



keep calm and read on...



A Mental Health Resource for Young People

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INTRODUCTION

MANCHESTER HEALTHY SCHOOLS TEAM HAS WORKED WITH YOUNG PEOPLE WITHIN MANCHESTER TO PUT TOGETHER THIS HELPFUL GUIDE TO GIVE YOUNG PEOPLE INFORMATION ON ISSUES THEY OR OTHERS MIGHT FACE.

Young people have contributed to the illustrations as well as shared their own experiences in the hope that this will help others. They have written their stories in their own words which we haven't edited so that their stories remain true to their voices.

This handy guide looks at some problems that young people face today, and we have included some national and local contact details of useful agencies who

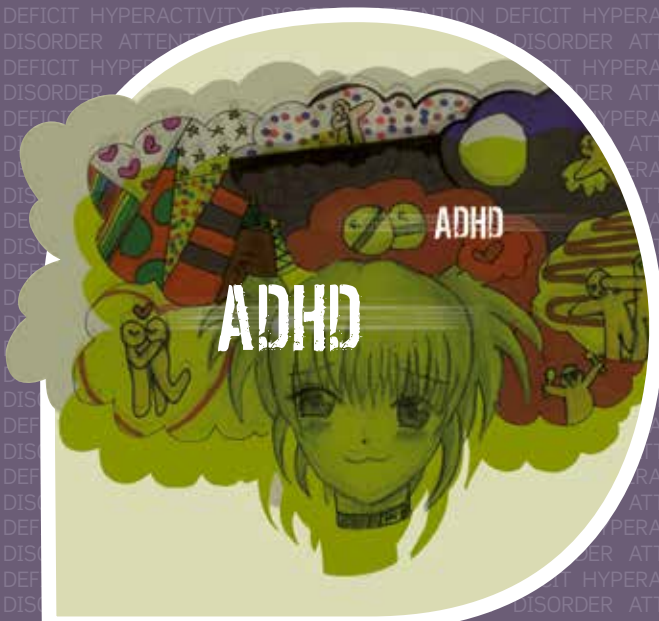
will be able to help. We've worked hard to make sure these details were up-to-date at the time of producing this resource, but these could change over time. If you have any problems contacting any of the agencies mentioned or seeking advice or any of the content of this resource causes you concern, you can get in touch with your local Child and Adolescent Mental Health Service (details can be found on page 232).

We'd like to say a big thank you to all the young people who contributed and we hope you find this resource helpful.

ADHD

ADHD

ADHD



OUR STORIES...

LIVING WITH ADHD.

My best friend at school has ADHD and it really affects her functioning at school and stuff. She often gets distracted by small things. Sometimes she gets so distracted by small things that she has to stay in over lunch and dinner. She has a support worker who helps her keep her focus but sometimes it's just difficult for her, although sometimes she can focus without her support. She tends to enjoy practical things at school because things are constantly interesting, sometimes it's just because she's getting bored that she becomes distracted. Sometimes when she's excitable she annoys people on purpose, or becomes fussy and argumentative. She is very sensitive about the issue of her problems, so I agreed to write this for her. Although I have noticed as she's getting older her problems are becoming less obvious and she is more able to function. I just hope that her improvements continue.

LIVING WITH ADHD IS HARD.

People say you can't use it as an excuse when you 'go sick'. This is when it gets well bad as you get worse and this makes me 'MAD'. I can KICK OFF royal style. I do not use it as an excuse I just don't feel that people listen and they jump to conclusions about me.

Some teachers can be safe with you whereas others just hear about you in the staff room and 'title you'. They think you are going to be trouble and they treat you differently. I wish people and teachers would get to know me and not just my title.

A YOUNG MOTHER'S ACCOUNT OF ADHD

Any child can be demanding at any age. A child with ADHD is a continuous battle of right and wrong and often a battle of wills. As a parent I have often wondered what "I have done wrong" as my child can be a pain. They get into mischief wherever I go and you constantly feel as if you are on their back to be 'good'.

This is not the case, you are just clarifying the boundaries and wanting to be able to rest as other parents are doing (naturally). However, this little person has other ideas.

When my son was two years old we decided to visit Knowsley Safari Park, my neighbour said jokingly before we left "bring me a monkey back". Whilst being in the monkey enclosure a little voice came from the back of the car "I have got one".... all panic broke loose trying to get the monkey out of the car. Here we go again I thought. There is never a dull moment when there is a child with ADHD. Many of the incidents have been funny and others that bad I have cried for days through exhaustion. You can often feel you are always on-call 24/7. Like many parents I do not judge my child I have just adapted my life in order to meet his needs.

WHEN I WAS YOUNG I WAS DIAGNOSED WITH ADHD.

It was hard especially at school. I was always getting into trouble and was easily influenced into doing something wrong. It upset me and hurt me when I got into trouble for things I didn't mean to do. My teacher had a lack of understanding and that used to annoy me. Other young people also tried to steal my medication because of the reverse effect it had on people without ADHD. I used to get bullied because of it. As I got older I made friends who understood the ways of the streets and taught me some valuable lessons. I have calmed down now, now I have better influences around me.

SIGNS TO LOOK OUT FOR



- problems staying focussed on school work and other activities
- Impulsive
- Disrupted sleep patterns
- Difficulty concentrating
- Feeling misunderstood
- Can feel isolated as no-one understands
- Depression

HOW TO HELP ME



- Please do not say I am 'bad' as I do not always understand!
- Try to understand me
- Explain 'reasons' to me and do not think I will automatically understand
- Try to not judge me

USEFUL CONTACTS



Childline

0800 11 11

Young Minds

0800 018 2138

www.youngminds.org.uk

youth to youth

0208 896 3675

www.youth2youth.org.uk

www.thesite.org

www.time-to-change.org.uk/youngpeople

Get connected

0808 808 4994

Information & support services **0208 906 9068**

(Useful local numbers are at the back of the book)

ADOPTION

ADOPTION

ADOPTION



MY STORY...

WHO AM I?

I've lived with my adoptive parents since I was four. I'm 16 now and a couple of years ago I wanted to know who my 'real' mum and dad was. Don't get me wrong I love my adoptive mum and dad loads and loads – they really supported me when I started to ask questions.

But I felt something was missing, I always felt different from my brother and sister – I felt like an outsider. They knew where they came from – I didn't. They are lucky, they know their mum and dad.

I've been very angry, especially when I was in year 8 and year 9. I used to shout at my teachers and got in trouble with the police. I now realise that my behaviour was maybe because I wanted to know who my mum and dad was.

Last year I met my mum for the first time, it was ok. I didn't know what to say to her and I cried for a bit, she also cried. I was pleased to see her but I felt angry that she gave me away but she said she couldn't look after me because she was taking loads of drugs.

I see my other mum once a month at the moment, we've been shopping and gone to the cinema. It will take time to get used to her but I feel a bit better now that I've seen her, hopefully she feels the same way.

**ACTION > YOU'RE
NOT ALONE, THERE'S
ALWAYS SOMEONE
YOU COULD TALK TO.**



HOW DOES IT FEEL

- Lonely
- You have questions like:
Where do I come from?
What are my birth parents like?
I'm not sure who I am?
What is my heritage?



USEFUL CONTACTS

Help and support – if you have doubts, worries or questions regarding adoption you can contact:

After Adoption **0800 056 8578**

Young Minds **0800 018 2138**

www.thesite.org

youth to youth **0208 896 3675**

www.youth2youth.org.uk

Get connected **0808 808 4994**

www.getconnected.org.uk

Child line **0800 11 11**

(Useful local numbers are at the back of the book)

ALCOHOL

ALCOHOL

ALCOHOL



DANGERS OF ALCOHOL ABUSE

Heavy drinking over time can cause liver damage and heart problems.

There is a greater danger of death or injury when drinking as you may be less aware of what you are doing.

It is illegal to sell alcohol to under 18s and the police can confiscate alcohol from under 18s in public places.

MY STORY...

FOR YEARS MY MUM HAS DRUNK EXCESSIVE AMOUNTS OF ALCOHOL. It was usually worse when my mum and dad were fighting. When she drank she used to turn into a different person. She became extremely aggressive and violent. Her body language and tone changed. It was like Jekyll and Hyde. She scared me so much when she drank because I knew what was going to happen. She would hit me and scream so loud. I grew to hate alcohol because of the affect it had on my family. I went to see a counsellor at Eclipse. The counsellor I was seeing was the nicest man I ever met. He was never judgemental and listened to everything I said. I'm so glad I had someone to talk to, I wouldn't have got through it on my own.



- Drinking alcohol under the age of 18 can be very harmful
- Find out about alcohol and its effects
- Talk to people you can trust
- If you are offered alcohol, be prepared for what response to give - think about how you can deal with peer pressure
- If you are worried about alcohol contact one of the services below
- For confidential advice and support contact Eclipse



USEFUL CONTACTS

Alateen 0207 403 0888
www.al-anonuk.org.uk

Alcoholics Anonymous 0845 769 7555
www.alcoholics-anonymous.org.uk

Drinkline 0800 917 8282

Early Break 0870 389 2080
www.earlybreak.co.uk

Eclipse drug and alcohol service
0161 273 6686

Young Minds 0800 018 2138
www.youngminds.org.uk

www.drinkaware.co.uk

(Useful local numbers are at the back of the book)

ANOREXIA

AM - FAT

ANOREXIA

FOOD

PRO
A

ANOREXIA

ANOREXIA

Anorexia Nervosa is an eating disorder in which a person restricts the amount they eat or drink. The illness can distort the way a person thinks about food and gives them a distorted perception of their body. It is important to seek medical advice as soon as possible.

MY STORY...

IT ALL STARTED WHEN I WAS AT SECONDARY SCHOOL. I'd look around at other people and just think they were all better looking than me, and they were the ones that got the lads looking at them.

My sister's boyfriend didn't help, he'd always tease me and make fun of me, he probably thought it didn't bother me, but it did, it made me feel upset.

People would sometimes tell me that I wasn't fat and that I was just normal, but I just felt that I was fat. So I started to eat less and less, until all I was eating was one meal a day or sometimes I wouldn't even eat that, so I started to lose weight, but even when I lost weight it just wasn't good enough and I wanted to lose even more.

The lowest I got down to was six stone, in a way I felt good about what I was doing because everything else in my life felt out of control and this was like the one thing I could control.

All of this went on for about a year but I decided to start eating more bit by bit because I was starting to get panic attacks and I thought to myself maybe it's because I am not eating the panic attacks are happening.

So I just helped myself get out of it, because I realised I was making myself ill and it wasn't doing me any good.



SIGNS TO LOOK OUT FOR

- Feeling fat
- Skipping meals
- Hiding food
- Losing weight
- Exercising too often



HELP & ADVICE

- See your doctor
- Talk to family and friends
- Get professional help from a psychologist or counsellor



USEFUL CONTACTS

B-EatYouth line: 0845 634 7650
www.b-eat.co.uk

Young Minds 0800 018 2138
www.youngminds.org.uk
www.thesite.org

(Useful local numbers are at the back of the book)

ASYLUM SEEKER



THE DIFFERENCE BETWEEN AN ASYLUM SEEKER AND A REFUGEE

An asylum seeker is a person fleeing persecution in their homeland, who has arrived in the UK, made themselves known to the authorities and exercised their legal right to apply for asylum. They are in the process of getting a response from the Home Office.

A refugee is someone who has left their homeland for the same reasons and whose asylum application has been successful. However, this does not mean that the person can remain in the UK indefinitely. Since September 2005, the refugee will be granted limited leave, initially five years, after which their case will be reviewed. Those granted refugee status before September 2005 may remain indefinitely.

MY STORY...

I CAME HERE FROM AN ASIAN COUNTRY. A country where there is no freedom at all for a young person like me and that was the reason I had to leave my school friends, my family, my home and my country and seek asylum in this country. When I came here they took me to the Home Office and questioned me for 2 to 3 days.

At that time I was only 16, but they didn't believe me and told me that I was over 18. They sent me to a city and left me in a place with a boy who spoke the same language as me. I was still very confused. A fellow countryman who was an interpreter came to visit me and asked me how I was. He was a very nice man and helped me a lot and also found me a solicitor.

While I was at that house, I only talked to the boy who was with me, but unfortunately they transferred him somewhere else and I was alone in that house. I could not speak the language and I didn't know anyone. I was scared to go out and I even could not cook properly. I stayed at home for about a month. I was very depressed and felt hopeless. I even decided to kill myself.

One day a man and a woman came together with the man who was an interpreter to visit me. They came from social services and they interviewed me and they accepted my real age. They made an appointment for me at a clinic, they registered my name at a college and they took me to a home with children of my age.

Little by little I become used to my life in this country and mentally and emotionally I felt much better and I found new friends. At the moment I am continuing my studies at the college.

**ACTION > DON'T
FEEL ALONE, TALK
TO SOMEONE**

**USEFUL
CONTACTS**

**Advice line for 0800 917 2719
asylum seekers**

Children Panel 0207 346 1134

**Greater 0161 740 7722
Manchester
Immigration Aid Unit**

**Refugee Action 0161 831 5420
(Manchester)
www.refugee-action.org.uk**

**Young Minds 0800 018 2138
www.youngminds.org.uk**

(Useful local numbers are at the back of the book)

BULIMIA

BULIMIA

BULIMIA

MY STORY...

WHEN I WAS 15 I STARTED DRINKING A LOT WITH MY MATES. I WAS MAINLY DRINKING LAGER AND CIDER AND LOTS OF IT! I started to put quite a lot of weight on (which I know was because of all the calories in the drinks and all the chips and stuff I was eating when I was drunk!).

I became upset with how I looked and started trying to diet, but all I did was think about food all the time and eat even more.

I knew about people making themselves sick to lose weight and thought it was gross but then one day I tried it.

It was gross, but once I had done it a few times I got used to it and then I started losing weight.

I was really pleased especially when people started noticing and saying how great I looked. Trouble was I was feeling really, really bad! I had no

energy at all, I felt weak and dizzy. I got terrible headaches and couldn't concentrate on anything. I started to feel depressed and didn't feel like going out anymore. My skin got really spotty and pale. The guilty feelings were the worst though, I felt ashamed all the time and worried all the time that someone was going to catch me being sick. I couldn't stop by then though, If I didn't be sick I though I was going to get fat like overnight!

Things were just out of control, I stopped going out and my friends were getting really annoyed with me.

One day I burst into tears at school and ran out of the class. I had this dead nice English teacher and she saw me trying to run out of school. She stopped me and said lets talk. I ended up telling her everything and she was dead nice and told me how many other people suffer from Bulimia.

To cut a long story short, I got loads of help and its not been easy but I have never felt so relieved as that day when I told someone what was happening. ■ ■

BULIMIA

Bulimia is an eating disorder in which a person eats large quantities of food at a time(bingeing) and then purges (vomiting, taking large amounts of laxatives)in order to try to get rid of the food from their body.

They can also do this without bingeing first, just after normal meals.

The illness can have very serious health consequences and the sufferer will need medical help.



SIGNS TO LOOK OUT FOR

- Thinking about your body size and shape all the time
- Feeling fat and disliking your body
- Eating large amounts of food to the point where you uncomfortable.
- Vomiting or taking laxatives to lose weight
- Feeling guilty after you have eaten
- Feeling out of control



HELP AND ADVICE

- Stop feeling ashamed, Bulimia is an illness
- Talk to someone you trust
- Seek medical help as soon as possible



USEFUL CONTACTS

B-EatYouth line: 0845 634 7650
www.b-eat.co.uk

Royal College 0207 235 2351
of Psychiatrists

Young Minds 0800 018 2138
www.youngminds.org.uk
www.thesite.org

(Useful local numbers are at the back of the book)

BULLYING & HOMOPHOBIC BULLYING



BULLYING

- Bullying behaviour is unacceptable and cowardly
- Bullying can happen at any age
- Most bullying is done by children who are the same age
- Bullying can happen anywhere
- Remember if you are being bullied it is not your fault

POEM: FRIDAY NIGHT BY MATTHEW FROGGAT

Friday evening I am home at last,
I can forget that a week has passed.
On Monday they stole all my money,
They all ran away and thought it was funny.

On Tuesday morning I came on my bike,
They kicked my wheels so I started a fight.

On Wednesday break they ask for a fag,
I said no so they called my sister a slag.

Yesterday, walking home,
They jumped on me and took my phone.

Today they pushed me down on the floor,
They kicked and beat me so I swore.
I am so glad it's Friday, for two whole days they can't get me.

OUR STORIES...

AT FIRST I WAS BULLIED AT SCHOOL, THIS WAS BECAUSE I HAD A LOT OF PROBLEMS AND I WAS PICKED ON.

The bullying took the form of spitting and throwing stones and calling me horrible names about my disability and race. I told the teachers at school and they told me to "ignore it". I tried to ignore this and to walk away and eventually the bullies got the message that I was not bothered and it stopped.

I was bullied when I left school, this was from a group of girls who used to attack me physically by kicking me and hitting me in the face. One time an attack happened in Manchester City Centre and I approached a policeman in the town centre. He did not do anything and told me that "the girls were being childish and to ignore it." The bullying eventually led to me getting

very depressed and I started to have suicidal thoughts about throwing myself off a high building. I ended up in hospital.

WHEN I WAS AT SCHOOL I FOUND IT DIFFICULT TO CONCENTRATE DURING CLASS.

The school arranged for a support teacher to sit with me and help. I was bullied at school, I think this was because I had a support teacher.

When I left school I went to college and I had a support teacher at college but I was again bullied. I went to see my tutor to tell him about the bullying. The bullying stopped.

HOMOPHOBIC BULLYING

Homophobic bullying is a problem young people face whether they are lesbian, gay, or bisexual.

Homophobia is when someone calls you or physically abuses you for being gay or being seen as different.

If you face bullying there is stuff you can do to stop it.

MY STORY...

“WHEN I WAS 16 I REALISED THAT I HAD THE SAME SEXUAL FEELINGS FOR GIRLS THAN I HAD FOR BOYS. I met a girl who was a lesbian and we started dating. Soon someone in school found out. It was spread around so fast. The head teacher of the school I was attending at the time soon found out. She took me to one side one day and told me that I was a disgrace to God and that what I was doing was evil and a sin. I didn't see what I was doing wrong. I have dated men and women and am not ashamed to tell people. My best friend is a gay male and he finds it hard to be accepted by society, especially in this small town, there are so many narrow minds and society portrays gays and lesbians as being wrong. I am happy with my life and decisions. I know that if I ever need to talk to anybody about my sexuality then I know I can get counselling through Lygm and 42nd Street.”



SIGNS TO LOOK OUT FOR

- Crying all the time
- Not very talkative
- Suicidal thoughts
- Not going out
- Bunking off school



HELP & ADVICE

- Tell a teacher
- Seek out someone you can trust
- Speak to a counsellor
- See your doctor
- Homophobic bullying is not acceptable. It is a 'hate crime' and as a victim you can also tell the police.



ADVICE AND SUPPORT

42nd Street 0161 228 1888
www.42ndstreet.org.uk

BBC www.bbc.co.uk

Bullying UK 0808 808 3555
www.bullying.co.uk
www.beatbullying.org

www.anti-bullyingalliance.org.uk

Childline 0800 11 11

**F.F.L.A.G Families and Friends of
Lesbians and Gays**
(Manchester) 0845 652 2674
(National) 0845 652 0311
www.fflag.org.uk/

The lesbian and gay foundation 0845 330 3030

Kidscape 0845 120 5204
(parent bullying helpline)

Kooth 0845 330 7090

Manchester Police 0161 872 5050

Parents of bullied children 0845 120 5204

There 4 me www.there4me.com

Young Minds 0800 018 2138
www.youngminds.org.uk

(Useful local numbers are at the back of the book)



WHAT ARE CULTURAL DIFFERENCES?

If you have cultural differences you may struggle with your identity and where you fit in. You may feel torn between family, culture, tradition, religion.

OUR STORIES...

