSURE.

Top Tip

THINK OF YOUR BRAIN AS A BUCKET. THE WATER IS YOUR STRESS. WHAT WOULD HAPPEN IF THE WATER KEPT ON FILLING THE BUCKET? EVENTUALLY IT WOULD OVERFLOW AND BE NO USE! HOW CAN YOU STEM THE FLOW OF STRESS INTO YOUR BUCKET?

TO RELEASE YOUR STRESS YOU NEED TO PUT HOLES IN YOUR BUCKET. WHAT WOULD YOUR HOLES BE?



Anxiety and Worry

What is it?

ANXIETY IS A NORMAL, HUMAN FEELING OF FEAR OR PANIC. WHEN WE FACE STRESSFUL SITUATIONS, IT CAN SET OFF OUR BRAIN'S IN-BUILT ALARM BELL SYSTEM, WHICH TELLS US SOMETHING ISN'T RIGHT AND THAT WE NEED TO DEAL WITH IT. OUR BRAIN WANTS THE DIFFICULT SITUATION TO GO AWAY, SO IT MAKES US FEEL MORE ALERT, STOPS US THINKING ABOUT OTHER THINGS, AND EVEN PUMPS MORE BLOOD TO OUR LEGS TO HELP US RUN AWAY.

MOST OF US WORRY SOMETIMES – ABOUT THINGS LIKE FRIENDSHIPS OR SCHOOL – AND FEEL ANXIOUS WHEN WE'RE UNDER STRESS, LIKE AT EXAM TIME. BUT AFTERWARDS WE USUALLY CALM DOWN AND FEEL BETTER.

BUT WHEN YOU'RE NOT IN A STRESSFUL SITUATION, AND YOU STILL FEEL WORRIED OR PANICKY, THAT'S WHEN ANXIETY CAN BECOME A PROBLEM

Top Tips



- ★ CHECK IN WITH YOUR FEELINGS - WHY ARE YOU FEELING THE WAY YOU DO
- ★ STOP! - WHEN YOU BEGIN TO WORRY, TELL YOURSELF TO STOP. TAKE YOUR THOUGHTS ELSEWHERE
- ★ WORRY TIME - ALLOCATE TIME EACH DAY TO WORRY. WHEN THE WORRY POPS INTO YOUR HEAD, REMIND YOURSELF YOU CAN THINK ABOUT LATER DURING YOUR WORRY TIME.
- ★ IF YOU ARE WORRYING ABOUT SOMETHING THAT MAY HAPPEN, GIVE IT TO YOUR FUTURE SELF, IT'S NOT FOR NOW.

Anxiety and Worry symptoms

YOU MIGHT START OUT JUST FEELING GENERALLY ANXIOUS, BUT IF YOUR SYMPTOMS GET WORSE OR LAST LONGER THAN THEY SHOULD, IT COULD BE TIME TO GET SOME SUPPORT.

SYMPTOMS INCLUDE:

- ★ FEELING NERVOUS, ON EDGE, OR PANICKY ALL THE TIME
 - ★ FEELING OVERWHELMED OR FULL OF DREAD
 - ★ FEELING OUT OF CONTROL
 - ★ HAVING TROUBLE SLEEPING
 - ★ LOW APPETITE
 - ★ FINDING IT DIFFICULT TO CONCENTRATE
 - ★ FEELING TIRED AND GRUMPY
 - ★ HEART BEATING REALLY FAST
 - ★ HAVING A DRY MOUTH
 - ★ TREMBLING
 - ★ FEELING FAINT
 - ★ STOMACH CRAMPS AND/OR DIARRHOEA/NEEDING TO PEE MORE THAN USUAL
 - ★ SWEATING MORE THAN USUAL
 - ★ WOBBLY LEGS
 - ★ GETTING VERY HOT
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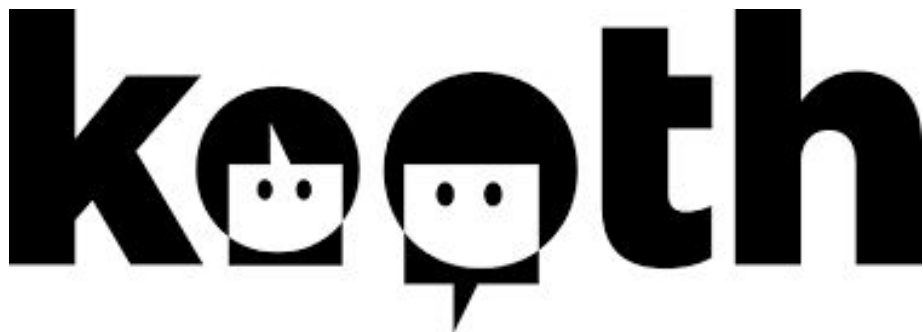


