

Young Minds

Services Ltd



ROAD SAFETY
SWIMMING
OUR ENVIRONMENT
ALCOHOL, SMOKING, DRUGS
STRESS, ANXIETY AND BULLYING

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**THE WAY WE SEE OURSELVES IS NOT ALWAYS
THE WAY OTHERS SEE US!**



We like to talk. More importantly, we want to get you talking too.

We don't want to preach or state the obvious. The aim of this booklet is to give you a snapshot of the difference YOU can make by being a little bit more 'aware'. A difference to your friends and family; to yourself and your personal safety; to your community; to the environment.

AWARENESS

"how individuals monitor and perceive information surrounding them and the environment they are in. Gaining knowledge and understanding."

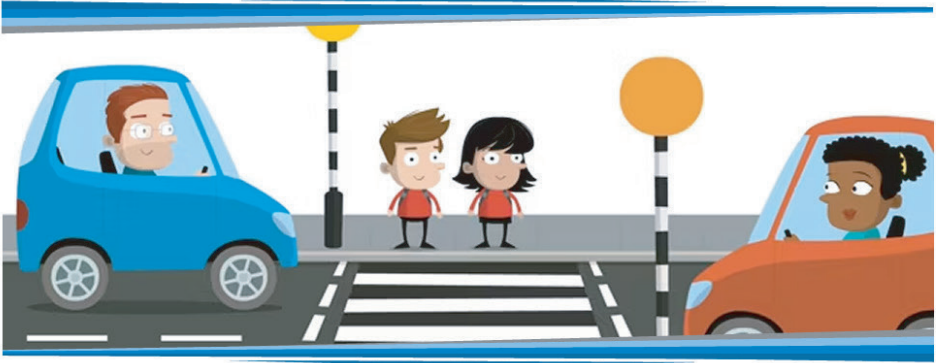
SELF-AWARENESS

"an understanding of ourselves, experiencing and seeing ourselves as unique and individual – a conscious knowledge of our own character feelings."

We're asking you to use YOUR awareness to make a difference.

ROAD AWARENESS

It may come as a surprise, but teenagers and young adults are more likely to be injured or killed in a road collision than any other age group!



Here's why:

- Listening to music through earphones. You lose the sense of your surroundings. You aren't paying attention.
- Using mobile phones – texting, on social media, chatting to friends. It is still extremely important that you stay focused on what is happening around you.

THESE ARE KNOWN AS 'DIVIDED ATTENTION' OR 'INATTENTIONAL BLINDNESS'.

LOOK OUT FOR:

**Drivers
Cyclists
Pedestrians**

"THERE IS NO LAW AGAINST THE USE OF HEADPHONES WHILST CYCLING. SHOULD THERE BE? POSSIBLY. WHAT IS IMPORTANT RIGHT NOW IS THAT YOU TAKE THE RISKS SERIOUSLY AND CONTINUE TO BE ALERT TO WHAT IS GOING ON AROUND YOU - AT ALL TIMES."

Tips to stay safe on the roads (walking or cycling):

STAY AWARE AT ALL TIMES.

- If you are out in the dark ensure that you can be seen
- When crossing the road – Stop : Think :
Look & Listen : Wait until it's safe to cross (don't take risks)
- At night ensure your bike lights are working and wear something luminous
- Do not use your mobile whilst cycling. It's extremely dangerous, for you and others
- Whenever possible use the cycle lanes
- Always wear a helmet
- Stick to well-lit areas
- Check tyres and brakes on a regular basis
- Cross roads at zebra crossings and traffic lights (the green cross code)

Note: If cycling at night your bike **MUST** have white front and red rear lights lit.

Get it checked.

Note: If you are using your mobile whilst out and about please take extra care.

Note: Drivers have a duty of care. Unfortunately, they can also become distracted or you may be in their blind spot. Stay safe.

ALWAYS STAY VIGILANT TO THE DANGERS.

SWIMMING AWARENESS

Sadly, drowning is the second leading cause of death in young people (up to the age of 24). Whilst communal swimming areas are governed by legal requirements for health and safety, and will be manned by fully qualified lifeguards, the majority of outdoor water isn't! For example, reservoirs, quarries, lakes etc.