I AM 14 YEAR OLD MUSLIM GIRL. Wow man, life is very hard for a young Muslim, nobody can understand how hard it is. My parents are very strict and will not let me do what I want, I don't mind but I do find it very hard to cope with. I have to wear a headscarf and I cannot show off my hair which is a shame because I have got gorgeous hair. We pray five times a day and this means that I have to wash my makeup off because we have to have a wash before we can pray. I also find it very hard to get up at 3 am to pray especially when I think of my friends being in the land of nod!

I am very grown up for my age and I know that I will be sensible in life and will take my religion and family life seriously but I am not coping very well with my hormones at the minute.

I do feel angry sometimes that my life is not my own and that I am being judged for my life and my actions, I am only human at the end of the day and I will make mistakes. I don't want to feel guilty at every step of my life, there is a lot of pressure in being a good Muslim, even our thoughts have to be pure, we are not even allowed to gossip or bitch about others but I do get involved in gossiping because I enjoy hearing things about others and it is funny sometimes but this is wrong and I will try not to do this too much.

The media has made Muslims look really bad but we are not all bad, there are a few bad people who I hate that are not true Muslims and this has made the rest of the people think we are dangerous. I am not dangerous I am a young fun loving person who does want to take on her very peaceful religion but who also

finds it difficult to cope with at times as I think it is a bit controlling.

I hope I am strong enough to cope with my life but I don't think I am as strong as I need to be, not to go off the rails like so many others. My God will look after me, I know it, I will get over all of the issues that I am experiencing especially with the support of my very supportive, yet strict family.

**ACTION > FIND THE
CONFIDENCE TO
TALK TO SOMEONE
YOU TRUST**

I AM A 14 YEAR OLD SIKH

GIRL. Life is very hard for me at the moment because I am at school with friends that are very westernised and my family do not like them. My religion and family are very strict and will not let me behave like I want to. I want to be able to mix with my friends and want to be like them too. My friends are very fashionable and this puts a lot of pressure on me because I want to dress like them as well but I am not allowed to because my religion and family say that we have to dress modestly in Asian clothes, yuk! That basically means that I can't wear anything that my friends do.

I am in the top girl gang at school and if I want to stay in this gang I have to be cool. My friends smoke cigarettes and drink alcohol and I have not joined in with this yet because my parents would kill me and would even take

me out of the school if I ever got caught. I feel that I am being emotionally blackmailed by everybody especially my family and friends, it is not fair that I am the only one that has to behave all the time. I do want to try these things with my friends and they also put pressure on me and start calling me names because they don't understand how hard it is for me and I am too embarrassed to tell them the truth.

My friends also go out at night and at the weekends and my mum tells me to break friends with them because they are bad girls and are trying to make me bad too. I am not allowed to go anywhere without my parents or my sister tagging along, how embarrassing!

My mum is not very understanding she just pretends to listen to me because she wants to trick me

into telling her everything that is going on, there is no way I will tell her anything, she will just go and tell her mum and sister because she has to discuss everything with them about us kids and then she listens to them and shouts at us. I know she won't tell my dad because she would be causing a lot of trouble if she did.

I am sick of my life and I do not think that I will ever find a friend that my parents will like. She would need to wear the same clothes as me and listen to the same music that I am allowed to listen to and watch the same TV that I am allowed to watch and I don't think anybody else is as sad as that and if they are I don't want to be with them do I?

So that basically means that I should forget my friends and I should not try to make any other friends either because I will have the same problems again and I do not think that I can go through this embarrassing mess again.

HELP & ADVICE



- Talk to someone you can trust, a friend, a mentor in school or college or external agencies
- Confide in someone that shares the same problems as yourself

USEFUL CONTACTS



Samaritans

0845 790 9090

Young Minds

0800 018 2138

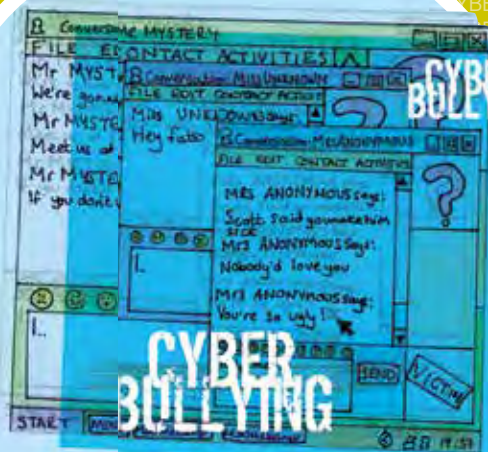
42nd street

0161 228 1888

www.42ndstreet.org.uk

(Useful local numbers are at the back of the book)

CYBER BULLYING



MY STORY...

LIFE WAS LIFE. Life was what I was used to. Life was cold, isolated and lonely. School was pretty much the same, everybody in there clicks. It really was something out of an American teen movie. The time I was at school was between the launch of Windows XP and the ipod. The internet was the new thing everybody was raving about it, after hearing about this internet I decided to check it out. I was lost; I didn't have a clue what I was doing. I soon realised that it was a set-up. Poor little me with no friends and nothing better to do fell for it hook, line and sinker. I felt like a right prat, the people (actually they're not people....more like plastic pink Barbie dolls) didn't say anything to me the next day and I didn't say anything to them. However, their conversation about the internet dived a little deeper and they mentioned

something about social networking sites. That night, my curiosity got the better of me and I checked these sites out.

It was strange. Strange and confusing. I'd never been on the internet before and I didn't have a clue what I was doing yet, but it felt so natural. I found myself lost in this magical world full of mystery and excitement. All I needed to do was ask one final question, where do I sign?

It wasn't as easy as I first thought which actually turned out to be great for me. You needed something called an email. Apparently it's an address you make up where you get letters through the computer... clever stuff this ain't it?

Soon enough though I was hooked and ready to go. There's a bit where you have to write about yourself.

I was too scared to write about me because, look where it's got me so far! So, I extended the truth. Anyway it worked and I got loads of friends... including people from school! Whoever told you that lying is bad is a liar.

As time went on I got more and more comfortable using these sites and about who I was. I started to change my 'about me' section and started being more honest. Unfortunately, it didn't go unnoticed. The kids from school started realising who this person they were talking to really was. Naturally they were angry and upset, and I would get wall posts, comments and messages calling me a fake and a liar. But then, it all went a step too far.

Friends of friends of friends etc, people all over the world who I barely knew referred to me as 'that fake girl' and were calling me all sorts of names

from fat slag to lying scum. It wasn't just on the computer, it was at school too. I spent days in the toilet crying my eyes out wanting it all too end. I was missing classes through fear, so my education was being affected. I told every teacher about being bullied, but there were no bruises, just mental.

It soon came to a point where I would just hope and pray somebody would come and rescue me, take me away from this hell, because, this was no life. Surely I'm not alone? I can't be the only person in the world who literally has the whole world against them, because of one stupid computer.

**ACTION > DON'T
SUFFER IN SILENCE,
FIND SOMEONE TO
TALK TO**

HELPFUL TIPS TO STAY SAFE



- Don't make friends online with just anyone
- Make sure you know the person before accepting their friend request
- Avoid using webcams
- Make sure your computer is turned off properly as webcams can still be accessed when your computer is switched on
- Avoid websites that you're unsure of

WHAT DO I DO IF I'M A VICTIM OF CYBER BULLYING



- Activate the setting on your computer which saves all conversations on instant messenger
- Tell someone you trust: a friend, parent or teacher

USEFUL CONTACTS



BBC Bullying	www.bbc.co.uk
Bullying UK	www.bullying.co.uk
Childline	0800 11 11
Kooth	0845 330 7090
Parents of bullied children	0845 120 5204
There 4 me	www.there4me.com
Young Minds	0800 018 2138
42nd street	0161 228 1888
	www.42ndstreet.org.uk
	www.thesite.org

(Useful local numbers are at the back of the book)

DEATH AND LOSS



POEM: MISSING YOU

No matter where I go, nor even what I do
Half of me is missing since I've been away from you
I try to laugh and smile and for normal life to carry on
But everything is meaningless now that you are gone
The one and only thing that helps me with the pain
Is dreaming of the time we'll be together once again
Even as I go to sleep my every thought is one of you
Also I never thought I'd miss you in quite the way I do
So I'm hoping that these words may somehow have let you know
That you're in my heart forever and that I'll always love you so.

I've lost a gran with a heart of gold,
Her loss to me can never be told,
Whatever my problems she'd always be at hand to help me along,
So I follow my gran's footsteps I'm sure never to go wrong,
Gran I miss you lots and always will till that day comes along when
We finally meet this time forever like Siamese twins.

Gran I never saw you close your tired little eyes,
Nor did I hear you sigh.
I only knew that same night that you are now gone without even
getting our chance to say our final goodbyes.
Gran they took you from me far too early as there were still lots of
things we had to do together.

Gran you were tired and needed to rest as you've done us all proud,
so now just stop worrying we'll be all okay we've got each other to
help us get along through this very sad time.
So now you've done what's best by shutting your tired little eyes
where you're in no more suffering.
So goodnight and god bless Gran you'll be sadly missed by all of us
and always in our thoughts.

POEM: NOW THAT SHE'S GONE

You can shed a tear because she's gone
 Or you can smile because she lived
 You can close your eyes and pray that she'll come back
 Or you can open your eyes and see all the things she has left
 Or you can be full of the love that she shared
 You can turn your back on tomorrow and live for yesterday
 Or you can just be happy for tomorrow and live for yesterday
 You can think of her and only that she's gone
 Or you can cherish her memory and let it live on
 You can cry and close your mind and just be empty and turn
 your back
 Or you could do what she'd want you to do and smile, open your
 eyes and just go on
 Gran when you have lost someone you loved
 The pain is hard to hide
 But when you've lost a Gran like mine
 The pain goes deep inside



- Crying all the time
- Feelings of not being able to cope
- Not being able to get on with everyday things
- Preoccupied with thoughts of the person who has died
- Pretending to go on as if nothing has happened (in denial)
- It is not unusual to be sad and confused and also angry



HELP AND ADVICE

- When someone close to you dies, it can be very difficult to cope with
- The grieving process can take a long time and varies from individual
- Keep hold of your good memories they can be a comfort to you
- Talk about your loss
- Allow yourself time to grieve
- Talk to close friends, family members
- See your doctor for advice they often will refer you to bereavement counselling
- Contact specialist organisations



USEFUL CONTACTS

Bereavement and 0129 881 5388 Counselling for Young People

Cruse 0808 808 1677

Bereavement Line for 12-18 yrs

Young Minds 0800 018 2138

RD4U 0808 808 1677

www.rd4u.org.uk/

www.time-to-change.org.uk/youngpeople

Mind 0300 123 3393

www.mind.org.uk/

(Useful local numbers are at the back of the book)

DEBT



DEBT

One of the common problems when you are starting out is the ever increasing problem of debt. Credit card companies, loan companies, utility companies, and often catalogue companies, will all try and get you to take things on credit and obtain massive loans so that they can charge extortionate amounts of interest. Then when you are nearly paid off they will

give you something else so you will end up with massive amounts of debt that you have no chance of paying. They will take great pleasure in sending you letter after letter to finally result in court action which will then give you no chance of obtaining credit for the next six years.



USEFUL CONTACTS

Community Legal Services 0845 345 4345

Connexions 0808 001 3219

National Debt line 0808 808 4000

Young Minds 0800 018 2138

Youth Advocacy Service 0151 342 7852

National youth advocacy service 0808 808 1001
www.nyas.net

Voice advocacy service 0808 800 5792
www.voiceyp.org

(Useful local numbers are at the back of the book)

DEPRESSION AND LONELINESS



OUR STORIES...

I DIDN'T KNOW IT WAS DEPRESSION, I THOUGHT DEPRESSION WAS WHEN PEOPLE FELT REALLY SAD ALL THE TIME AND CRIED. My mum and dad were going through a really bad time. They were screaming and arguing all the time. I hated being in the house. My mum would cry all the time and I wanted my dad to just leave, I felt so angry. I began to shut myself in my room as soon as I got home. I felt angry all the time not sad. But I stopped doing things I used to do with my friends. Everything seemed a bit stupid and I couldn't be bothered doing anything.

At school I felt tired all the time and nothing seemed to be funny anymore. After 2 months I heard one of my friends say that I had become boring and she was fed up with me. I was really shocked and then tears just started

streaming down my face and I just felt like it wasn't even me crying!

I told my friend how I felt and she said I should talk to the school nurse. I did and she talked to my mum. Mum took me to the doctors and she said I was depressed. I got loads of help when she referred me to a councillor. It was strange at first talking to someone I didn't know but she was really nice and just listened to me. After a few weeks I started to feel better. Now I know that if I feel like that I need to talk to someone I trust and who will listen to me.

**ACTION > FIND THE
CONFIDENCE TO
TALK TO SOMEONE
YOU CAN TRUST**

A FEW YEARS AGO I WENT THROUGH DEPRESSION. It started in Primary school with the pressure of leading up to high school. My lack of confidence affected my social life with friends and sometimes family.

When I first started high school, I tried my best to attend but I felt like I didn't fit in because I forgot how to make friends. I didn't feel normal because I'd worry about every little thing, and worry about what people thought of me. Yet all my friends had no trouble with meeting new people, and starting in a new school.

It eventually got too much and I had no option but to leave. At this point it was starting to affect my home life. I was arguing with my mum all the time, and would go weeks without coming out of my house. I'd lock myself in my room, wouldn't get

dressed, and was growing apart from my family. I was never happy! I'd cry about every single thing, and I'd always have bad thoughts.

It got to the point where my mum couldn't see me like this anymore, and arranged for me to see a Psychologist. I tried to dodge every appointment because the thought of talking about my feelings was awful! Even though I did prefer it to speaking to a family member. It came to me moving to hospital school, called Leo-Kelly. The school dealt with children going through all different things, depression, anxiety, being bullied, all the way to pregnant young mums.

The whole idea of the school was to slowly get you back into main-stream school, and boost your confidence. It obviously worked for me because after 2 years of getting help at Leo-Kelly, I returned to my own school.

It was so hard I had to prepare myself for all the questions as to why I hadn't been in school for 2 years, and I was scared to tell them I attended a hospital school. Going through depression and anxiety was the hardest part of my life, but as I've got older I've dealt with it a lot better!!

You just need the right people around you and know that everything will sort itself out eventually and it will get better. 

Please see Isolation – page 102.



**SIGNS TO
LOOK OUT
FOR**

- Crying all the time
- Not going out
- Staying in bed
- Suicidal thoughts
- Not bothering about appearance or personal hygiene
- not being able to sleep
- not wanting to go out with friends anymore
- Sleeping patterns changing
- Eating patterns changing
- Feeling tired all the time
- Lack of concentration



HELP AND ADVICE

- Don't bottle things up. Talk to someone you can trust
- Seek professional help, there are many ways in which Doctors, health workers, social services staff and others can help.
- Loneliness can often lead to depression which can be a serious problem but can be successfully treated by counselling or anti-depressant medication
- A doctor can also refer you to see a psychologist
- Find a local service for young people (see useful contacts)
- Try and do things you enjoy like exercising or listening to music.
- Tell your self you won't always feel like this and things will get better.

**ACTION > FIND THE
CONFIDENCE TO
TALK TO SOMEONE
YOU CAN TRUST**



USEFUL CONTACTS

42nd Street 0161 228 1888
www.42ndstreet.org.uk

Childline 0800 11 11

Depression Alliance
www.depressionalliance.org

**Royal College
of Psychiatrists** 020 7235 2351

Samaritans 0845 790 9090

Sane line 0845 767 8000

Streetwise 0161 253 6476

Young Persons Service

There 4 Me www.there4me.com

Young Minds 0800 018 2138
www.youngminds.org.uk

youth to youth 0208 896 3675
www.youth2youth.org.uk

Get connected 0808 808 4994
www.getconnected.org.uk

[www.time-to-change.org.uk/
youngpeople](http://www.time-to-change.org.uk/youngpeople)

www.thesite.org

(Useful local numbers are at the back of the book)

DISABILITY



MY STORY...

WHEN I WAS FOURTEEN I WAS INVOLVED IN A CAR ACCIDENT, MY DAD WAS DRIVING AND HE DIED OUTRIGHT.

I was also in a bad way and was in hospital for a long time. The accident affected my mobility and speech and I was told that I may not be able to walk again. I took this news very badly and was depressed for a long time. I had lots of support from my mother and sister, however, they found it hard in trying to come to terms with dad's death and trying to be positive for me.

After a few months I was discharged from hospital and had to learn how to use a wheelchair. It was hard not being a whole person and I felt that people were staring at me. I felt bad at my first day back at school, friends were very supportive but I could see

how shocked they were when they saw me in a wheelchair. They also had to take time to listen to me speak and this was very embarrassing for me.

The worst thing was not being able to get into the places I wanted to get into. Clothes shopping was a nightmare. Also hanging around with my mates was a problem because I often could not get through doorways with them having no disability access.

I am doing well now and with much hard work and physiotherapy I am more mobile and can manage to get around on crutches. I never gave people a second thought before who had disabilities. Now I know how hard it is to try to live a normal life.



HELP AND ADVICE

- Try to stay positive about your disability
- Make contact with agencies that will give you support
- Try to be involved with your own age group as much as possible and check out educational, leisure and social activities to ensure buildings have some form of disabled access
- Remember you are still a whole person and have the right to be treated like one from other people
- The Disability Discrimination Act means that it is unlawful to discriminate against a disabled person by refusing to provide a service. From 2004, service providers must make reasonable adjustments to premises to overcome access difficulties for disabled people.

**ACTION > FIND THE
CONFIDENCE TO
TALK TO SOMEONE
YOU CAN TRUST**

**USEFUL
CONTACTS**

Young Disabled 0161 273 8141
People's Forum (15-25)

Young Minds 0800 018 2138
www.youngminds.org.uk

Contact a family 0808 808 3555

42nd street 0161 228 1888
www.42ndstreet.org.uk

youth to youth 0208 896 3675
www.youth2youth.org.uk

National youth advocacy service
0808 808 1001
www.nyas.net

Council for 0207 843 1900
Disabled Children

Manchester People first
- learning disabled people
organisation 0161 839 3700
mcrpeoplefirst@googlemail.com
www.manpf.org/

EASS 0808 800 0082
Textphone 0808 800 0084

www.equalityadvisoryservice.com/

www.councilfordisabledchildren.org.uk

(Useful local numbers are at the back of the book)

**DOMESTIC
VIOLENCE**

**DOMESTIC
VIOLENCE**

**DOMESTIC
VIOLENCE**



WHAT IS DOMESTIC VIOLENCE?

Domestic violence is also known as domestic abuse. A form of physical, sexual, or emotional abusive behaviour used by one person to control another person. Domestic violence is an abuse of:

- Power
- Threat
- Intimidation
- Head games
- Domination
- Control
- Sexual control

OUR STORIES...

I LOVED HIM AND THOUGHT HE LOVED ME. Strike 1. I was out cold. I thought it was a one off. Flowers, chocolate, money, days out, did this mean he was sorry? I didn't understand the change, anger in his face, eyes like a raging bull. "Not again", I cried, a black eye, swollen lip this time. "Why" I asked myself, "what did I do wrong?" All I ever did was love him. I asked

him why, he told me he was sorry. I believed it again.

I couldn't tell nobody or leave him, I was scared. Living life in fear, I was walking on eggshells. This wasn't the person I fell for. "Fat cow, ugly b**ch, I'm the only one for you, nobody could love u like I do" he would snarl.

On my 16th birthday I had a party and also ended up covered in blood. "I saw the way u were flirting" he told me. No life, no friends, he took that away from me. Family asking questions where my marks come from. I told them different excuses. "I am better than this" I told myself.

I built up my courage and told a teacher at school. They told me I had to get rid. Next time it could be worse they said. Finally I did it, told him to go ... I should have done it the first time he hit me.