IF YOU EXPERIENCE ANY OF THESE SYMPTOMS ABOVE, IT DOESN'T MEAN YOU DEFINITELY HAVE AN ANXIETY PROBLEM. BUT IF ANY OF THEM ARE AFFECTING YOUR EVERYDAY LIFE, IT'S A GOOD IDEA TO TELL SOMEONE YOU TRUST ABOUT HOW YOU'RE FEELING.

Anxiety and Worry

Where can I get support?

KOOTH: A FREE ONLINE COUNSELLING AND EMOTIONAL WELLBEING SERVICE FOR YOUNG PEOPLE IN SUFFOLK, ACCESSIBLE THROUGH MOBILE, TABLET AND DESKTOP. VISIT: WWW.KOOTH.COM



CHILDLINE: ADVICE FOR CHILDREN ON MANAGING ANXIETY. THEY ALSO HAVE A CALM ZONE WITH ACTIVITIES AND VIDEOS TO HELP CHILDREN KEEP CALM. [CLICK HERE](#)

YOUNG MINDS NOT ONLY SUPPORT CHILDREN BUT THEY HAVE CREATED A PARENTS HELPLINE FOR EXPERT ADVICE ON WHAT YOU CAN DO. VISIT: WWW.YOUNGMINDS.ORG.UK

YOUNG
MiNDS

CHATHEALTH: 11-19 YEAR OLDS CAN ASK FOR CONFIDENTIAL HELP AND ADVICE ON HEALTH ISSUES FROM A SUFFOLK SCHOOL NURSE. TEXT: 07507 333356 (MON-FRI, 9AM-4.30PM)



LGBTQ

OUTREACH YOUTH: SUPPORTING LESBIAN, GAY, BISEXUAL, TRANS, QUEER OR QUESTIONING YOUNG PEOPLE (UP TO THE AGE OF 25) THROUGH SAFE, WELCOMING AND NON-JUDGEMENTAL LGBT*Q+ GROUPS AND 1-1 SUPPORT. ADVICE AND SUPPORT FOR PARENTS/PROFESSIONALS AS WELL. CALL OR TEXT ON: 07999730289



[HTTPS://OUTREACHYOUTH.ORG.UK/](https://outreachyouth.org.uk/)

bereavement



WHEN SOMEONE DIES: THIS IS AN ADVICE PAGE ON THE SOURCE WEBSITE FOR YOUNG PEOPLE IN SUFFOLK WHO ARE EXPERIENCING THE LOSS OF SOMEONE. [CLICK HERE](#)

Young Carers

SUFFOLK FAMILY CARERS: PROVIDE SUPPORT TO FAMILY CARERS OF ALL AGES ACROSS SUFFOLK WHO LOOK AFTER SOMEBODY DUE TO ILLNESS, MENTAL HEALTH OR SUBSTANCE MISUSE. CALL: 01473 835477 VISIT:

[HTTPS://SUFFOLKFAMILYCARERS.ORG](https://suffolkfamilycarers.org)

Suffolk ●●●
Young Carers

Helpful Apps

DISTRACT: AN APP THAT PROVIDES INFORMATION AND ADVICE ABOUT SELF-HARM AND SUICIDAL THOUGHTS



SMILING MIND: MINDFULNESS MEDITATIONS AIMED AT REDUCING STRESS AND ANXIETY, AND BOOSTING CONCENTRATION LEVELS

MEETWO: AN APP TO HELP TEENAGERS TALK ABOUT DIFFICULT THINGS, WITH A SAFE AND SECURE FORUM FOR TEENAGERS WANTING TO DISCUSS ANY ISSUE AFFECTING THEIR LIVES.