SWIM SAFE - BE AWARE



SAFETY IN OUTDOOR WATER

• If there are signs stating 'Danger' - 'Deep Water' - 'No Swimming' ... DO NOT ignore them. They are there to keep you safe

- Never swim alone

- Do not jump or dive into cold water – it can send your body into shock and may leave you too exhausted to swim within minutes. In hot weather the water around the edges can warm up quickly; underneath the temperature can stay extremely cold

- Never dive into open water. This could prove fatal if you hit something under the water. Jagged rocks, rubbish, or the possibility of strong currents which may pull you underneath the water, are all unknown dangers

- How deep? If you can't stand up in open water you could get into serious difficulty

If you do get into trouble please be aware of secondary drowning possibilities, and seek medical attention immediately if you suffer from any of the following:

- Breathing problems (shallow breaths, gasping, wheezing)

- Bluish skin around the lips, cold skin, or pale appearance (after warming up from cool water)

- Swollen abdomen, or chest pain

- Coughing or vomiting

- Lethargy, with unusual behavior (irritability, confusion, restlessness)

Whilst you may not think this is something for you to worry about right now, we ASK that you do start to think about the future and how you can help to make a difference. Small changes you can make will all add up to make BIG changes to our environment.

- Switch off lights in empty rooms
- Switch off games, TV's, laptops and computers – don't leave them on standby
- Stop buying drinks in plastic bottles. Get a reusable bottle and drink smart! Saving money is a bonus. Reducing sugary drink intake can also be a massive health benefit
- Recycle where possible. Plastic & glass recycling is becoming easier with City Councils providing relevant bins. At home insist that your parents recycle whenever possible. Paper / food / bottles & tins
- Don't run the tap when you brush your teeth! Shower rather than bath
- Donate old clothes, phones, books, toys. Don't throw them away. Ask at school if you can set up a donation bank with a local charity
- Walk or cycle to school / college! A great health and fitness opportunity, but also reduces carbon dioxide from car exhaust fumes and greenhouse gases, linked to global warming
- Take a lunchbox to school. If you do buy pre-packed sandwiches, try to recycle the packaging
- Stop using aerosols (deodorant, hairsprays, air fresheners, etc)

ALCOHOL, SMOKING & SUBSTANCE ABUSE

In our campaign for 'Awareness' we wanted to point out some major facts you should consider.

Don't get drawn in by peer pressure. If you think it's wrong, you feel uncomfortable taking part or simply don't want to, then DON'T-resist – walk away – say no! Easier said than done? Talk to a responsible adult. We're talking and so should you!

Trust your instincts – Say NO

Plan ahead - If you know you're going to an event which may bring with it challenging situations and peer pressure, plan what you may need to say or do to ensure that you don't get drawn in unwillingly. Saying no to alcohol or drugs! Saying no to unwanted sexual advances. It's OK to say NO. You just need to work out how to say it with confidence and meaning.

Alcohol – Alcohol can affect all aspects of your life, including your health and well-being. It is a depressant and plays havoc with your judgement – which can lead to risky behaviour such as fighting or having unprotected sex. It has been proven that drinking under the age of 20 is associated with abnormalities in the areas of the brain which focus on motivation, reasoning and interpersonal skills.

Drugs – Drugs alter the way you THINK, FEEL and BEHAVE! They can have serious consequences on your health, and in some cases you could end up with a criminal record! Possessing or dealing illegal drugs is a criminal offence under the Misuse of Drugs Act 1971.

Smoking – Smoking tobacco can cause immediate and long-term harm to your health. We hear about smoking causing cancer, which can be life threatening, but you should also consider the effect it can have in the short term!

- Your skin - skin damage and wrinkles
- Your oral hygiene will suffer – yellow teeth, bad breath
- Your heart - early onset heart disease, with reduced physical fitness, shortness of breath, coughing and wheezing!