I REMEMBER BEING AT SCHOOL AND THERE WAS A CERTAIN YOUNG GIRL THERE IN MY FORM IN THE SAME YEAR, SHE WAS A REALLY NICE GIRL. From the outside she seemed very happy, looking like there was nothing in the world that could bother her, but that was not the case.

Over a number of months her personality started to fade and she started to skip classes. People started to talk about her saying she had a boyfriend and how much she loved him. After a short time I noticed that she seemed to shut completely down, looking scared all the time with bruises on her face.

She did have a conversation with me about how her boyfriend was meeting her in a well known town over the weekend.

When Monday came I walked into registration everyone was

upset, I asked people why they were crying and they told me that the young girl had been killed. I asked "how?" and they said her boyfriend had murdered her.

I sat frozen and I couldn't believe it, the girl who I was sitting next to all this time was murdered. I just wished I would have known something was going on. I really felt for her family and my heart goes out to them.

I hope when people read this that they realise that a punch or any sort of violence to a partner isn't love. We should look out for one another because if this is happening to a neighbour or a friend they may not be as strong as you or I and may need people to speak up for them. So when you close your door at home and turn the lights off, do you know your neighbours?



HELP AND ADVICE

- Don't blame yourself
- Get help
- Speak to someone you can trust, a friend or family member
- Phone the police
- Discuss with your doctor
- Do not just expect that this is happening
- However much you love the person it should not be happening
- Remember there are no excuses for treating someone this way



USEFUL CONTACTS

Domestic Violence Helpline 0808 200 0247

Greater Manchester Police 0161 872 5050

Men's Advice Line and Enquiries 0808 801 0327
DVmen.co.uk

Samaritans 0845 790 9090

Women's Domestic Abuse Helpline 0161 636 7526

Young Minds 0800 018 2138
www.youngminds.org.uk

Manchester woman's aid 0808 2000 247
www.manchesterwomensaid.org

National Domestic violence free phone help line
0808 2000 247
nationaldomesticviolencehelpline.org.uk/

Woman's safety services 0161 793 2740
42nd street 0161 228 1888
www.42ndstreet.org.uk

The hideout www.thehideout.org.uk

(Useful local numbers are at the back of the book)

DRUGS



OUR STORIES...

“WHEN I WAS 15 I MOVED IN WITH TWO GIRLS I HAD MET IN A NIGHT CLUB. I thought they were so cool because they were older and always seemed to have a good time. One day one of the girls introduced me to her boyfriend. Every time he came around he smoked weed. I never thought of weed as a drug because so many people I know smoked it. Sometimes the girls would smoke pills which seemed to make them more uplifted. I started to take pills with them mainly to fit in. I didn't like them at first because they made my mouth really dry but it made going out more fun.

One day one of the girl's boyfriend offered me some white powder. I was only 15 but appeared much older. I snorted the powder how he showed me. It made me feel

sick and it made me gag. The rush was instant and I felt so confident when I was on it. I could dance for ages without getting tired. We all started partying non-stop. I barely slept and barely ate. I began to need to take it as often as possible. I would scream and shout at my family to get money. I didn't care how I got it.

I ended up borrowing loads of money off my friends and family. One night the girl's boyfriend raped me and after that I decided that I didn't want to live this lifestyle. I detoxed myself and was sick for days. I moved in with my mum and got a job to pay off my debts. I lost all respect from my family and friends. I quit school and never went back. I lost so much in so little time and now I'd never look back. I started seeing a drugs worker at Eclipse. I had alternative therapies and met other people in the same boat.

FROM A YOUNG AGE I WAS
TOLD THAT DRUGS WERE BAD
AND NEVER TO TAKE THEM. I

was about 15 years old when I first tried ecstasy pills it was a new experience for me. I have had some good pills and some bad pills. I would never tell anyone to take a pill or use drugs. I did try to take different pills at once which is called a pick and mix and I have had some bad experiences from them. I had a bad experience when I did not take any pills for

about four months then took five pills at once and started to panic when feeling drowsy from the effects. Luckily I was with people who knew what to do. I do know someone who died once after taking pills at a night club on the dance floor. He was taken to hospital but died on the way there. If you or anyone you know are tempted to take drugs remember to stay safe and be around people you know.

I am trying to stay clean
But I need more morphine
Too much stuff on my brain
So I used cocaine

Don't know what I've got to do
To convince you

I'm really not addicted
But need it to stay alive
Something I couldn't have predicted
And I only use five

I tried a bit of heroin
To help me keep focusing
Without the drugs, I don't feel okay again, just like this
To help me feel better again I take a
bit of cannabis

Don't know what I've got to do
To convince you

I'm really not addicted
But need it to stay alive
Something I couldn't have predicted
And I only use five

This life is causing me hurt again,
I need to be freed
Nothing works better than a bit of weed
My skin is the colour of blue, it used to be peach
I even try a mixture, i take one of each

Don't know what I've got to do
To convince you

I'm really not addicted
But need it to stay alive
Something I couldn't have predicted
And I only use five

OUR STORIES...

I FIRST TRIED WEED WHEN I WAS 15 ME AND MY MATES DECIDED TO GET SOME TO TRY IT. We had a laugh on it we couldn't stop we found everything funny. We did this a few times at the weekends just for something to do theres not much to do near me.

We smoked more and more and then sometimes we would have it in the week.

It made me feel chilled out after school.

One night my mate got some skunk he said it was stronger than the other stuff. He rolled a joint and passed it round like we always did. After a bit I started to feel funny, like panicky and sick. My mate told me I looked green he freaked me out. I didn't know what was going on. My heart started beating really fast I felt like it was gonna pop out of my chest. Everyone was laughing and I thought they

were all laughing at me. I ran home feeling like everyone was looking at me, I felt like someone was following me but I couldn't see anyone. This made me panic more. When I got home mum kept freaking me out asking me if I was ok and had I taken anything. I kept saying I hadn't taken anything but she didn't believe me she kept goin on and on and it was making my head spin. Next thing I knew I was spewing up and couldn't stop. I don't remember much after that but its not something I would want to go through again. My mates still smoke weed at weekends. I only see them mates now and again I have started playing footy with some other lads and we have a match at the weekend.



ACTION/ PREVENTION

- Make sure you know about drugs and their effects
- Talk to people you can trust
- Stay with friends who know what is going on
- Try to be your own person and not be led by peer pressure into taking drugs
- Be confident enough to say 'no'
- If you are worried about drugs or alcohol contact one of the services below.



ADVICE AND SUPPORT

Childline

0800 11 11

FRANK

www.talktofrank.com

text 82111

0800 776 600

Young Minds

0800 018 2138

Eclipse drug and alcohol service

0161 273 6686

info@eclipse.org.uk

(Useful local numbers are at the back of the book)

ESAFETY

ESAFETY

ESAFETY



MY STORY...

I LOVE USING SOCIAL NETWORKING SITES BECAUSE I CAN TALK TO MY FRIENDS AND SHARE OUR FLIRTY PICTURES.

One day this boy called James who was 16 started messaging me online saying that he liked my photos and that I was beautiful. I really liked James he made me feel special and he was fit! He started sending me photos of himself and wanted me to send him my photos in return. I sent him my photos and he said I had a really nice body. He said that I would look really nice in a bikini so I sent him more photos of myself in my bikinis and underwear. At first it was fun but then he started to demand more revealing photos which I wasn't comfortable with. When I told him no, he started harassing me and said he knew where I lived from my profile. He said he would show all the other photos to my

foster parents if I didn't send him some revealing photos of myself.

I was so scared. My foster parents would be so angry if they found out what I had been up to online. I decided to tell someone on the website by clicking on the "report abuse" button. I found out that the police had arrested James and they told me that he was actually 40 years old! I was so shocked, it turns out I didn't really know him at all.

WHAT IS SOCIAL NETWORKING?

Social Networking sites are websites where you can create a profile all about yourself and contact other people. You can also upload photos, music and videos to share with other people, and on some sites, chat on forums to other people. It's important to know how to stay safe online and what to do if someone is horrible to you or you have any worries about something that is happening on a social network site.

Popular social networking websites include MySpace, Facebook, Habbo Hotel, and Twitter but there are lots of others. They are used by people of all ages and some people have profiles on more than one website.

HOW DO I CREATE A SAFE PROFILE?

When you're online, you won't always know who you're chatting to. Most social networking sites allow you to change the security settings on your profile, so it can only be seen by people that you allow to see it. They also allow you to choose who you are friends with. Here are some tips to help you stay safe:

- Never share any personal things about yourself or your family.
- Never give out your phone number or address.
- Instead of posting a photo of you, you could use a picture you like or a photo of your favourite band instead.

- Don't post any photos or videos that you wouldn't be happy for your parents or teacher to see. Once they are up online they can be copied and posted in other places where you can't get rid of them.
- Keep your passwords private and don't tell anyone, not even your best friend.

To report suspicious behaviour online, and to learn more about keeping yourself safe online, visit www.thinkuknow.co.uk

Once you have registered and set up your profile you can start adding your friends and sending them messages. As long as you are careful online, you can have a lot of fun with your mates.



TIPS TO KEEP YOU SAFE

- Don't add anyone you don't know to your friend list, even if they say they know you. If you don't know them, don't add them.
- People can create really great fake profiles, so be aware that even if someone says they are your age and into the same things as you, they might not be telling the truth.
- If someone contacts you or one of your friends with weird or nasty messages, don't reply to them and save the messages. Tell someone you trust such as a parent/carer as soon as possible and show them what you have been sent.
- If you are writing a blog, be careful what you write in it. Don't give away too many details about yourself.
- Don't arrange to meet someone that you have met online. Some people may not be who they say they are.
- If you are contacted by someone that you are unsure of on a forum, contact the forum administrator.
- Avoid sites that are meant for adults.



USEFUL CONTACTS

0800 11 11

**[www.childline.org.uk/explore/
online-safety](http://www.childline.org.uk/explore/online-safety)**

www.thinkuknow.co.uk

www.chatdanger.com

[www.thesite.org/about us](http://www.thesite.org/about-us)

(Useful local numbers are at the back of the book)

For useful local numbers please see page 27

EXAM
PRESSURE



MANY YOUNG PEOPLE FIND THAT EXAMINATIONS ARE A STRESSFUL TIME FOR THEM. TRY YOUR BEST TO BE WELL PREPARED AND STAY CALM.

OUR STORIES...

EMMA AND LAUREN'S STORY.

Parents tell u that u are 2 do well but they can't understand the pressure. No matter how hard you try it's never good enough. Ur stressed and u take it out on every 1 else even if they haven't done anything wrong. If you work hard in lessons it does help. Then Friday comes, you need a release, you think the best thing to do is to get wrecked. I will tell you that it makes things better 4 about 2 mins then you realise it was a waste of time and money.

You get into s**t with ur parents, ur mates make fun of you coz you made an idiot of yourself, it's not worth it. Then when you sit down 4 ur

exam and u have forgotten everything, ask yourself is it worth it. Just chill, concentrate and get on, it won't last for long. Take it from Emma and Lauren coz we have bin through it.

SO MUCH PRESSURE.

When I was in year eleven at school teachers kept telling me that I had to concentrate on my GCSEs.

So much pressure...
Revision, revision, revision, my mum went to a big posh bookshop and bought all GCSE revision books for all year nine subjects that I was doing. The teachers at school said "come on you need to start revising". I wasn't allowed out on weeknights, I had to do course work and revision every night. I was only allowed out on a Saturday night and a bit on Sunday afternoons. So much pressure...

I revised and revised and revised till no more could get into my head. When May came and the exams started I walked into the assembly hall every day and looked at the neat rows of desks, took a deep breath and sat in my place. I looked at the exam papers and the questions. I answered what I could; I wrote down underneath each question what I remembered. But I knew that my answers weren't good enough. So much pressure...

A couple of months passed, I lost weight with worry waiting for the dreaded, results day. Then it came. I woke up to cards and presents from my mum and dad. I tried to explain that I might not have done so well. They brushed me off, and said that they had faith in me. I went and collected my results, they weren't good. Two of my exams were unclassified – I completely failed them.

Everyone was disappointed in me; I was disappointed in myself. The next day I went to see a careers advisor at college who said I could re-sit as well as take a cadet course. Exams are not the be all and end all. I'm at university now doing nurse training, so I will get there in the end.

So much pressure for no reason at all.

**ACTION > DON'T
PANIC GET SOME
HELP**

SIGNS TO LOOK FOR



- Panicking about your exams
- Sleeping problems
- Not eating properly
- Eyestrain
- Feeling irritable
- Feeling that the workload is too much
- Not being able to revise

HELP AND ADVICE



- Have regular breaks from revision
- Physical activity can help
- Listen to your favourite music
- Take some relaxation time
- Eat healthily
- Take a 10 minute walk in the fresh air to revitalise your body and give your eyes a break from the books
- Speak to your tutor

USEFUL CONTACTS



Careline 0208 514 1177

Childline 0800 11 11

Connexions 0808 001 3219
www.connexions-manchester.com

Contact Youth 0289 045 7847

Young Minds 0800 018 2138
www.youngminds.org.uk

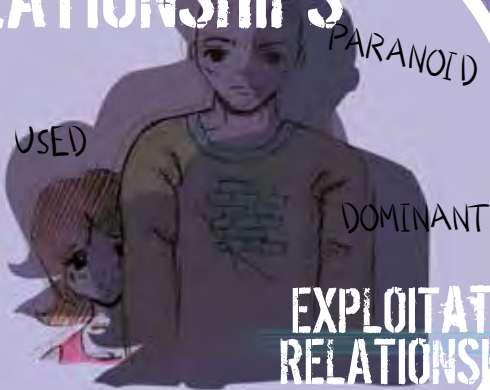
National Careers service 0800 100 900
www.nationalservices.direct.gov.uk
www.time-to-change.org.uk/youngpeople

www.thesite.org

(Useful local numbers are at the back of the book)

EXPLOITATIVE
RELATIONSHIPS

EXPLOITATIVE
RELATIONSHIPS



EXPLOITATIVE
RELATIONSHIPS

WHAT IS AN EXPLOITATIVE RELATIONSHIP?

- Emotional, physical or verbal abuse
- Over-protective, sexual exploitation and bribery
- Controlling a person: with money, who they see, where they go, how they dress and which friends they meet

MY STORY...

I KNOW WHAT IT'S LIKE BEING IN AN EXPLOITATIVE RELATIONSHIP, I HAVE BEEN THERE AND IT IS EVERY SINGLE DAY OF THE WEEK. If I went out with friends and family he flipped and told me we were finished, he never trusted me when he knew that I trusted him. It always ended in us screaming at each other.

The worst time was when I went to my mum's house and he kept calling and texting me, when I turned my phone off he kept accusing me of cheating and other things. The next day he kept digging at me so when I finally snapped and told him it was over he kept asking me to come back, I told him no. It was the best thing I ever did; I don't regret it because now I can go anywhere as it does not mean constant arguments anymore.



HELP AND ADVICE

- Confide in someone you trust
- Don't put yourself in danger - stay safe!
- Contact someone at school, college, doctor or someone else you see.



USEFUL CONTACTS

Police 999

Childline 0800 11 11

Connexions 0808 001 3219

Young Minds 0800 018 2138
www.youngminds.org.uk

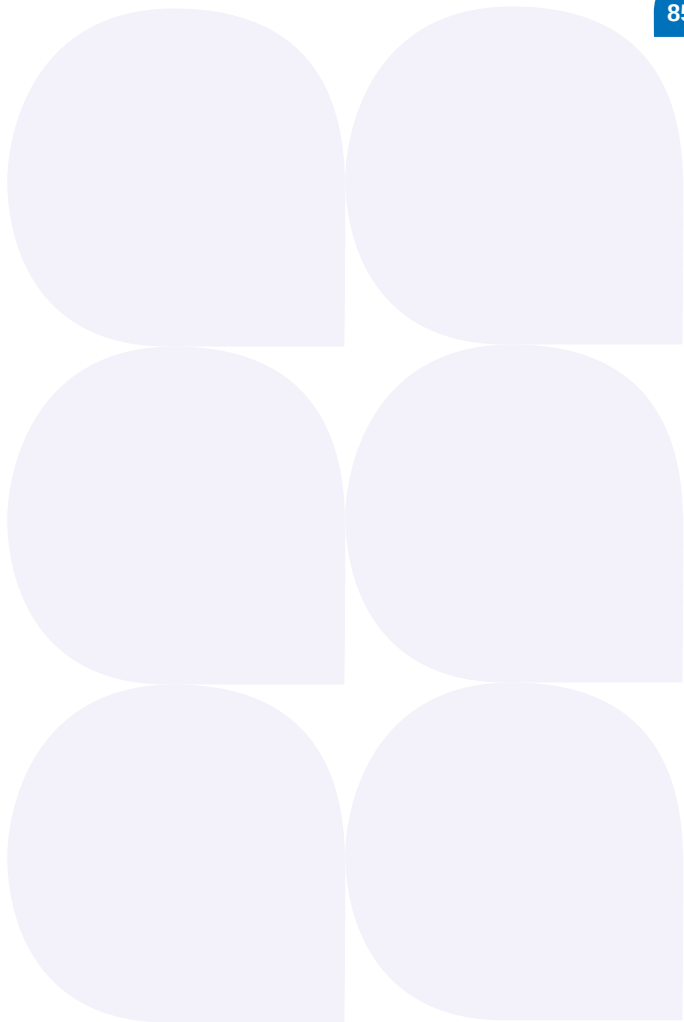
**National Domestic Violence
 free phone help line**
 0808 200 0247

www.nationaldomesticviolencehelpline.org.uk/

Men's advice line 0808 801 0327
www.DVmen.co.uk

The hideout
www.thehideout.org.uk
www.thesite.org

(Useful local numbers are at the back of the book)



FAMILY PROBLEMS



FAMILY PROBLEMS

There are many reasons why families can be divided.

It can be hard to cope with both practically and emotionally.

Don't blame yourself.

Try to confide in another person about your situation.

MY STORY...

MY MUM IS A SINGLE MUM WHO WAS ONCE MARRIED TO MY DAD. When they first split up they played tug of war and I was the rope. The lies and the deceit between them were awful. I was left out because my sister was 23 at the time, my other sister was 25 and my brother was 26, I was only 8 years old. Words and questions went through my mind but no answers. All I can remember of the worst time of my life was lies, deceit and dishonesty. It wouldn't have been so bad if they were just lying to each other but to lie to me and mess my head up?

I also felt that I had to take sides because I felt as though my brothers and sisters had. I tried to be brave but found myself bottling up all my feelings of the situation and keeping my mouth closed when asked about how I felt about it.

I tried to gather all sides of the story which, when put together made no sense at all. Whilst I was gathering this 'evidence' I felt that my parents and brother and sisters were smelling the lies and deceit that I was making so I felt as bad as them. I made my decision, it was the worst decision of my life. No matter what decision I would have made, I would always regret it. If I had chosen to believe my dad rather than my mum. I lived with my mum and lived with the pain and upset in which the split had caused her. If I chose my mum's story, I very rarely see my dad anyway but when I did guilt would affect me and I felt that I would never see my dad again. I chose to choose neither and just accept the split. Even now seven years later I am still the rope in the tug of war game. As a fifteen year old I can tell them just to stop, but the atmosphere

and tension is still there, it will eventually fade away. It will never disappear between my parents but it may fade. It was hard and I hated every second of it.

**ACTION > FIND THE
CONFIDENCE TO
TALK TO SOMEONE
YOU TRUST**

MY STORY...

FOR AS LONG AS I COULD REMEMBER MY MUM AND DAD ARGUED. The house being a

mess, a bill not being paid, food being made wrong! What the arguments were about never really made sense to me. When I was about 14 they got worse, it was either too loud to sleep, or even worse too quite. I remember lying with my face in my pillow trying to not cry, as I didn't want anyone to hear me. I felt like I had hot knots wound up tight in my stomach.