CATCH IT: CATCH IT HELPS USERS MANAGE FEELINGS LIKE ANXIETY AND DEPRESSION, AND BETTER UNDERSTAND THEIR MOODS THROUGH USE OF AN ONGOING DIARY

CALM HARM: AN APP DESIGNED TO HELP PEOPLE RESIST OR MANAGE THE URGE TO SELF-HARM



FOR ME: AN APP FROM CHILDLINE OFFERING ADVICE, COUNSELLING AND GROUP MESSAGE BOARDS

CLEAR FEAR: AN APP TO HELP WITH MANAGING ANXIETY, REDUCING PHYSICAL RESPONSE TO THREAT AND CHANGING THOUGHTS AND BEHAVIOURS



RECHARGE - MOVE WELL, SLEEP WELL, BE WELL: A PERSONALISED SIX-WEEK PROGRAMME TO HELP IMPROVE MOOD AND ENERGY LEVELS

Keeping Safe Online

THERE ARE A HUGE AMOUNT OF THINGS TO SEE AND DO ONLINE THAT CAN HELP BOOST OUR MENTAL HEALTH. BUT IT'S IMPORTANT TO KNOW HOW TO NAVIGATED AND KEEP SAFE ONLINE. IT'S ALL ABOUT BEING AWARE AND BEING RESPONSIBLE

Ten Essential Rules

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 ONLINE MOST PEOPLE CAN SEE IT AND MAY BE ABLE TO DOWNLOAD IT. IT WILL ALSO REMAIN IN CYBERSPACE FOREVER, EVEN IF YOU DELETE IT.
3. KEEP YOUR PRIVACY SETTINGS AS HIGH AS POSSIBLE
4. NEVER GIVE OUT YOUR PASSWORD
5. DON'T BEFRIEND OR ACCEPT/FOLLOW PEOPLE ON SOCIAL MEDIA THAT YOU DON'T KNOW
6. DON'T MEET UP WITH PEOPLE YOU HAVE MET ONLINE. SPEAK TO A TRUSTED ADULT 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 - TELL A TRUSTED ADULT IMMEDIATELY.

IF YOU ARE CONCERNED ABOUT ONLINE SAFETY OR BULLYING, VISIT THIS WEBSITE TO FIND OUT MORE ABOUT AND REPORT ONLINE ABUSE: WWW.CEOP.POLICE.UK

Our Safeguarding



MR ANSTEE-PARRY
(DEPUTY HEAD, DSL AND
SENCO)



MISS MAHONEY
(ASSISTANT HEAD =
BEHAVIOUR)



MRS JACKSON
(FAMILY LIAISON
OFFICER AND ADSL)



MISS KEINZLEY
(BEHAVIOUR SUPPORT
ASSISTANT/ADSL)



MISS CRABTREE
(ASSISTANT SENCO
AND ADSL)



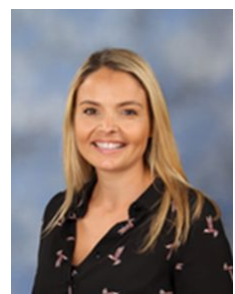
MRS SHEPPARD
(SAFEGUARDING
ADMIN/ADSL)



MR LEMARREC
(BEHAVIOUR
MANAGER)



MRS BROWN
(ELSA/TA)



MRS ADAMS
(ELSA/TA)

& Pastoral Team