FIRE RISKS AND SAFETY

A shocking fact is that around 50% of the fires that are started deliberately are lit by children and teenagers. In some cases with disastrous consequences. Fires can spread quickly and not only put you in danger, but also our wildlife and nearby homes. Our fire service works under immense pressure. Be aware and consider the dangers.

NEVER deliberately start a fire. What may seem harmless fun can very quickly get out of control. Just a simple spark from a fire can cause clothing to set alight very quickly. Burns are extremely painful and can scar for life.

OFTEN TEENAGERS AND YOUNG ADULTS ENGAGING IN RISKY BEHAVIOUR DON'T THINK THAT WHAT THEY ARE DOING IS RISKY.

TAKING RISKS OR DARING OTHERS TO TAKE RISKS IS EXTREMELY DANGEROUS, POSSIBLY LIFE THREATENING. THE CONSEQUENCES CAN BE FAR REACHING AND LONG-LASTING.

ALWAYS STOP AND THINK ABOUT THE EFFECT YOUR ACTIONS MAY HAVE, FOR YOURSELF AND OTHERS.

STRESS AND ANXIETY

Growing up brings with it uncertainties, insecurities and challenges - things that change who we are as an adult. How aware are you about your school friends and the challenges they face? Have you noticed changes in them? Could you offer to help, step in and be supportive?



Changes in behaviour can be an indication that your friends are experiencing stress and anxious feelings. This could relate to situations outside their control, such as bullying, family feuds, academic pressure, changes in family dynamics (separation of parents, illness etc).

Are YOU suffering in silence?
Feeling overwhelmed and anxious?

Please don't – speak to someone and ask for their help.

Together we need to put a **STOP** to bullying

BE AWARE: Look out for signs and try to help, or speak to a teacher or responsible adult with your concerns about friends who may show signs of:

- Withdrawing from social interaction, skipping school, missing parties, or just general meet-ups
- Lack of appetite, or changes in eating habits
- Becoming secretive
- Avoiding certain topics of conversation, becoming agitated during certain topics
- Complaining of stomach aches or headaches on a frequent basis
- Behavioural changes, such as short-tempered, moodiness, crying
- Developing nervous habits, such as nail biting, fidgeting
- Being disruptive in lessons, causing fights

If you see others being bullied, or being bullies, please **REPORT IT** immediately. Bullying is a serious problem and can have devastating consequences. Quite often those being bullied will be embarrassed and not report the situation for fear of making it worse, or not being believed! They may not want others to see a weakness in them that they are being targeted! If you are **AWARE** then please voice your concerns and get them the help they need.

TALKING AS A FAMILY

Openly talk to each other. Don't fear those awkward or embarrassing questions. Ensure NOTHING is off limits to discuss. Sometimes fear or embarrassment stops us from discussing certain topics. It is so important that we overcome our inhibitions.

Show understanding and try not to pre-judge issues before you have all the facts and have taken time to work through them. Not everything is as it may first appear.

NEVER brush aside someone's concerns or worries. Whilst they may seem unwarranted they may come from more deep-rooted issues and be an initial cry for help.

Speak to the school safe-guarding officer if you have concerns and feel that you need to reach out.

Voice your concerns about others. They may be unfounded but it's much better that you SPEAK OUT than ignore.



USEFUL CONTACTS

Victim support
www.victimsupport.org.uk
Tel. 0845 30 30 900

Drink Aware
www.drinkaware.co.uk

www.childcare.co.uk/information/kids-going-green

www.healthcommunities.com/adolescent-safety/children/lifestyle-risks.shtml

www.gethealthystayhealthy.com/articles/teen-smoking-facts



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THANK YOU TO ALL THE BUSINESSES WHO HELP US TO CONTINUE OUR MISSION TO ASSIST THOSE IN OUR LOCAL COMMUNITIES AND SCHOOLS.

THE GENEROUS SUPPORT OF INDIVIDUALS AND BUSINESSES MAKE IT POSSIBLE FOR OUR ORGANISATION TO EXIST. WORKING TOGETHER TO ENSURE OUR COMMUNITIES PROVIDE A SAFER AND MORE ENJOYABLE PLACE TO LIVE.