I remember doing PE on the hockey pitch and getting a stick to the face. I burst into tears and was taken into the teacher's room. I wasn't hurt but kept crying. My form teacher asked if everything was ok at home and I just started talking, words just tumbled out in between the tears. When I had calmed down I didn't feel like my

stomach was as knotted up. They gave me a number to phone if I felt like I just wanted to talk again, they said I could phone at night too if I wanted. The first time I phoned I felt a bit silly, but the woman who answered was kind and didn't think I was stupid phoning. My dad moved out when I was 16 and I was devastated, but actually things got better then. My mum seemed happier, and when I stayed with my dad he seemed happier too. They got divorced which was messy, my mum was always stressed out over letters, but there was no arguing through the night. Looking back now, I wished they would have divorced when I was a bit younger, because that's when life got easier.



SIGNS TO LOOK OUT FOR

- Family divided
- Feeling like piggy in the middle
- Torn loyalties
- Family rows



HELP AND ADVICE

- Talk to another person about your situation
- Try to discuss openly with family
- Seek professional advice if needed



USEFUL CONTACTS

Young Minds 0800 018 2138
www.youngminds.org.uk

Barnardos 0151 488 1100

youth to youth 0208 896 3675
www.youth2youth.org.uk

Child line 0800 11 11

Relate 0300 100 1234
www.relate.org.uk

Action for children 0192 336 1500
www.actionforchildren.org.uk

(Useful local numbers are at the back of the book)

**FORCED
MARRIAGES**

**FORCED
MARRIAGES**



MY STORY...

ABANDONED BY MY PARENTS, I GREW UP IN A CHILDREN'S HOME. When I was told that my family wanted me back, I couldn't wait. However I returned to a dirty house where I was subjected to endless chores.

I wish there was help out there when I went through forced marriage. I want others to know they can rebuild their lives afterwards. Forced marriage is wrong. If this is happening to you, or someone you know, this is not your fault and you are not alone.

My mother beat me, unhappiness drove me to self harm. So I was excited when I visited Pakistan for the first time with my mother, only to discover I wasn't there for on a holiday. Aged just 13, I was forced to marry a complete stranger. Two months later and pregnant, I returned home to Manchester where I suffered further abuse from my family. I escaped my forced marriage aged 18 with the help of the police. With the help of friends I rebuilt my life.

MARRIAGE:

- It's YOUR choice
- Marriage is something that most of us dream of happening... one day. But for some people, marriage can become a nightmare – when they're forced to marry someone against their will.
- They might be threatened or beaten to make sure they get married
- They might be told that they are bringing shame on their family if they don't marry
- They may even be taken abroad, without knowing they are going to get married, and then not be allowed back home.



HELP AND ADVICE

- Talk about your concerns to your teacher or Call the Forced Marriage Unit on 020 7008 0151
- Talk to someone you can trust
- You can get help.



USEFUL NUMBERS

**Contacts: between 9am and 5pm
Monday to Friday (UK time)**
(+44) (0)20 7008 0151

**Outside those hours ask for the
Foreign Office Response Centre**
(+44) (0)20 7008 1500

Email **fmu@fco.gov.uk**

**We offer confidential help and
advice: we will not contact your
family.**

**For more information go to
www.fco.gov.uk/forcedmarriage,
If you are in immediate danger
of harm or being taken abroad
against your will, call the police.**

42nd street **0161 228 1888**
www.42ndstreet.org.uk

(Useful local numbers are at the back of the book)

HOMELESSNESS



OUR STORIES...

A SHORT TIME AGO I HAD A THREE BEDROOM COUNCIL HOUSE AND MY LITTLE BOY WAS EIGHT MONTHS OLD. I was feeling very vulnerable because I had just split up from the baby's father. A stepbrother and his friend started to call around, as they had nowhere to stay. I said that they could stop for a couple of weeks, however they abused my hospitality and I could not move them out.

They started to sell drugs from my house, which put my son and I in danger because of the drug dealers coming around and their threatening behaviour. Social Services got to hear about my situation and because my son was at risk I was told that I had to get my stepbrother and his friend out of my house, or my son would be taken off me. I could not get them to move out, I was not strong enough

to carry this through. In the end my son's father said he would look after my son until I got myself sorted.

I then had nowhere to live and was homeless. It was horrible living on the streets and to keep myself safe I did not sleep at nights, just walked around all the time. I was scared, cold and felt lonely on the streets. When I went to see my son in the day at my ex-boyfriend's I slept there for a short time. After a few weeks my boyfriend felt sorry for me and said that I could live there for a short time. We did not get on and I went to a support agency and I was given a room in a local Mother and Baby Unit. I am glad my homeless days are over.

I BECAME HOMELESS ABOUT SIX MONTHS AGO. I DIDN'T KNOW WHAT TO DO OR WHERE TO GO.

Eventually I went in a hostel, it wasn't the best but it was safe and a roof over my head. Three months later I was offered a place in a hostel run by Barnardos who give children back their future. There is help out there for you, don't go sleeping on the streets or steal.

There are hostels and places you can go for support like The Manchester Foyer and the city centre project. Go get help, you are not on your own. I know what it's like to sleep on the streets hungry and cold. Do yourself a favour, go and get help it won't come to you, you will have to go to them, that will be your first step towards your future.

P.S. Don't be homeless ring the numbers. Be safe.

POEM

Nowhere to live to sleep
Nowhere to eat or count my sheep
Nowhere to run, nowhere to hide
If I look beyond myself, what will I find?

Life is rough on the street
You see the worst in everyone you meet
This life is just too rough
Don't have any money, it's way too tough

Nowhere to stay
No time for play
Can't go home alone
Not as though I can just pick up the phone

Life is rough on the street
You see the worst in everyone you meet
This life is just too rough
Don't have any money, it's way too tough

I wish I could turn back the hands of time
Go and stay at a home I can call mine
This is real life, this is not a game
can anyone even remember my name?

Life is rough on the street
You see the worst in everyone you meet
This life is just too rough
Don't have any money, it's way too tough



SIGNS TO LOOK OUT FOR

Things that can lead to homelessness:

- Not paying rent
- Not getting on with neighbours
- Not getting on with parents
- Friends and family using your place to doss down



HELP AND ADVICE

- Speak to a debt counsellor
- Speak to your landlord before your debt gets too much
- Attend family group meetings and mediation

**USEFUL
CONTACTS**

Childline 0800 11 11

Shelter 0808 800 4444

Young Minds 0800 018 2138
www.youngminds.org.uk

Connexions 0845 671 3219
Manchester
www.connexions-manchester.com

Barnardos Leaving 0161 226 6722
Care Service

The City Centre 0161 228 7654
Project e-mail: info@ypsf.co.uk

Manchester City Council
(under 16yrs) 0161 234 5001
(16-18 yrs) 0161 234 5000

www.thesite.org

(Useful local numbers are at the back of the book)

ISOLATION

ISOLATION

ISOLATION



WHAT IS ISOLATION?

- Staying in your room and/or house
- No friends
- Fear of going out
- Feeling lonely
- Having no-one to talk to
- Nervous and anxious about going out into public places

OUR STORIES...

ISOLATION IS A CONDITION THAT CAN TAKE OVER YOUR LIFE. Isolation can make you happy one minute and sad the next. In some cases you are happy that you are on your own but sad that you have no friends. It makes you feel that you are all alone in the world and nobody cares. When you are on your own you have more time to think and that is of the most upsetting things you can do because it is hard to think positively when you feel alone.

You can hear people outside and you wish you had their life for one second. When you hear people laugh and have fun it makes you feel that you have no meaning in this world. This helps to show you how alone you really are. It doesn't help when you cannot think positive, you feel that you are torturing yourself. You can't feel positive, you don't feel happy and you can't bring yourself to do anything about it.

I WAS JUST 16 WHEN I WAS ADMITTED ONTO THE ADULT MENTAL HEALTH WARD. It was strange as the nearest person to my age was 27. I had no one to relate to and spent most of my time alone in the room. I find it hard to relate to others as it is, but this just made it harder, I felt like I was being ignored by everyone around me.

Things did start to get better when a nurse started to realise I was isolating myself a lot.

She helped me to overcome my fears and anxieties of the ward and bit by bit I began to come out of my shell.

I am now socialising with people my own age and try not to lock myself away. Even though it is hard sometimes, it helps to drag yourself out of your bed and make yourself do things.

**ACTION > DON'T
SUFFER IN SILENCE,
YOU ARE NOT ALONE**



HELP AND ADVICE

- Speak to your doctor
- Call Connexions
- Speak to a friend or family member/carer
- Speak to school nurse/teacher



USEFUL CONTACTS

Child Line 0207 650 6489

Depression 0845 123 2320

Alliance
[www.time-to-change.org.uk/
 youngpeople](http://www.time-to-change.org.uk/youngpeople)

Reach Out 0161 253 6476

Befriending Service

Royal College of 0207 235 2351
Psychiatrists

Samaritans 0845 790 9090

Sane line 0845 767 8000

Young Minds 0800 018 2138

(Useful local numbers are at the back of the book)

KNIFE CRIME



MY STORY...

I WENT OUT WITH MY MATE, THINK IT WAS A SATURDAY NIGHT. I'd been working on my bike before going out and I used my penknife to fix the chain. The knife was still in my pocket when I met my mate, I didn't realise.

realise that taking anything out with you like my penknife is dangerous. I didn't want to use it but if I was p****d enough something could've happened and I'm now really careful.

Later that night my mates were hanging round Heaton park, some of us were p****d. I had a few cans of Fosters but I wasn't p****d. We were making a load of noise and the police came by and searched us. When they searched me they found my penknife and I was arrested. I thought it wasn't that bad cos it was only a small blade but the police told me it was an offensive weapon.

I had to go to court cos it was my second offence and I got a referral order. I was gutted but my YOT worker has helped me

**ACTION > THINK
TWICE, DO THE
RIGHT THING**

KNIFE CRIME

The hearse brings corpse back to the morgue
The guy from the morgue then dresses the corpse
The embalming fluid comes back out blood goes back in
Body goes back to the hospital where it comes alive again

The paramedics walk backwards like an Irish dance
Put the wounded man back in the ambulance
The ambulances engine turns back on
The lights flash as the siren plays its favourite song
The body goes back to the exact spot where they found him
Then all the people and paramedics go back to where they came
from till eventually
No one surrounds him

Then blood pours up him rather than down
The man then falls upwards back on his feet
Stumbles toward the dark figure on the other side of the street
He walks into the blade that cuts his belly
Then he holds his neck which was bleeding already
He removes his hand so that you can see the cut
Then the knife undoes the slice it closes back up

He unsaid the words he said "Richard what the ****"
Then un-screams the scream from the first initial cut
He walks back in the bushes where he's just a part of nature
Leaves the guy on bench unreading his paper
Takes the snail he stepped on back from its creator
Only to be killed again when I fast forward this **** later

THE TRUTH ABOUT CARRYING A KNIFE



- Someone could be seriously hurt or even die after being involved in a knife-crime incident
- You could be arrested and charged and possibly receive a prison sentence
- Feeling threatened by other people in the community isn't a reason for carrying a knife or an offensive weapon

HOW TO AVOID A DANGEROUS SITUATION



- Don't carry a knife in the first place
- Walk away if you feel an argument may turn risky
- Remember: carrying a knife is a criminal offence...if you feel threatened or distressed by anyone who you think maybe carrying a knife please ring the police

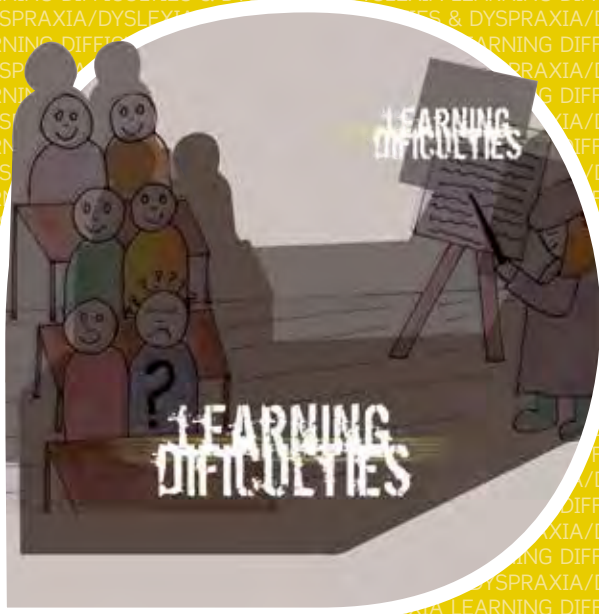
USEFUL CONTACTS



Childline	0800 11 11
Citizens Advice	0844 411 1444
Police	999
Young Minds	0800 018 2138
www.youngminds.org.uk	

(Useful local numbers are at the back of the book)

LEARNING DIFFICULTIES & DYSPRAXIA/ DYSLEXIA



OUR STORIES...

MY NAME IS LISA. I am 21 yrs of age; I have moderate learning difficulties and physical disabilities. I have epilepsy and cerebral palsy. I have had to live with this all my life.

My problems make me feel low and useless, because it makes me think that I can't do stuff, people take the mickey out of me. This makes me angry and upset. Because of this I end up shutting myself away and I turn my mobile off.

I really get stressed out because I can't learn things; it was easier at school as I had the support of the teachers. When I left school and college I had to go on job seeker's allowance. I have struggled finding a job because I do not have any qualifications, although I have all these problems.

I have many good qualities, I am a good friend, and kind, helpful, honest and I like a challenge. My wish is to move into my own flat and get a job. In my life I have had a lot of help and support. This support has come in many ways. From my mum and dad to my godmother and her husband. I really appreciate the help that has come from 42nd Street and different agencies, and my friends.

DYSLEXIA AND DYSPRAXIA.

I couldn't read properly until I was eight years old. When I tried, the words jumped about on the page, went all blurry or jumbled themselves up until they didn't make any sense any more.

I also couldn't get the hang of spelling, telling the time, left and right or not being late for everything, (still can't really do those!)

OUR STORIES...

DYSLEXIA AND DYSPRAXIA.

I couldn't read properly until I was eight years old. When I tried, the words jumped about on the page, went all blurry or jumbled themselves up until they didn't make any sense any more.

I also couldn't get the hang of spelling, telling the time, left and right or not being late for everything, (still can't really do those!)

I was labelled as stupid and naughty because my frustration made me play up in class. To avoid reading and writing I would do anything, including hiding my book in my gym bag or disrupting the class so I had to go and stand outside the head teacher's office.

I also had problems in PE. I couldn't catch a ball, didn't have very good balance and fell over a lot and bumped into other kids when I was running. I was always picked last for

teams. I was finally 'diagnosed' as dyslexic and dyspraxic at the age of 20.

Eventually, with a lot of hard work and special help whilst at university, I achieved a 2:1 degree and a post-grad teaching diploma, not bad for a thicko!

The funny thing about dyslexia is that a lot of people with these conditions have been called stupid whilst at school, but the majority of us have above average intelligence and we all have special skills that non-dyslexics will never have. These special skills include: naturally more curious, thinking mainly in pictures not in words, highly intuitive and perceptive, experiencing thought as reality, vivid imagination and advanced creative abilities.

THE SIGNS AND SYMPTOMS:

If you have half or more of these symptoms, you have a good chance of having dyslexia and/or dyspraxia. There are many different routes to take for diagnosis. Once you have been diagnosed your school/college/university/employer has a legal responsibility to make 'reasonable adjustments' for you to give you the same chances as all of the other students/employees.

DYSLEXIA:

- Family history of learning difficulties.
- Difference between ability and achievement.
- Difficulties with spelling.
- Confusion between left and right.
- Difficulties organising themselves.
- Writing letters and/or numbers backwards.
- Difficulty deciphering a clock face.
- Difficulty following 2 or 3 step instructions.
- Confusion of directional words.
- Confusion of words representing periods of time: month, year etc.
- Obvious good and bad days.
- Poor confidence and low self-esteem.
- Difficulty planning and writing essays.
- Becoming 'tied-up' when using long words.
- Needing long numbers, e.g. telephone numbers repeated.
- Slow and inaccurate reading.
- Poor sense of direction.
- Takes longer than average to complete written work.
- Poor concentration and/or a short attention span.

DYSPRAXIA:

- Lack of awareness of own body position in relation to other people/objects.
- Over-sensitive to light/sound.
- Difficulty organising thoughts.
- Tendency to take things literally.
- Poor memory and a tendency to forget and/or lose things.
- Difficulty in picking up non-verbal signals.
- Opting out of activities which are deemed to be too difficult.
- Become anxious/stressed easily.
- Poor hand-eye coordination.
- Poor balance.
- Clumsy gait.
- Exaggerated 'accessory movements' e.g. flapping arms when walking.
- Tendency to trip, fall and bump into things.
- Little sense of time/speed/distance/weight.
- Talking continuously and often repeating themselves.
- Speech which varies in pitch/volume/rate.
- Inability to pronounce certain words.
- Difficulties when typing/writing.

POEM

On my first day at school, I left myself at the gate.
I ran into class, leaving tearful mum behind
I took my new seat and scraped into place
To be taught how to sit and how to stand in line

I ran into class leaving a tearful mum behind
To colour-in, count to ten and play in the sand.
To be taught how to sit and how to stand in line
And have teacher tear my pencil from the wrong hand

To colour-in, count to ten and play in the sand
I went to school to learn I couldn't get it right
And have teacher tear my pencil from wrong hand
Out in the yard I only ever learned to fight
I spent most of my time with my face to the wall

I moved up to class two though I couldn't read at all
I took my new seat and scraped into place
I spent most of my time stood face to the wall
On the first day at school I left myself at the gate



HELP AND ADVICE

- Talk to your parents
- Talk to a teacher who you are comfortable with
- Do not struggle in silence
- Talk to a friend who you can trust
- Talk to someone with similar difficulties, they might have some tips they have learnt on how to cope with a problem



USEFUL NUMBERS

Learning Difficulties Team 0162 953 1184

Royal College of Psychiatrists 0207 235 2351

Young Minds 0800 018 2138
www.youngminds.org.uk

Change 0113 388 0011
www.changepeople.org

Dyspraxia Foundation Helpline
Mon-Fri 10am-1pm 0146 245 4986
www.dyspraxiafoundation.org.uk

(Useful local numbers are at the back of the book)

LIVING WITH PARENTS WHO MISUSE SUBSTANCE



USEFUL INFORMATION

Coping in a family where a parent or carer has a problem with drugs or alcohol can feel very lonely. You don't want to tell anyone. You're afraid what people will think and afraid of trouble with the Police or Social Services. However you are not alone.

Over a quarter of a million young people have one or more parents with a serious drug problem. Almost a million have a parent who has problems with alcohol. Which means that there are people out there who can understand how you feel and organisations that can give you help and support.

Your feelings are normal if you live with someone who has a problem with drink or drugs, it's normal to have very powerful feelings like: Anger, fear, shame, loyalty, love.

The National Association for Children of Alcoholics and Drug

Abusers use six "C"s for young people whose parents have problems with alcohol and drugs.

I didn't CAUSE it but I can take CARE of myself.

I can't CONTROL it but I can COMMUNICATE my feelings

I can't CURE it but I can make healthy CHOICES.

OUR STORIES...

I HAVE LEARNT FROM MY EXPERIENCE WITH THE MISUSE OF DRUGS FROM PARENTS. I grew up around people taking drugs all my life so for me growing up as a kid taking drugs became socially acceptable. My mum AND dad took drugs around me from an early age. I feel that this had a bad affect on me; I knew that I could have had a better way of life, but this life was the only one I knew.

In a way I'm glad that it happened because it made me realise that I wouldn't be the person I am today if it hadn't.

Don't get me wrong it was horrible living with my mum and dad being on a high as like being visited by 'God'. I remember the highs being a happy time in my life, I sat and watched my mum and dad laugh and enjoy each other's company and the company of me and my siblings. But then came the lows, the down times, they lasted for hours the day after the happiness.

The down parts used to scare me and my siblings used to work hard at cheering them up. It felt at those times that I didn't exist. I blamed myself and thought it was my fault; it was hard to burden this at such a young age. I had no direction in my life, no one taught me to do the 'normal' stuff that other kids did.

I'll never forget what happened to me when I was younger but now I feel proud of who I am, how I overcame all that happened. It took time, I did it and I did it myself.

AS A CHILD I WAS NOT TOTALLY AWARE OF THE DRUG AND ALCOHOL ABUSE GOING ON AROUND ME.

In fact it wasn't until I was 14 that my sister pointed out that my father was an alcoholic when the penny dropped that my family was dysfunctional. It took me another 5 – 6 years to figure out that this behaviour wasn't normal. I would look at other families that were close; they sat and ate dinner together.

My parents split up when I was 6 but my dad lingered around for a few more years, sat on the back doorstep drinking Special Brew all day, not working or socialising just living a solitary depressed life.

My mum smoked a lot of dope as did my dad, she suffered with depression for a long time. I believe my mother said she used it to self-medicate. With both my parents having so much chaos going on in their lives and their minds, their ability to ready me for the world was mostly impaired. My social skills, confidence and self-esteem were affected.

It wasn't because they were bad parents, it's because they were so wrapped up in their own problems.

I went on to have a drug problem to escape my own problems, this messed me up and led me to put myself in some dangerous situations. I've been clean for over a year now and I am achieving a lot.

The last thing I'll say is that if you have a drug problem it's important to change and if you have children then it's imperative to 'stop' because you are likely to really mess your kids up, just as I was!

POEM

I live in a town that no one knows
Streets filled with crack heads,
thugs and hoes
Life in the gutter must be similar to this
Cold and dark with a stale smell of p***

It wasn't always like this till a few months ago
My best mate Dave introduced me to crack
So I used up every needle and every vein
My body is so full of drugs I no longer feel pain

I'm trying to get help, get my life on course
So the therapist says try get to the source
Go back to when you were alone in your bed
What kind of thoughts were running through your head

I need to clean up the toys I left on the floor
Too late now he's opened the door
Sees what a mess I've made of my room
Darkness descends a sudden sense of doom

The door closes lunges himself towards me
He's even angrier now he dropped his JD
Steps towards me hits, my eye turns blue
"This is your fault boy look what you made me do"
And it's no use my brother and sister won't listen
Just stand there while my Dad carries out an exorcism

POEM

My time is coming not far from now
Try to escape this way of living but don't know how
Brought up in a house with violence and drugs
Now living the lifestyle known as a thug

Back to the beginning and starting with mum
Always drugged off her head and married a bum
Ignoring what he did and who he abused
Always oblivious to what happened when he got accused

I didn't bruise myself that wasn't me
"it was that fat ***** watching TV"
He probably didn't mean it he was having a joke
That isn't going to stop me from slitting his throat

Now I'm locked up living life behind bars
That's nothing compared to the emotional scars
Crying every night turning in my bed
But that's ok as long as that evil ***** is dead

Towards the end of my life now looking back
At how my brother got addicted to crack
I blame mum and everything she did
God's biggest mistake ever was giving her kids

**USEFUL
CONTACTS****Alateen****0207 403 0888**

(Support service for young people living with or close to someone with drink problems)

Eclipse drug and alcohol service**0161 273 6686****FRANK****www.talktofrank.com****text 8211****0800 776 600****Young Minds****0800 018 2138****www.youngminds.org.uk****www.thesite.org**

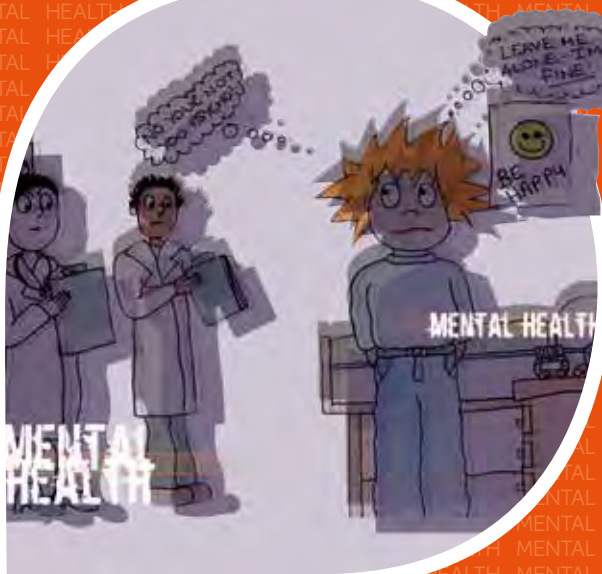
(Useful local numbers are at the back of the book)

ACTION > CONFIDE
IN SOMEONE YOU
TRUST, THEY CAN
HELP YOU

HOLD on
it gets

Better

MENTAL HEALTH ISSUES





WHAT IS A MENTAL HEALTH PROBLEM?

Everybody has mental health whether they are a child, young person or an adult. Our mental health can be good or poor and changes all the time. The terms mental health problems or mental health illnesses covers a wide range of problems which affect someone's ability to get on with their daily life. Mental health problems can affect anyone, of any age and background, as well as having an impact on the people around them such as their family, friends and carers.

Most people recover from their mental health problems. Long term problems can lead to considerable disruption and difficulty in a person's life, but many of the people affected find ways of managing their problems and find ways of maintaining an active life.

There are many things that can affect our heads, these are just some of them:

- Drug and alcohol abuse
- Family problems
- Relationship breakdowns
- Isolation
- Debt
- Homelessness
- Sexual exploitation
- Bereavement
- Bullying
- Sexual identity issues

POEM

Do you know what it feels like to let yourself go
 To smile everyday and put on a show
 To hide all the pain that inside you feel
 To cut yourself deep just to know you are real
 To be taken away and detained under section
 To have nothing in your life not given affection
 This is just a glimmer of what it's like to be me
 All I really wanted was to be left alone to be

MY STORY...

DEAR DIARY I HAVE A
 SECRET FOR YOU ...
 WEDNESDAY 22nd JULY.

So this is my secret – I hear voices again, I know I should tell someone but I'm scared of being kept in hospital longer. I hate being there and away from my family. I would do almost anything to be normal again. Just how I used to be, not relying on others all my life.

Anyway these voices are telling me to kill myself but I don't want to die.

Do I? Would it be so much easier for everyone if I just died? But I can't let the voices take over again for my family. I have to stay strong for them. So now it's down on paper it's no longer a secret and I will overcome again.



HELP AND ADVICE

- Talk about your feelings
- Keep active
- Keep in touch with friends and loved ones
- Ask for help when you need it
- Speak to your doctor
- Do something you're good at and enjoy
- Take a break
- Speak to people who understand how you feel
- Accept who you are



WHO CAN HELP US?

Childline	0800 11 11
MIND info line	0300 123 3393
Mood Swings Network	0161 953 4105
42nd street	0161 228 1888
www.42ndstreet.org.uk	

Voice Advocacy	0808 800 5792
www.voiceyp.org (click young-people)	

Hearing Voices Network	0114 271 8210
youth to youth	0208 896 3675
www.youth2youth.org.uk	
www.time-to-change.org.uk/youngpeople	

Royal College of Psychiatrists	0207 235 2351
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Young Minds	0800 018 2138
www.youngminds.org.uk	
www.thesite.org	

(Useful local numbers are at the back of the book)

MIXED RACE RELATIONSHIPS



MY STORY...

I remember when I took my first boyfriend home when I was 14, my parents made him welcome but I didn't half get a lecture from my dad afterwards. You see my boyfriend was black and as much as my parents weren't racist they were worried how people would treat us and what would happen if we had kids. I wasn't thinking about any of this, I was only 14. I was enjoying myself and nobody was going to stop me. But as the years passed (and the boyfriends) I understood what my dad meant. The abuse, the stares, name-calling over the years were unreal, I'd get called names on a weekly basis but I didn't care. I was going out with whoever I wanted, colour or race wasn't an issue for me or my boyfriend so why should it be for other people. When I had my son I began

to feel the pressure of being in a mixed relationship, not only at home but outside. Me and my boyfriend had different ideas of bringing up kids as we'd been brought up different so we argued a lot and then when I went out with my son he'd get called "MIXED BREED" and people would look at me in disgust for having my son. I was so hurt for my son I cried most days feeling guilty for bringing my son into this small-minded world.

Caramel skin, big brown eyes and curls to die for, my gorgeous son is now 5. Times are changing, racism is still out there but not as much in your face, we still get stared at from time to time, me and my boyfriend try to understand each other's backgrounds better when bringing up our son.

Being a mixed race family isn't easy, there's lots of issues you have to deal with, but I feel we get the best of both worlds, its just we have to work harder at it!!



HELP AND ADVICE

- Make contact with agencies that will give you support
- Discuss your issues with close friends and family members
- Stay positive
- Try to ignore other people's negative views
- Be yourself, remember it's your choice



USEFUL CONTACTS

Victim Support 0845 303 0900

Young Minds 0800 018 2138
www.youngminds.org.uk

Equality and Human Rights Commission 0808 800 0082

(Useful local numbers are at the back of the book)

OBESITY

OBESITY

OBESITY



HEALTH PROBLEMS CAUSED BY OBESITY

Prolonged obesity and weight problems can lead to many health issues in later life. These may include:

- Diabetes
- Heart disease
- Stroke
- Osteoarthritis
- High blood pressure
- Gallstones
- Infertility
- Depression

MY STORY...

I'VE ALWAYS BEEN BIGGER THAN MY FRIENDS...

ALWAYS. And what made it worse is that I was told all the way through high school that it was just puppy fat and would fall off me once I'd finished puberty. I'm a lot older now and it's still here. All my mates grew boobs and became slimmer... I grew boobs but my body seemed to forget to get slimmer.

One thing that gets me about being big, is that when you see films, storylines in soap operas, they always pull at your heart strings about the poor fat girl who everyone picked on... who eventually lost 12 stone and came back like a supermodel, and pitied the bullies who used to pick on her. These kind of things create dreams for people like me, that 'yes, I may be big, but one day I'm going to be slim and sexy and I'll laugh in all your faces'...

I'm still waiting for that too! The thing is, people who are overweight are put into boxes; the same judgemental boxes that every other one of us are placed in. You seem to get the shy, quiet fat girl, who loses the weight and saves the day... conforming to society's request that fat people should be seen and not heard. Or the gobby, annoying one, who is overly confident and pride themselves on their weight, like the type you see on Oprah or Jerry Springer... the ones we pretend we accept socially and admire their confidence, but really half of people are repulsed by. It seems like you can't be taken seriously as anything else other than a fat person. I was never 'really' bullied, I was never really isolated, nor have I ever been shy or quiet, or had really low self-esteem; I'm assuming this means that the box I sit closely to is the gobby, annoying one. I've always had nice boyfriends,

and I've always had lots of friends... but it doesn't mean that when I'm in town looking for jeans, and all of a sudden, the size 16 doesn't fasten, I'm not gutted. No. I am. In fact, it's devastating. All my favourite shops sell jeans up to a size 16, otherwise I've got to go to a plus size shop. Plus size? WHAT? Plus size? ME?! I always knew I was big, but... plus size? No thanks... I started to binge eat around thirteen or so; and yes, unfortunately started to make myself sick. It became more and more frequent, a bit like an obsession. To this day I still don't think I had an eating disorder, I did it because I got the benefits of eating the stuff I wanted, and didn't feel so guilty afterwards. It lasted around two years, on and off, before I realised I wasn't losing any weight, and it didn't make me feel better, or worse. Lucky escape.

I suppose saying I've been lucky is right. No-one likes to be different, and I suppose if I feel just a bit different in a room full of people who accept and love me; it must be awful for people who aren't as lucky to have the friends or support as me. I think one of the things I want to tell young people who get down about their weight, is to try your hardest not to let other people get you down. Don't be sucked into the media. Believe me, as hard as it may be at school, people grow up. People grow up and mature to accept you for who you are. Obviously, there's always going to be bullies in the world, right through to the end, but if you believe in yourself and stop focusing on your weight, others will learn to too. In the case of my story... I want to lose weight, but to be honest... I'm happy. I like myself, and I like my life, and best of all, I like food!!

**ACTION > LEARN
TO LOVE YOURSELF
AND BE HEALTHY**



HELP AND ADVICE

- Speak to someone you trust, a friend or family member
- Contact your doctor to make an appointment
- Make contact with youth centres/ youth groups.
- Speak to your local gym. Most cities/ towns have schemes for young people to access gym and leisure activities at a fraction of the cost; try and see if you qualify for a leisure card for your local gym!



USEFUL CONTACTS

BBC (for tips for a healthy diet)
www.bbc.co.uk/health

Change4life
www.nhs.uk/change4life

NHS direct 111
www.nhsdirect.nhs.uk

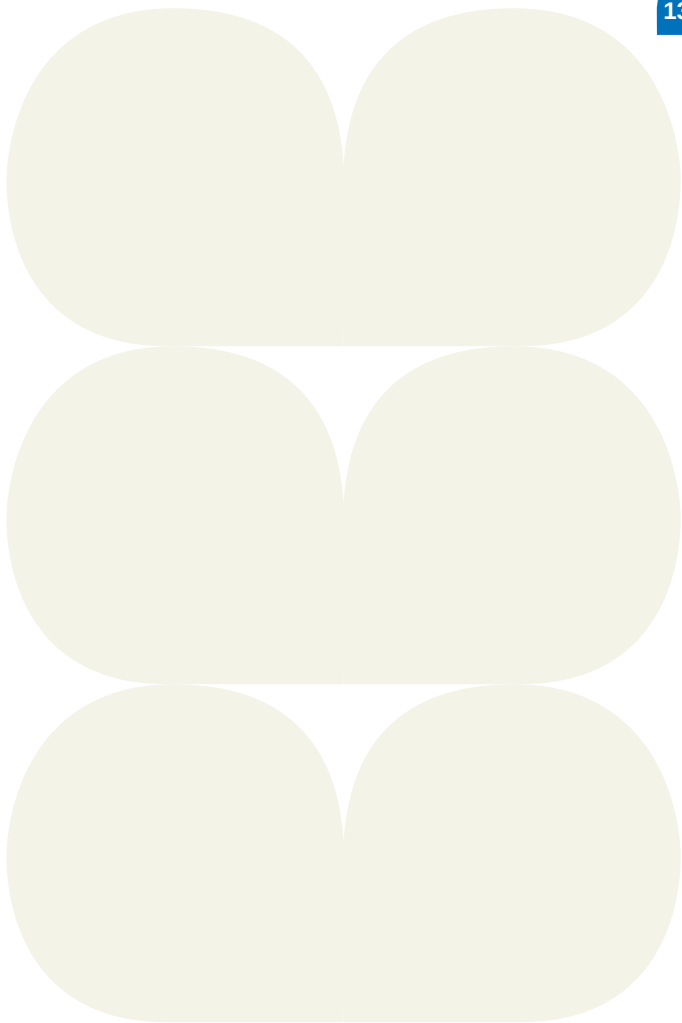
NHS choices www.nhs.uk

Samaritans 0845 790 9090
www.samaritans.org

Young Minds 0800 018 2138
www.youngminds.org.uk

[www.time-to-change.org.uk/
youngpeople](http://www.time-to-change.org.uk/youngpeople)

(Useful local numbers are at the back of the book)



OBSESSIVE COMPULSIVE DISORDER



OUR STORIES...

I WISH THAT THE PEOPLE YOU SEE AT THE HOSPITAL HAD MY LIFE FOR EVEN JUST ONE DAY. No-one can understand O.C.D. unless they have lived with it. It's Hell. Every waking minute is used up by worrying about germs and at night I have nightmares about them. Everything that other people take for granted – having a shower, nipping to the shops, making a meal, even going to the loo is surrounded by lists and lists of rules and procedures. I'm scared of everything. When I walk down the street, my eyes are fixed to the floor making sure that I don't step in anything and in town I jump and dive around avoiding wet floor cones, cleaning trolleys, people in nurse's uniforms, etc, etc. My life is awful, but I'm trying really hard to make it better. There's a high demand for Cognitive Behaviour Therapist and I'm on the waiting list to see one. I'm doing some things myself, now I can use the loo at my boyfriend's house which sounds small, but is a huge leap

for me. To anyone else who has it, I understand that it is hard, but you can get better and once I'm getting C.B.T. I hope to get better too.

JUST LITTLE THINGS LIKE HOW MUCH SHAMPOO COMPARED TO CONDITIONER WAS IN THE BOTTLE. It used to make me so anxious to walk into other people's bathrooms. If there was more shampoo in the bottle than conditioner or visa versa I'd sit and spill out the access liquid until it was equal. It made little tasks huge because I'd have to check lots of things and fix them if they were wrong. Sometimes if I couldn't get the task right or perfect I would cry or sometimes even self-harm. My GP gave me anti-anxiety pills which calmed me down. I started seeing a youth worker regularly at 42nd Street, she helped me find different coping strategies. She was always there to listen to me. I also had the option of attending a drop-in every Tuesday to get me out and about and seeing other young people with similar problems. My O.C.D. is now controlled and does not bother me anymore.

THE CLEANING O.C.D. BLUES

Well I'm getting fed up of that
'Mr Sheen',
That 'Antibac' and that 'Oxy Clean',
'Mr Muscle's' help I'd appreciate,
'Cause I'm told he loves to do the
jobs I hate.

I got the blues,
The O.C.D. blues,
I'm gonna lose,
With the O.C.D. blues,
I haven't done anything but wash
and scrub,
'Wax on, wax off' and a rubba
dub dub,
I got the blues,
Oh the O.C.D. blues.

I'm gonna knock the head off that
guy from 'Flash',
An unspecific soap's brought me out
in a rash,
The 'Extend and Reach' don't reach
right in,
And this just don't do what it says
on the tin.

I got the blues,
The O.C.D. blues,
I'm gonna lose,
With the O.C.D. blues,
I haven't done anything but wash
and scrub,

'Wax on, wax off' and a rubba
dub dub,
I got the blues,
Oh the O.C.D. blues.

I'll wring the neck of that
'Toilet Duck',
With 'Dettol' neither I don't get
no luck,
That 'Fairy' don't give me hands
like my face,
I wanna put them losers in their
place.

She got the blues,
The O.C.D. blues,
She's gonna lose,
With the O.C.D. blues,
She ain't done anything but wash
and scrub,
'Wax on, wax off' and a rubba
dub dub,
She got the blues,
Oh the O.C.D. blues.

Oh thank you for reminding me,
These 'J Cloths' are going in the
bin you see,
Don't want these blues,
Oh the O.C.D. blues.
Oh the O.C.D. blues.

SIGNS TO LOOK OUT FOR



- Constantly wanting to wash yourself
- Everything having to be in the right place
- Following a sequence of doing things
- Feeling that you are dirty or contaminated if you touch or come into contact with certain objects
- Checking doors or windows etc. to see if they are locked
- See your doctor
- Contact a counsellor or helpline
- Speak to family or friends or seek someone you can trust
- Try to keep your mind occupied with pleasurable things

HELP AND ADVICE



USEFUL CONTACTS



NHS Direct 0845 46 47
No Panic 0800 783 1531
OCD Action help 0845 390 6232
and support support@ocdaction.org.uk
Young Minds 0800 018 2138
www.youngminds.org.uk

Royal College of Psychiatrists 0207 235 2351
42nd street 0161 228 1888
www.42ndstreet.org.uk

NHS direct www.nhsdirect.nhs.uk
No Panic 0800 138 8889
www.time-to-change.org.uk/youngpeople

Central Manchester University Hospitals
NHS Foundation Trust www.cmft.nhs.uk
www.thesite.org

(Useful local numbers are at the back of the book)

OFFENDING BEHAVIOUR



OUR STORIES...

I'M SORRY! AT CHRISTMAS I WAS ARRESTED ON THE CHARGES OF CRIMINAL DAMAGE, THEFT OF A MOTOR VEHICLE AND GOING EQUIPPED.

At the actual time I was arrested I was intoxicated and throughout most of the day I was in the same state.

At the time in my life when these crimes were committed, I had a troubled and stressed life. Previously I had run away from my home. I was a lot more around crime than ever before in my life. I had also grown to resent people due to the fact I thought I was an outcast and classed as a lower form of life. My view of the law became corrupted and so did my respect for people and others around me. Most of the time I would let my temper get the best of me so I could feel the adrenaline go through my body.

I had no contact with my mum over that Christmas period. I was also very stressed as well because I was spending my Christmas with the family that I'd tried to get away from. I didn't want to have a family because I felt I'd been let down by my father and mother. I didn't want to spend Christmas with my father and my step-family because they weren't a part of me and I felt they didn't like me.

I am very happy that I had been placed on the order with the Youth Offending Service because I've had the chance to assess the reasons why I was stressed and I've been able to work with my YOS worker to make my future get back on course. I've shown significant progress and this has been recognised, which makes me feel that I am not wasting my time. I've been put on extra courses which I can use as a reference for when I join the army and for when I get a job to pay my court fees so I can

join the army. I have a lot of motivation and it has changed my life for the good (otherwise I would not have been writing this).

I fully understand how the victims feel because damage on that scale is unforgivable, I can understand that seeing your property damaged is distressing and at that time of year it is also aggravating.

Crime has a big affect on communities because it can turn people against each other and also create outcasts and victims. If there was no crime then most people would trust others and this would remove many social barriers in society.

**ACTION > DON'T
GIVE IN TO PEER
PRESSURE, DO THE
RIGHT THING**

I WAS 16 WHEN I GOT SENT DOWN. It was only a short sentence, but then again it was only meant to be a laff when we battered dat lad. We was bored, nothing to do, he was just there, we was drunk. Then the police came.

24 hours in the cells. 4 times I went court. I thought I would just get a slap on the wrist. I had never been in trouble with the police before. Stood in front of the judge, "GUILTY" she said. Sentenced me to Detention Training Order ...PRISON?????

Tears fell down my face, no family, no friends around me. Kid acting hard, it didn't really hit me at first till it came to my birthday. Nobody came to see me, I was too far for anyone to get transport. I realised what the consequences were, getting told what to do, people watching your every move.

I'll NEVER go there again ... you never know what u have till u lose it!

PAUL'S RAP

I was a youth offender
The bottles and the knives I would render
After a night out on a bender
It was only a matter of time b 4 I was part of the system
Part of it like a piston 24/7
I found this place is no heaven
Locked away
The same s**t everyday
Ok
You can get an hour on the playground
2 play
No chance you have to stay
I say stick to education
It'll help you find your station
Be patient
You'll get there
F**k every one else 2 u, u have 2 swear
F**k if people stare or glare
It's true people just ain't fair
Cause in jail u get old ur frail
I might as well in your coffin put the nail
Your life can breathe sour and stale
Get your taste in life
Speak the crime and strife
It's trouble no needs of your body it feeds
Everybody sows their own seeds



WHY DO YOUNG PEOPLE OFFEND?

- Parents/carers separating
- Pressure from friends to commit crime
- Young person may have no money to buy food or travel on the bus
- Young people may be drunk or under the influence of drugs at the time
- May get a 'buzz' from offending
- Low self-esteem or feeling depressed



HOW ARE YOUNG PEOPLE WHO OFFEND HELPED AND SUPPORTED?

- Projects that encourage young people to give something back to their communities, such as getting involved in charity shops, residential homes, gardening placements, or community projects
- Referred to other organisations if needed such as local organisation, Early Break or Social Care
- Parents/carers of young offenders supported through 1-to-1 and group sessions

SIGNS TO LOOK OUT FOR



- Mixing with the wrong people
- Getting into trouble
- Abusing drugs or alcohol
- Truancy
- Being involved in street gangs

HELP AND ADVICE



- Find other mates that don't lead you into trouble
- Find some meaningful activity e.g. youth clubs, voluntary work
- Join some sporting activity that interests you
- Get advice from someone you can trust

USEFUL CONTACTS



Childline 0800 11 11

Citizens Advice 0844 411 1444

Police 999

Young Minds 0800 018 2138
www.youngminds.org.uk

Relate 0300 100 1234
www.relate.org.uk

(Useful local numbers are at the back of the book)

PEER PRESSURE



When young people get into trouble or offend it is usually through peer pressure from other young people. Try not to be pressured by your friends in doing things you don't want to do. True friends will not want to get you into any trouble or pressure you in doing things that you do not want to do. Think that individuals who often put you under pressure to do things, would not do it to themselves.

OUR STORIES...

PEER PRESSURE WAS A VERY HARD PART OF LIFE GROWING UP ESPECIALLY THROUGH

SCHOOL. My peers were slightly older than I was so I looked up to them and wanted to be like them by watching what they were doing and what made them look good or clever, or just funny, or even what made them look hard. Then I got to know them by copying what they were doing.

When I became friends with a group or an individual who was my peer, there was a lot of pressure on me and my friends to do certain things. I got wiser

to the fact that things I was doing wasn't what I wanted to do but what my friends wanted to do. So I changed and told my friends that I didn't want to do things that made me be accepted because they were doing them. My friends laughed at first but then looked at themselves and realised that they felt the same way, so that's what brought us together as friends for life. The fact was that through age I got an awareness of right and wrong, this was part of my life **PEER PRESSURE** got in the way.

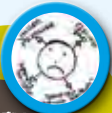
PEER PRESSURE IS VERY HARD TO OVERCOME WHEN YOU'RE COMING TOWARDS YOUR TEENS.

For example, friends egg you on to do things that they wouldn't do. I even end up getting in trouble, get detention and even excluded from school. But if you don't do what they say, you won't be their friend and they will call you names like 'goody two shoes' and that shows who is and who isn't your friend. Some friends use you for money and things or your stupidity. That's an example of peer pressure.

POEM

What you gonna do
When someone's onto you
To do something you don't want to do
You want to tell them to get away and shoo
In your face you're blue
You feel like you're going choo choo
Come on try something new
Trust me it will all be good for you
On your lip you chew thinking what to do
Everyone's doing it why not you
It's not like anyone is going to sue
So sack it I'll do it I don't want to be one of the few
We're mates we're stuck together with glue
We'll be stuck together forever
Rain or shine whatever weather
Our friendship no-one could ever severe

You try it once you try it twice
10 years have past you're on the street with head lice
You gave your life away at such a cheap price
Maybe this could happen to you
So if you don't want to do don't do
Don't let no-one take control of you
Too right go for your pleasure
You've got to look for the measure
Cause people can take so much they pray to go back they
wanna touch
They wanna go back to the way back when
When they were safe and secure in their home den



SIGNS TO LOOK OUT FOR

- Doing things you do not want to do just to fit in with your mates
- Feeling pressured to do things you would not normally do and not feeling able to say 'NO'



HELP AND ADVICE

- Try to be strong and say 'no' when feeling under pressure
- Talk to parents, school, or other friends you can trust
- Contact helplines
- Think, are the friends who are putting you under pressure good friends?



USEFUL CONTACTS

Childline 0800 11 11

Samaritans 0845 790 9090
www.samaritans.org

Kooth 0845 330 7090

Young Minds 0800 018 2138
www.youngminds.org.uk

Voice Advocacy 0808 800 5792
www.voiceyp.org
(click young-people)

Relate 0300 100 1234
www.relate.org.uk

(Useful local numbers are at the back of the book)

PUBERTY



OUR STORIES...

I COULD NOT SPELL IT WHEN IT STARTED AND DIDN'T REALLY KNOW WHAT WAS HAPPENING TO ME WHEN PUBERTY STARTED. What I did know was that it's painful, I put on weight and got moody very quickly. I also felt that I had no energy and worst of all stunk of B.O.

I was tired all the time, yet all I could think about was how many stretch marks were appearing on the tops of my legs. This did not help my paranoia that there was not enough room in my body for my growth spurt, but at least as I was getting taller some of my "puppy fat" was disappearing. My wanting to 'play out' has been taken over by strange feelings within me that involve thinking lots about boys, the more famous and fit they are the better! But then the belle of the ugly bug ball couldn't get a fit lad anyway.

I don't mean to but when I am in a bad mood, which is often, I end up falling out with my friends a lot more.

The worst thing about it is that sometimes it can feel like your parents don't understand you, that they are always criticising you and what racks me off is that you get told they were young once or they have been there, well if that's the case they should understand then and stop having a go!

Isn't growing up good!!

I AM AN ELEVEN AND A HALF YEAR OLD BOY, AND MY BODY IS CHANGING.

My moods keep changing all the time for no reason. One minute I can be happy then angry or suddenly start crying. My mum says that it is my hormones because I am growing up.

I have started to get body odour and sometimes wake up with really hot sweats in the middle of the night. My dad says that my voice will break and change, I am really nervous about this.



SIGNS TO LOOK OUT FOR

- Teenage spots
- Mood swings
- Very emotional
- Bad tempered
- Growing pains
- Voice changing
- Starting your period
- Noticing your body shape changing
- Taking interest in the opposite sex
- Having more body odour



HELP AND ADVICE

- Discuss these changes and feelings with close friends or family members
- Speak to someone in school or someone who you can trust
- Remember that everyone goes through puberty and it will pass



USEFUL CONTACTS

Childline	0800 11 11
Young Minds	0800 018 2138
	www.youngminds.org.uk
Brook	www.brook.org.uk
	www.brookmanchester.org.uk
42nd street	0161 228 1888
	www.42ndstreet.org.uk

(Useful local numbers are at the back of the book)

RELATIONSHIPS

RELATIONSHIPS

RELATIONSHIPS

MY STORY...

ME AND MY BOYFRIEND HAVE BEEN GOING OUT ABOUT FOR FOUR MONTHS. I was scared of getting hurt as my ex cheated on me and I felt like i would never be able to trust someone again.

At the start we took it slow and I made sure that I spent time with him but also spent proper time with my friends too. I feel like keeping things balanced helped out relationship as we didn't get bored of each other too quickly and we didn't do anything we'd regret.

My friends don't really rate my boyfriend they think he's a bit boring as he isn't one of the popular lads at school. I don't really care whether my friends think he's fit it's how I feel that's important. I feel we really get on and he listens to me, shows me respect and that I can trust him. It's more than what he says it how he acts when other people are around that make me feel special.

I realise he might not be there forever but i feel it's important to spend some proper time getting to know each other first. I think it's been good to build a proper relationship rather than rushing into things and putting myself at risk of getting hurt or something much worse.

TOP TIPS FOR HAPPY RELATIONSHIPS

If and when you find you are attracted to someone, there are some qualities that are worth looking out for and developing in a relationship.

Every relationship is different, but there are things which are common in good relationships which you might like to think about. Not only do the tips below give you things to think about yourself, they're also good conversation starters if there's something about your relationship that doesn't feel quite right.

RESPECT

Value who the other person is and understand the other person's boundaries.

COMMUNICATION

To avoid misunderstandings speak honestly and openly. Never keep a feeling bottled up inside because you're afraid it's not what your partner wants to hear, or because you worry about sounding stupid.

TRUST

To have a happy relationship you have to trust each other. Otherwise, you can end up worrying about what they're doing, or feeling insecure or unhappy.

HONESTY

It's hard to trust someone when one of you isn't being honest. Telling the truth is sometimes hard, but it's almost always worth it.

SEPARATE IDENTITIES

In a healthy relationship, everyone needs to make compromises. It's important to have time for friends and family and have the freedom to keep and develop talents or interests of your own.

SUPPORT

Some people are great when things are going right but don't want to be there when your whole world is falling apart. You need a healthy balance.

FAIRNESS

You need to have give-and-take in your relationship, too. Things can go wrong really fast with one person fighting to get his or her way all the time and a relationship turns into a power struggle.



USEFUL CONTACTS

www.brook.org.uk

www.thesite.org

42nd street 0161 228 1888
www.42ndstreet.org.uk

youth to youth 0208 896 3675

www.youth2youth.org.uk

(Useful local numbers are at the back of the book)

RELIGION



FAMILY VALUES

Religion can have a very positive impact on family values and can offer people support and guidance.

Some people can find it difficult to understand adjust or adapt to religion.

WHAT DO YOU BELIEVE IN?

Here are some religions:

- Christianity
- Paganism
- Hinduism
- Buddhism
- Catholicism
- Scientology
- Atheism
- Agnostic
- Islam
- Judaism
- Jainism
- Sikhism
- Folk religion

MY STORY...

FROM THE AGE OF TWO MY MOTHER AND FATHER BECAME JEHOVAH'S WITNESSES. So I grew up not being able to celebrate Christmas, birthdays, Easter etc. This was pretty upsetting, as a kid I always felt left out as though I didn't fit in. Sometimes my friend would try to make me feel better and buy me presents but I would always hide them in my room so my parents wouldn't find out.

By the time I was starting High School my mum died and my dad got married again soon after to a women whose family was very high up in the religion. This caused a family break-up, no-one would speak to my dad, and my life became very upsetting and very hard.

Life was hard as a teenager being a Jehovah's Witness because I didn't have my mum (my best friend) to talk to and with the Jehovah's Witness religion being very strict.

I couldn't even turn to my parents about anything especially problems I had, it was wrong to have a say. My parents stopped me from seeing my friends out of school and I could not go on any school trips.

I had to read the Bible every night and even knock on doors to get people to join the religion. I hated my life and just wanted to be a normal teenager. I felt I had no control of my life anymore, so I turned to controlling food with anorexia for a few years. I was also put on the mental health ward for self-harm.

I felt better in the last year of high school and was ready for my GCSEs. But I struggled as my parents didn't want me to revise because they said I didn't need qualifications to do the work of God. I picked up my GCSE results and got grades to go to college which made me happy for a while

until my dad ripped them up and called me stupid. I was sick of my parents abusing me mentally, so I left home and stopped being a Jehovah's Witness. My dad disowned me and said that he wished I had never been born. I ended up turning to drugs and led a crazy life. If it wasn't for my mental health workers I'd probably be dead.

Now I have turned my life around without my family and the (religion) and I have now got a beautiful son who I love with all my heart.

**ACTION > BELIEVE
IN YOURSELF AND
YOUR VIEWS**

**USEFUL
CONTACTS**

Connecting British Hindus
www.hinduforum.org

MMF Manchester Muslim Forum
www.manchestermuslims.org

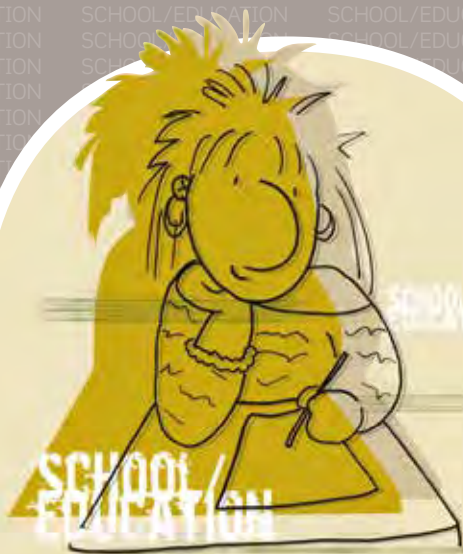
**Prospects Christian support for
people with learning disabilities**
www.prospects.org.uk

Samaritans 0845 790 9090
www.samaritans.org.uk

Young Minds 0800 018 2138
www.youngminds.org.uk

(Useful local numbers are at the back of the book)

SCHOOL/
EDUCATION



MY STORY...

WHEN YOU ARE AT SCHOOL, YOU MAY FIND IT DIFFICULT TO FIT IN AND COPE WITH THE WORK. A lot of young people, including myself know exactly what you are going through. You feel as though you can't talk to your teachers, you can't talk to your family and can't talk to your friends either.

You feel as though you're all alone with this 'block' which is in your way of getting on with your life. You in the end will bottle up your emotions and feelings making you feel more depressed.

POEM

Need some motivation

Need some motivation to get out of this situation

Need some motivation to get out of this situation to get some education

Need some motivation to get out of this situation to get some education to get rid of my frustration

Need some motivation to get some education to get rid of my frustration to get rid of my depression...

POEM

Never been able to fit in at school
Always been the fool
I always feel so fragile
And suicidal

Always been the victim
Never let me fit in
Nothing was ever right
I was always in a fight

I can't go home at the end of the day
If I could, I'd run away straight away
I had nowhere to hide nowhere to run
I have never played and had some fun

Always been the victim
Never let me fit in
Nothing was ever right
I was always in a fight

This isn't a boarding school, this is hell
This isn't my room this is a cell
This isn't life this is a ball and chain
Life will never never be the same

Always been the victim
Never let me fit in
Nothing was ever right
I was always in a fight



SIGNS TO LOOK OUT FOR

- Panic attacks
- High emotion especially during school
- Bunking off



HELP AND ADVICE

- If you are having problems at school or college try to get some support from people who you can trust as soon as possible.
- If not sorted these problems can make you depressed and affect your mental health and wellbeing



USEFUL CONTACTS

Childline 0800 11 11

Young Minds 0800 018 2138
www.youngminds.org.uk

Samaritans 0845 790 9090
www.samaritans.org.uk

42nd street 0161 228 1888
www.42ndstreet.org.uk

(Useful local numbers are at the back of the book)

SELF HARM



OUR STORIES...

I WAS 13 WHEN I FIRST STARTED TO SELF-HARM. It wasn't deep at first but was very often. When I did it I felt in control. Watching the blood gushing was like a release. My mum hated it when I did it, she used to get really mad and always asked me why I did it. I didn't have an explanation myself it just made me feel better. After a while I stopped self-harming but replaced it with piercings and soon after tattoos. The pain I got from tattoos was the same satisfaction I got from cutting. It became so addictive that I ended up with 15 tattoos. After a while I turned back to self-harm and started cutting much deeper. My skin would fold back and blood would ooze out.

There was very little help for self-harm because so little was understood. Soon I was cutting

so deep that I needed stitches. It used to upset my grandma so much. I could never wear nice clothes because I always had to wear long sleeves to cover my arms. I was so ashamed when people asked what was up with my arms. I made the decision to stop cutting myself a while ago and stuck to it. I figured that there was no point in hurting myself because others hurt me. I was the one suffering. Every time I look at the scars on my arms and the tattoos on my body they just remind me of the pain I suffered.

I eventually went to hospital, they assessed my mental health and gave me alternative ways to let out my pain. They also offered me counselling which helped me more than anything. They put me in control. I could choose if I wanted to see a male or female and how often I wanted to go.

From there I could get in contact with Youth Services and saw a worker regularly at 42nd Street Young Persons Service. She helped me find my way back on my feet. I started attending college a few months ago and haven't self-harmed in months.

I USED TO DO A LOT OF SELF-HARMING, UNTIL ONE THING HAPPENED THAT WOULD CHANGE MY LIFE FOREVER. I

fell pregnant. I'd been cutting myself for years and I felt it was the only thing to get my anger out. I didn't know that I was actually doing it. When people found out I thought they were interfering and that none of them understood what was going on in my head. It was my unborn child that made me realise that there is more to life than trying to kill myself. People are fighting for lives out there and I was wasting it.

SIGNS TO LOOK OUT FOR



- Deliberately wanting to hurt yourself
- Feeling that it will relieve inner tension
- Feelings of inner turmoil

HELP AND ADVICE



- Get support from someone who won't judge you
- Gain professional advice
- See a counsellor

USEFUL CONTACTS



Childline 0800 11 11

Samaritans 0845 790 9090

www.samaritans.org.uk

Royal College of Psychiatrists 0207 235 2351

Young Minds 0800 018 2138

www.youngminds.org.uk

42nd street 0161 228 1888

www.42ndstreet.org.uk

youth to youth 0208 896 3675

www.youth2youth.org.uk

www.time-to-change.org.uk/youngpeople

Manchester contact centre 0161 234 5001

www.thesite.org

(Useful local numbers are at the back of the book)

SEXUAL ABUSE



MY STORY...

SATURDAY 16TH APRIL,

10:30PM. I was walking home with a friend and a lad came over who I had known for 7 years and he decided to walk with us, but he was acting weird. When we were walking through the park he said "come on cut over the grass it's quicker" (which it is). Then he started to walk to the grass, little did I know that I was making the biggest mistake of my life!

When we got about half way across he put his arm around me and lent in to kiss me, I looked at him and said "What are you doing? no stop it". Then he told my mate to go away because he wanted to talk to me. I looked at him and said "no I have to be in and you promised you would walk me home". Then shouted at my friend so he left. I carried on walking home

when he pulled me by my arm and I fell, he wouldn't let me up and my dad kept phoning me so he put my phone where I couldn't reach it. He made me do things I never want anyone to have to do, the smell of his aftershave and beer stays with me and what I went through.

Fifteen minutes after I got home one of his friends phoned me and they all thought what he had done to me was funny. He had recorded the phone call of me crying and telling him to go away. It was sent around the whole school and to this day no-one lets me forget it.

My advice to any past, present or future victims would be not to ignore it, do something about it and never blame yourself even if you think you could prevented it from happening.

WHAT IS SEXUAL ABUSE?

Sexual abuse is when you are:

- being touched in a way you don't like without giving permission or consent
- being forced to have sex (intercourse)
- forced to look at sexual pictures or videos
- made or forced to do something sexual
- made to watch someone do something sexual. This can include someone flashing or exposing themselves to you and can also happen online
- Sexual abuse can happen in relationships too

FACTS ABOUT SEXUAL ABUSE

- Between 2011-12 ChildLine carried out nearly 16,000 counselling sessions with children and young people about sexual abuse
- Of these, 69% told us how old they were and most were aged between 12-15 (56%) followed by 16-18 (32%) and 11 and under (12%)
- Sexual abuse can happen to both girls and boys
- An abuser can be male or female. They can be a stranger, somebody you love and trust including a family member or another young person such as a boyfriend or girlfriend. They can also be the same sex as you
- You are not alone and there are people who can help you

**ACTION > FIND
THE STRENGTH TO
BREAK THE SILENCE**



HOW DO VICTIMS GET USED AND ABUSED

- Being blackmailed
- Being threatened
- Someone being forceful with you
- Being promised and tricked

Abuse can occur at:

- Home
- On the phone
- School
- Internet



HELP AND ADVICE

- If you feel you may have been sexually abused or are currently being abused this is where it should STOP
- Admit to yourself you are being abused
- Don't be ashamed it is not your fault
- Confide in someone you can trust
- If you can't talk write a letter
- If you wish the police can be contacted



USEFUL CONTACTS

Childline
NSPCC

0800 11 11
0808 800 5000

National Helpline

help@nspcc.org.uk

Manchester **0161 234 5001**
Contact Centre (24 hour service)

(Useful local numbers are at the back of the book)

SEXUAL HEALTH



DON'T GO SKIN
DIPPING OR YOU
WILL BE TRIPPING

GENITAL
WARTS

H.I.V

GONORRHOEA

HEPATITIS

SYPHILIS

CHLAMYDIA

PREGNANCY

HERPES

MY STORY...

I WAS FOURTEEN WHEN I STARTED GOING OUT WITH MY BOYFRIEND. He was fifteen and had had sex loads of times. He asked me whether I'd do it. I said I would.

One night when I was babysitting we did it. He said I was good and that he wanted to carry on going out with me. I started to stay out all the time so I could see him more. My mum knew straight away what was going on and started screaming at me one night "If you come back to this house pregnant that's it, I'll disown you, you won't be living under my roof anymore!" I'd heard that some girl at school had gone on the pill, so I decided to go on it. Trust me my mum's screaming is enough to scare anyone into doing anything. I went to my doctor, I was scared of seeing him at first but he just handed me the prescription.

I went down to the park that night and bragged to my mates that I'd got the pill, I took the packet of pills out with me to prove that I'd got them. Everyone thought I was great and I got a buzz because I knew that I was being sensible and grown up. Everyone showed me respect. Then, one of the older girls came over and asked me to show her what was in my pocket, I showed her and she started laughing. She said, "I hope that's not all you're using." She told me that if I was still going out with my boyfriend that I'd better use condoms as he'd given half of the town some disease. I just ignored her.

A couple of nights later I saw the girl again at the park. She pulled me to one side and said, "look he gave me something a couple of months ago – go and get yourself checked, you never know, you might have it."

She told me where to go, this place called brook in Manchester. I went after school one night and had some tests and they gave me some antibiotics just in case I did have it. They told me my results would be back in two weeks. A couple of weeks later I went back to brook in Manchester and got my results. I had chlamydia. I was gutted. The nurse gave me some condoms and a card with a number on it and said I could take the card to loads of different places in town and get free condoms. After all the stress I realised I couldn't trust my boyfriend so I ended the relationship.



USEFUL CONTACTS

NHS Choices www.nhs.uk

Young Minds 0800 018 2138
www.youngminds.org.uk

Brook 0808 802 1234
Ask Brook 0808 802
www.brook.org.uk
www.brookmanchester.org.uk

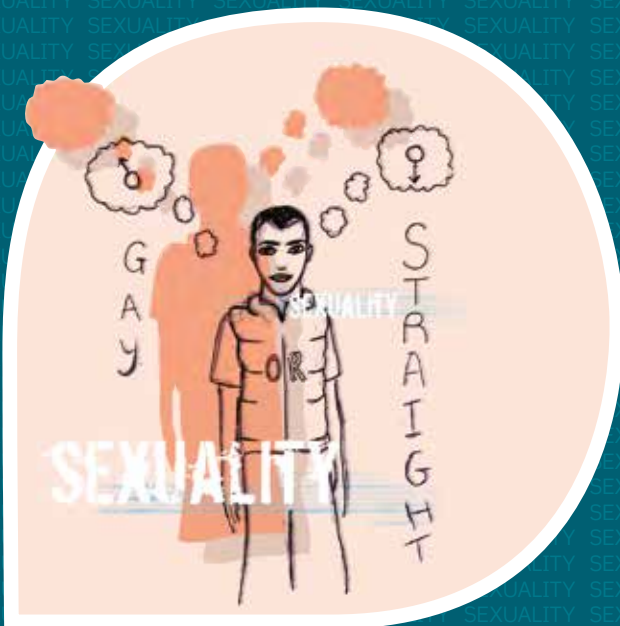
Sexual health clinic 81 Lever St
M1 1FL 0161 237 3001

Fresh clinic 0161 701 1555
www.fresh4manchester.com

**Information about sexual health in
Manchester**
www.anyplanstonight.co.uk
www.avert.org

(Useful local numbers are at the back of the book)

SEXUALITY AND BISEXUALITY



OUR STORIES...

GROWING UP IN A LARGE FAMILY AND ALSO GOING TO AN ALL BOYS SCHOOL I QUICKLY REALISED THAT I WAS DIFFERENT!

I was not sure why I was this way but I just knew. I'd look at other lads in the street or in the school yard and wonder why I thought they were good looking when all girls were just fun to be around. I had one good mate at the time, he was in year 11 and I thought he was brilliant; he could do no wrong as far as I was concerned. In fact I got into a fight with another lad because they called him a bent b*****d. I wanted to take my anger out on the lad I was fighting, not because what he had said but the fact that I was queer and wanted my friend to know me for being me. I got suspended from school for this and my mum and dad thought it was because I fancied the girl

three doors away, they kept saying "It's his hormones racing" and comments like "he'd better not get her pregnant", little did they realise what their son was. My best friend didn't speak to me for ages because he thought I hadn't defended him and though I tried to tell him he refused to listen. Perhaps it's because I don't look gay (what does that mean?) does anyone look 'straight'? Ok so I had a skin head, was very over-weight and liked football at the time and could defend myself in a fight. When I told my mum I was gay she cried and said does anyone else know? I replied no; she swore me to secrecy not to tell my dad, as he'd kill me. I was deeply upset about how my dad might react. I started going out to Manchester to the 'Scene' but found that because I was not pretty or cute or whatever the type I was supposed to fall into, I soon stopped going out.

I felt alone and that I didn't have any one to talk to who was my own age, I plucked up the courage to call the Manchester lesbian and gay foundation to talk to someone about my feelings. I explained I was still at school and that though I'd told my mum that I was gay my dad still didn't know. The thing was at the time I didn't know any other gay young people (I thought they'd all be better than me and judge me for being fat) but when I started going to the Peer Support group I soon saw they were like me; just kids who were gay; kids who came from different backgrounds and religions; but also kids who wanted someone to listen to them not to judge them for being gay. I'm now 23 and am glad I contacted the Peer Support group in Manchester when I did as they were and still are a big help to me. I have done a bit of volunteering for them; really to give something

back and to say thanks guys and girls for being there when I needed someone to listen, someone to cry on their shoulder but best of all someone who understands what it's like to be gay.

IT HAPPENED ON THE STROKE
OF MIDNIGHT ON A COLD
WINTER NIGHT.

A huge gust of wind belted through my window and a slim woman with crystal blue eyes, and long blonde hair came into my room and whispered sweet music into my ear before disappearing into the blue. The next morning I woke up and I was like a duck to water, I was bisexual. Unfortunately, we don't live in the movies or fairytales. We live in reality and reality is, it's a lot more complicated than that, so claiming that's how it happened, would be telling the biggest bunch of lies ever.

by posters of movie stars, footballers or pop stars. Yes, all male. Thinking back to my childhood and looking back at pictures of myself, I didn't have it in me. As I was trying to work out who or what I am, I had this chip on my shoulder. In a stereotypical world, a 'gay' or a 'lesbian' can be spotted a mile off, even as a kid before they knew. It was always a possibility by their actions and their style. Maybe that's a lesson in itself, stereotype isn't always right. I mean, you do meet very camp men/women with short hair and dressed in sportswear who are straight.

It's different for each individual but for me, it was gradual. The first few experiences with women were when I was drunk and I barely remember what happened. I do however, remember feeling very scared and feeling that, this very well could be me. Growing up, I was surrounded

I felt as though I couldn't talk to my brothers and sisters, it was something I wouldn't say I was ashamed about but something I was shy about. Thankfully though, I had my mum who I could, can and forever will be able to talk about anything and everything to.

When I first realised that I was sexually attracted to women, I thought, instantly that I was a lesbian but I also knew that I was sexually attracted to men. 'Bi' wasn't an option or so I thought, so in a way it made the situation a whole lot worse.

The key thing to remember, is that, it's not against a crime to like both sexes, it's just who you are. The best thing anybody can do if anyone finds themselves in this situation is to talk. I know it sounds a bit obvious and maybe a bit cheesy but it really is the best option. For you and those around you.

The world we live in is not as homophobic as it first seems and yes, it does feel as though the world is against you. It's all about pride and courage. If you can swallow your pride and gain the courage to talk to people about how you feel about women and men, the

pride will come back and be stronger than ever, and that goes with the courage too. Never in my life did I think I would have the courage to talk about it openly and write about my sexuality to possibly help people, but here I am! Hopefully you could too...

THE RAINBOW IS A SYMBOL OF GAY PRIDE



The first flag had eight stripes; hot pink for sex, red for life, orange for healing, yellow for sun, green for nature, turquoise for art, indigo for harmony, and violet for spirit. When the designer went to mass produce the flag some changes had to be made. Pink and turquoise were removed from the design, and royal blue had replaced indigo, leaving the flags with six colours.

**ACTION > BE
HAPPY AND BE
YOURSELF**

POEM

Am I gay or am I straight?
Am I early or am I late?
To find out the truth
About the true sexuality upon my youth
Will mum scream or will she shout
Will dad rant and rave about?

What will they say?
If I am gay
Will they hate me for batting for the other team?
Or will they love me either way I lean

Will they leave me homeless on the street?
To fend for myself, and become a stranger you wouldn't
like to meet
Or will they leave me in my warm cozy bed
To rest my confused and dizzy head

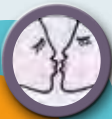
The time has come to find out
Whether they will be angry and shout
Will they understand and comfort me
Will they explain to me about gay sexuality

I shall say it out loud
And I shall say it proud
I am who I am
Gay or straight
True people will not care
Which one I am, in my sexuality fate



THINK YOU'RE GAY?

- Feelings can be confusing, everyone seems to be obsessed with who you fancy. It's great to have lots of friends and close relationships
- It's important to remember that your feelings are personal to you
- Some people are attracted to both men and women and call themselves bisexual. In the end your sexuality comes down to the way that you feel



COMING OUT

- Embracing your sexuality can be a difficult journey but hopefully if you're true to yourself you'll be able to find happiness
- It is up to you if you want to tell people how you feel
- The important thing is that you are happy with who you are and try not to worry too much what other people think



SIGNS TO LOOK OUT FOR

- Not being attracted to the opposite sex
- Feeling different
- Feeling attracted to the same sex
- Being attracted to both sexes



HELP AND ADVICE

- You can choose whether you tell someone, everyone or no-one about your sexuality
- Try to work out who you would want to tell, choose someone you trust to tell first, choose your moment if you can so that you have got time to talk properly
- You could find it helpful to contact a relevant support group



USEFUL CONTACTS

LYGM (for young people)

www.lgbtyouthnorthwest.org.uk

Manchester 0845 330 3030

Lesbian and Gay Foundation

Young Minds 0800 018 2138

www.youngminds.org.uk

42nd street 0161 228 1888

www.42ndstreet.org.uk

(Useful local numbers are at the back of the book)

SEXTING

SEXTING

SEXTING



MY STORY...

I THOUGHT ME AND MY BOYFRIEND HAD BEEN GETTING ON REALLY WELL AND THAT I COULD TRUST HIM BUT HE SHOWED ME THAT I CAN'T. A few months ago he took a picture of my whilst I was getting changed, he told me it was just a joke and that he'd deleted it but he didn't and then he showed it to some friends. He thought it was ok as he hadn't sent it on to anyone but now the lads keep making comments to me about it, one of them even asked me to send him a photo. I felt dirty and ashamed that he'd asked me.

I told my boyfriend to delete it and checked his phone he promised me he had but I feel I just can't trust him anymore. I've now ended the relationship as I felt trust was important and I don't want to get called names at school. The picture was taken

without my permission and that just makes me feel weird and i don't want to be in a relationship like that.

HOW CAN SEXTING AFFECT YOU?

Being able to share pictures and videos with your friends online, and see what they've been up to is great. Digital cameras, Mobile phones, and webcams have made it really easy to do this.

Some people, however, might encourage you to send them pictures of yourself naked, or film yourself doing things that you may not be happy about. They may also pressure you to look at indecent pictures of other people they have, and to encourage your friends to get involved.

Once these images have been taken and sent to others, you lose control of them and they can end up anywhere. They can easily be posted on websites such as Facebook and YouTube and be seen by hundreds or even thousands of people. They could be seen by friends

and family, a future employer or by someone who might be dangerous and have bad intentions.

If you wouldn't pass these images around your school or show your mum or dad, then you don't want to share them over your mobile phone or your computer.

WHAT IS SEXTING?

Sexting is when someone receives or sends a sexually explicit text, video or image on their mobile phone, usually in a text message.

SENDING AND RECEIVING WHAT SHOULD I DO?

- Report any concerns.
- Delete it!!! If image is of a person under the age of 18 this is illegal and you could be prosecuted and be placed on the sex offenders register.
- If you receive an indecent image or text from someone, do not send this image on to anyone else thin about how this would make you feel.
- Speak to an adult that you trust, parent, carerer teacher. It might seem like a really hard thing to do but it's important to speak to them as soon as possible.
- If an indecent image of you or a friend has been posted on the internet, contact the service provider, such as Facebook or YouTube, to have it removed. Visit the safety areas of the websites and following the reporting links.
- If you are upset or worried by an image you have sent or received, you can call ChildLine and talk to someone in confidence on 0800 1111..
- If an adult has been making you do things or share pictures of yourself online or by text that you don't feel comfortable with, report them using the 'CEOP report' website. It's important that you know that you haven't done anything wrong and you won't get into trouble.

**USEFUL
CONTACTS**

ChildLine

0800 1111

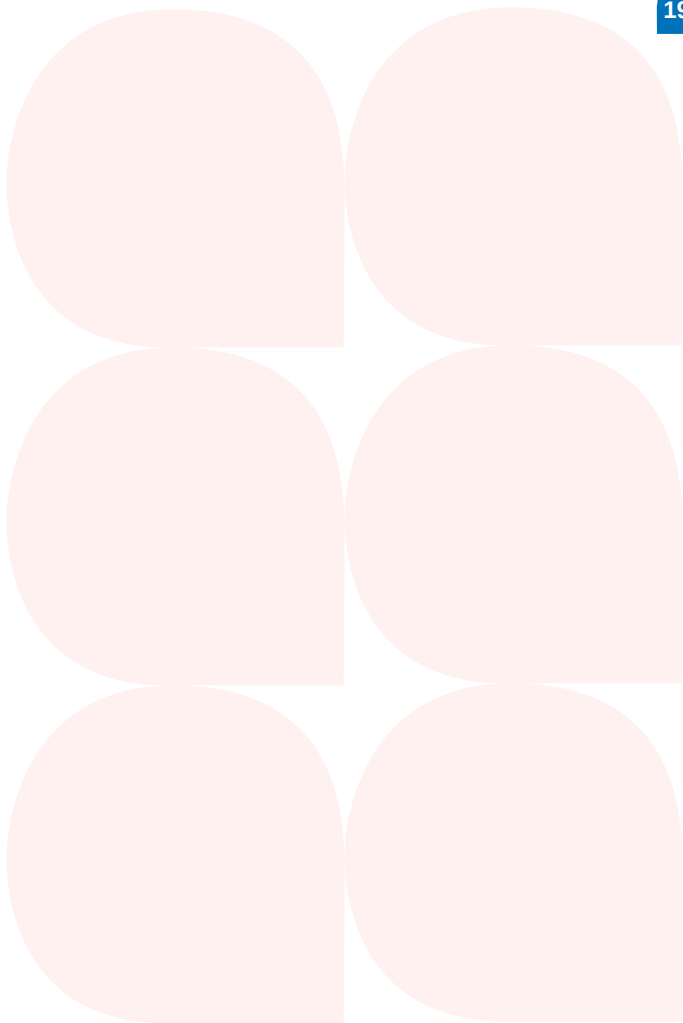
www.childline.org.uk

www.cybermentors.org.uk

www.thinkuknow.co.uk

www.ceop.police.uk

(Useful local numbers are at the back of the book)



SHARED HOUSING



MY STORY...

I HAD ONLY KNOWN HIM ONE HOUR AND MY WORKER WANTED ME TO MOVE IN WITH HIM. I had to say yes because I was desperate for a place to live, I'd have been homeless on the streets if I had said no. So anyway two days later we had moved in. The house itself was not too bad, everything seemed to be going well until he started to bring his mates around then I found out he took drugs and had no respect for anyone but himself, not even for his friends or the cat we adopted from his mum. The house was a tip I tried to keep it tidy but he just made it worse. Then we got a phone line that I accidentally only put it in my name. I had never used it and I ended up with a bill of nearly one hundred pounds. The worst bit was when we looked after one of his friend's dogs, which was a psycho-dog, it nearly attacks everything it sees.

It was payday, I felt a little bit better and we went on a night out walking. I stayed out and met some friends. When I got back the house was the worst I have ever seen it. I went upstairs, the first thing I saw was my bedroom door kicked in. I looked in my bedroom and my PC was on the floor. I went into the bathroom it stunk of cat and dog wee, I felt sorry for the animals. I knocked on the door of my housemate no answer. So I go in, it was about 3:00 pm. I saw them all there lying stoned out their faces, they looked like they were unconscious, I shouted his name – no answer. So I went downstairs rung a trusted friend and she said phone Manchester City Centre Project, so I did. They got me out of there that night. I am very grateful to them for that. Before I went, I phoned up BT and cut the phone off.

When you go into shared accommodation it can be like you are stepping into a helpless situation. There are six simple ways to prevent that:

- a) Clearly know what you are getting into
- b) Get to know the person you are going to move in with
- c) Set some ground rules that you both agree on
- d) Get outside help on sorting

the financial side out e.g. bills, furniture and gas and electric card

- e) Go together when getting your furniture and paint for your new pad

And finally do a rota so you don't have to argue who has got to do the cleaning or go shopping, if someone forgets, change the rota to suit both of you.

HARASSMENT

When you live on your own there are many pitfalls that you could fall into, some of which can be avoided easily others are not so easy to avoid.

Most of the examples that I will give I have encountered myself: Taking lodgers in and then allowing them to take advantage and treat your property as their own and also treat you like a stranger in your own home.

This could be seen as being friendly and helping people in need but as I well know it has its disadvantages afterwards when they start causing trouble for you and any immediate neighbours and then the neighbours start falling out with you and arguing. You might even in extreme circumstances end up getting your flat trashed and windows broke etc.

SIGNS TO LOOK OUT FOR



- Not knowing the person you are moving in with
- Not being compatible with the other person
- Having the share forced upon you
- Realise that your space may be invaded by the other person's family or friends

HELP AND ADVICE



- Get to know the person beforehand
- Ensure that you have a few things in common
- Make sure you have adequate support from friends, family, workers if you need to talk, or if things are going wrong

USEFUL CONTACTS



**Shelter's free housing advice
help line** 0808 800 4444

**The City Centre
Project** 0161 228 7654
e-mail: info@ypsf.co.uk

Young Minds 0800 018 2138
www.youngminds.org.uk

42nd street 0161 228 1888
www.42ndstreet.org.uk

(Useful local numbers are at the back of the book)

SMOKING

SMOKING

SMOKING



MY STORY...

I FIRST STARTED SMOKING WHEN I WAS 14.

My friend asked me to get some cigs off my mum so I took a couple and we went to smoke them in the park.

When I first tried a cig I didn't really like the taste but I carried on anyway. All my mates were smoking. I didn't really think about the consequences it just seemed like the thing to do. I remember one of my mates coughing a lot when they first tried it. It never made me cough at first but now I've been smoking two years and when I wake up I cough in the morning. I used to be in the athletics team at school and enjoy singing. Now at school I get out of breath easily when I run and when I sing, I find it hard to breathe.

It's hard at school to not have a cig all day and to find the money to pay for them. It makes your clothes and hair stink and costs shed loads.

Now hardly anyone smokes and feel like he odd one out. I worry a lot about my skin looking old as I have heard smoking can do this.

If I knew I was gonna find it this hard to quit I wouldn't have started.

**THE YOUNGER YOU
START SMOKING THE
MORE DAMAGE YOUR
BODY WILL SUFFER
WHEN YOU GET
OLDER.**

HERE'S SEVEN REASONS TO QUIT:

WANT TO QUIT?

1. You'll be healthier and less out of breath because smoking decreases your lung capacity.
2. You'll save yourself a packet. The average smoker spends an astonishing £27.54 a week and £90,000 over their lifetime on cigarettes.
3. You'll look better. Chemicals in cigarettes restrict blood flow to your skin. Smokers have more wrinkled and saggy faces by the time they're in their mid-20s.
4. Quitting helps save the planet. Deforestation due to tobacco production accounts for nearly 5% of overall deforestation in the developing world, according to research published in the medical journal The BMJ.
5. Someone who starts smoking at 15 is three times more likely to die from cancer than someone who starts smoking in their mid-20s.
6. The younger you start smoking, the more damage there will be to your body as an adult.
7. Not smoking will make you instantly more attractive. Most people prefer kissing non-smokers.



**HELP
AND
ADVICE**

NHS Smoking

Helpline

0800 022 4332

Under-18s guide to quitting

**[www.nhs.uk/Livewell/smoking/
Pages/Teensmokersquit.aspx](http://www.nhs.uk/Livewell/smoking/Pages/Teensmokersquit.aspx)**

You can also contact your own G.P

Manchester Stop Smoking Service

0161 205 5998

www.stopsmokingmanchester.co.uk/

(Useful local numbers are at the back of the book)

STEREOTYPES

STEREOTYPES

STEREOTYPES

OUR STORIES...

I HATE WEARING MY SCHOOL UNIFORM. It's stiff and boring and it does my head in. I try and make it different. I wear my trainers for school with my socks out to show the tick. I put on my baseball cap and wear my chain. I don't want to look like everyone at school. They're all nerds and I don't want to be like that, just because I want to be different. The nerds call me a scally or a townie, who do they think they're calling. I just want to wear my stuff and not get crap off other people.

Schoolteachers tried to take my chain and my trainers off me to make me look like everyone else. My art teacher says that I look like a 'thug', I am not a thug, and I am not a criminal who do they think they are? Just coz I look different than them, I ain't any different. I'm still a person I don't slag off no nerds or moshers, they are who they are and I am who I am. I can't be doing with all this.

BECAUSE I AM A YOUNG PERSON I FEEL THAT PEOPLE VIEW ME DIFFERENTLY. I do like to look different and not long ago I dyed my hair pink and although I live in a hostel my family went daft. They called me a 'slag' and that I was trying to make a statement for lads to come and get me. This has really upset me and I feel that my family has now turned against me.

Hanging around with friends has always been a problem as if I was hanging around in a group we were always moved on. Most of the time we were only talking cause we had nowhere else to go. Walking in a group can also bring problems, people think that you are up to something. The police have often stopped me when I am with my mates. If I am on my own they will drive past me slowly and stare, so I feel better when I am with my mates. I am not a bad person, just a young person who would like to be left young.

POEM

Fill in the form,
tick the box,
give yourself a label,
we all do it.

Listen to the music,
buy the clothes,
look like your idol,
give yourself a label.

Hang out in the corner,
you and your mates,
nothing can touch you,
give yourself a label.

Try some of this,
all your mates do it,
one try won't hurt,
give yourself a label.

Once a fortnight,
join the queue,
sign on the line,
give yourself a label.

Everything you do,
everything you say,
determines the box you fall into
welcome to the world of labels.

SIGNS TO LOOK OUT FOR



- Being blamed for things that you have not done because you hang around with other young people
- Being thought bad of because of the way you dress
- Being called what you are not
- Being called for your taste in music
- Because you are like other young people you are often seen as a trouble maker

HELP AND ADVICE



- Try to ignore other people's negative views
- Be yourself
- Remember that everyone has been young once
- Remember if you are being stereotyped, you are still an individual
- Do not let people's reactions get you down
- Always be yourself

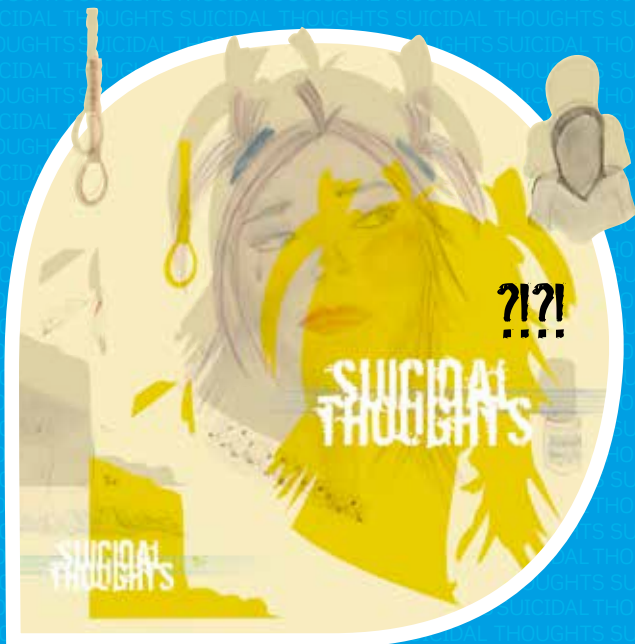
USEFUL CONTACTS



Childline	0800 11 11
Samaritans	0845 790 9090
	www.samaritans.org.uk
Young Minds	0800 018 2138
	www.youngminds.org.uk
42nd street	0161 228 1888
	www.42ndstreet.org.uk
youth to youth	0208 896 3675
	www.youth2youth.org.uk

(Useful local numbers are at the back of the book)

SUICIDAL THOUGHTS



WHAT CAN MAKE YOU FEEL SUICIDAL?

There are many things that can make us feel like this such as:

- Mental health problems
- Mental health illness
- Relationship breakdowns
- Debt
- Family problems
- Bullying
- Peer pressure
- Isolation
- Bereavement
- Exam pressures
- Drug and alcohol issues
- Homelessness
- Abuse from others

MY STORY...

I DON'T KNOW WHEN I STARTED FEELING THAT I'D BE BETTER OFF DEAD. It was like an underlying issue that would rear its ugly head alongside my self-harming episodes, sometimes it'd be brewing slightly for days and it'd only take someone telling me that I'd made a grammatical error somewhere. I'd start thinking "I'm imperfect" or "this person will hate me now" and it would quickly develop into "I'm wasting space on Earth, someone somewhere would be better instead of me" all because of a grammar mistake. It used to be that I'd do anything to die; as if somehow, death would be a respite.

After I told my mum about my self-harming, I felt as if there was no need to hide anything. Before, if I tried to kill myself or wanted to, I'd do it quietly;

Trips down to bridges, staring at bleach bottles in quiet contemplation, nothing major. After that though I'd blatantly express my desire for death, until it quickly escalated to the point that I'd be trying to commit suicide every other day. A few months afterwards, I ended up in inpatient care, but it didn't do very much; in fact I'd be doing more and more obvious things. I'd scream and punch walls, set off fire alarms and get out through fire exits, lock myself in bathrooms with blades for company. I ran away overnight once, but I got caught out by some policemen and brought back. One night, I had an argument with two of the girls I'd made friends with at the hospital. When I went back to my room, I lay there all night, thinking about how much they hated me and think I was inferior, nasty, scum (in reality, they apologised in the morning, but the damage had been done).

By the morning, I'd convinced myself that there was no point in staying at the hospital and promptly discharged myself.

Looking back now, that was possibly one of the worst things I could have done, since I was slowly improving. About three weeks afterwards, I took a major overdose and hospitalised myself for a month and a half. I was lucky to survive. After that, another inpatient trip seemed in order. It was a different hospital this time and I absolutely hated it. My behaviour went completely off the rail; I'd get caught in empty shower cubicles with belts around my neck, attack staff (I had to be sedated, I felt awful in the morning and tried to find the man, but he never turned up again) and literally have to be carried into empty rooms.

After leaving the hospital, the big change happened after that though; instead of going

back to my mum's house, I went to my dad's and it made all the difference. The suicidal feelings were still there, but I wouldn't act on them and I've only self-harmed twice since I've been there (a record for me; I've been self-harming since 11). Nowadays, the thoughts of wanting to die have nearly completely disappeared and any urges to self-harm have been just that; only urges. I don't act on them. My dad and step-mum have been really supportive. If I did something, or said I thought something, they wouldn't freak out or start ringing hospitals at all hours; they'd just sit down and have a talk with me about why I felt that way. It felt good to have a calmer atmosphere.

Things have gotten radically different inside my head, but the damage to my body has already been done, and the whole experience has left me with wide red scars up

my arms and on my legs. I'd say to other people in the position I was in: Sometimes it can be the little things that make the difference; Getting a new timetable, moving school, moving house, telling someone how you feel. These might not sound like very little things; they're only small things in your life, though probably not so small in your head. A change of scenery is all that's needed sometimes.

POEM

This is a reminder of what it was like to be me
So stand up straight, open your eyes and see
That this girl was in serious pain

Thought she was crazy, even insane
She tied that noose and popped them pills, yes she tried
All of this was a serious attempt at suicide
But in the end she saw the light

Turned her life around and made things right
Now reading this a few years on
She knows now she's not meant to be gone.

POEM: WHY?

A poem from a young person whose family member committed suicide:

I miss you; I miss you so bad,
How could I forget you?
That day was so sad
I told you everything,
I opened up and let you in
Now all that's gone just flew away.

Why did it happen? It's just not fair,
You slipped away from life but I was there.
It has happened. Now you're gone,
Just flew away.

It's funny how one small space of time can change a
lifetime of happiness?
It felt like all the good things,
Just flew away.

Why did you leave?
Why did you go?
But I know you're safe,
You're in a better place,
I'll see you again someday, never leave me,
Please never go away.



HELP AND ADVICE

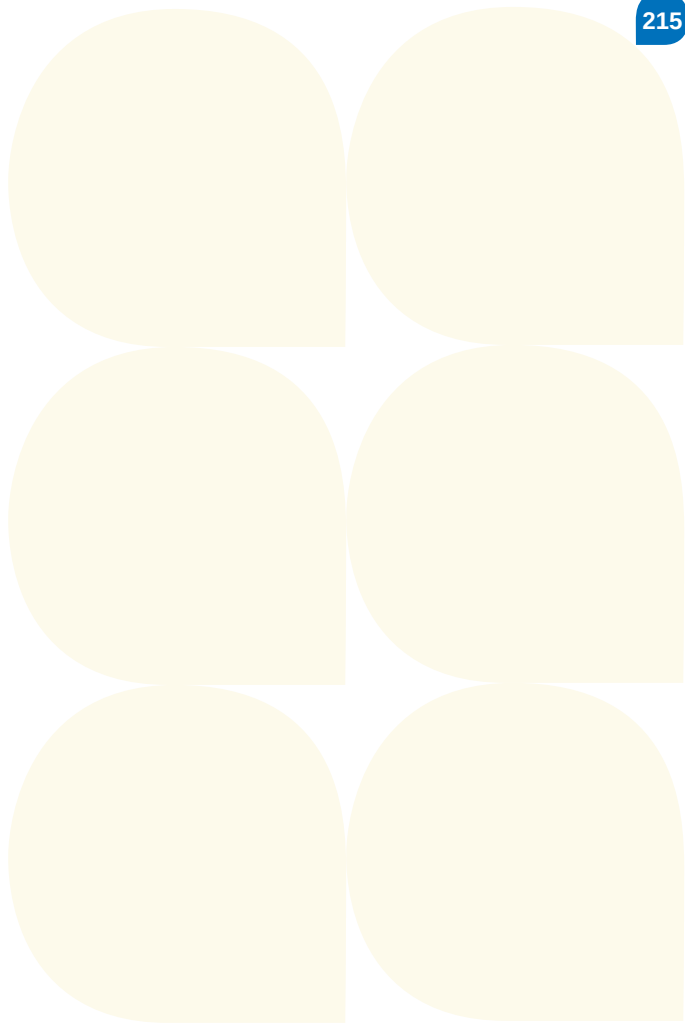
- Talk, tell the people you trust how you feel. Talking to someone can help you see beyond feelings of loneliness or despair. It can help you realise that there are other options apart from ending your life.
- Get help, your doctor or school nurse can help you. Whoever you talk to, you should also visit your doctor. They will be able to advise you on treatment if they think you are suffering from depression.



USEFUL CONTACTS

Childline	0800 11 11
Samaritans	0845 790 9090
Royal College of Psychiatrists	0207 235 2351
Young Minds	0800 018 2138 www.youngminds.org.uk www.time-to-change.org.uk/youngpeople
42nd street	0161 228 1888 www.42ndstreet.org.uk
youth to youth	0208 896 3675 www.youth2youth.org.uk
MIND	0300 123 3393 www.mind.org.uk
Sane	0845 767 8000 www.sane.org.uk
Saneline	0800 0182 138 www.thesite.org

(Useful local numbers are at the back of the book)



TEENAGE PARENTS



OUR STORIES...

“WHEN I WAS 18 I GOT WITH THIS LAD AND THEN A FEW WEEKS LATER I STARTED TO BE SICK EVERY MORNING AT SIX O’CLOCK. At first I just thought I had a water infection and I made an appointment at my doctors. At this time I did not tell the lad why I had to go to see the doctor.

It was the day of the doctors appointment when my doctor told me she needed to do a pregnancy test, I was scared. When my doctor told me I was going to be a mum I started to cry as I was happy but really scared to tell the baby’s dad because I knew he would walk away. At first he was shocked but I was really scared to tell other people as I thought that everyone would turn their backs on me but no one did.

I got three dates for when my baby was due and on the 28th February 2009 my little girl was born. She weighed 6 pound 7 ounces and had to go in Special Care for two weeks. It was hard for me being on the ward and hearing all those babies cry and knowing my little girl was in Special Care.

Two weeks later I got to take my little girl home. If you are a teenager and pregnant and scared to tell someone, then don’t be as there are people that will be willing to help you.

I HAD MY LITTLE BOY AT 16, I'D JUST LEFT SCHOOL. I had nowhere to live and no idea of what to do. I went into a mum and Baby Unit in Manchester. I dreaded it; I thought it would be grubby and not a place I wanted to take my boy.

But I was in for a surprise as it was a nice place with nice staff. I had my own flat in there and the staff helped me with my bills and how to look after my little boy. It was hard work, I cried most days but they were there to support and help me. Coping with money and trying to get a better life for us was hard. Really hard, harder than I imagined. Even though I wouldn't swap my son for anything, I wouldn't advise anyone to get pregnant as young as I did, because they would be in for a shock.

He's two now and I have my own flat; I still have support from workers but not as much as I used to. I'm trying to go to college to do well for my son but that's hard too. I've been put in a class with younger people who don't understand what its like having a kid, and the days are long and I have to leave my little boy in nursery for hours on end. It's not the life I wanted, even though I love my son in all the world, it's not what I planned.

**ACTION > YOU
DON'T HAVE TO GO
IT ALONE THERE'S
HELP AVAILABLE**

WHAT DOES IT MEAN TO BE A TEENAGE PARENT?



- Responsibility
- Anxiety
- Disrupted sleep patterns
- Negative impact on education
- Depression
- Pressure
- Stigma
- Financial worries

HELP AND ADVICE



- Speak to someone you trust
- Stay calm
- Get involved with other young people in the same situation such as baby groups
- Speak to local children centres
- Speak to your doctor

USEFUL CONTACTS



Family Information Service 0800 731 1518

Family Info Link 0808 800 0606

Families Need Fathers 0207 613 5060

Family Lives 0808 800 2222
www.familylives.org.uk

Home start 0800 068 6368

Young Minds 0800 018 2138
www.youngminds.org.uk

(Useful local numbers are at the back of the book)

TEENAGE PREGNANCY



MY STORY...

I GOT PREGNANT AT THE AGE OF 14 WITH MY SON, I DID NOT KNOW WHAT TO THINK COZ OF FAMILY PROBLEMS. So

I was staying with friends then they asked are you going to keep it or get rid of it.

I did not know what to feel when my friends asked me that question coz I kept telling myself that I was going to keep it, coz it was my first baby. The thing is that I did not know who I would go and see about my pregnancy. Even my friends did not know who I could go and speak to about my pregnancy. I was not with a doctor at the time.

I went to stay with a friend at Manchester with her and her mum. My friend's mum took me to the doctors there and they took me to see the midwife at their surgery. The midwife took my details and

also asked about my baby's father. I told her that I did not know much about the father. So the midwife put father unknown.

POEM: A SINGLE MUM'S POINT OF VIEW

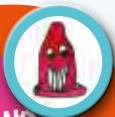
11 months that's how old she is,
me and the father ain't together, best really.
There's no shouting for her to hear it's great.
You sometimes wish though it was different.
I still love him, I always will but I love my daughter.
That is why I am not with him, ain't worth hearing the agro.
You do feel lonely, it does get better you just have to be strong.

SIGNS TO LOOK OUT FOR



- Had unprotected sex
- Missed a period
- Not feeling yourself
- Feeling sick in a morning

HELP AND ADVICE



- Speak to someone you can trust
- Make an appointment to see your doctor
- Remember to practise safe sex and wear a condom
- Try to talk to family members
- Talk to the midwife
- Contact different agencies that can give you support

USEFUL CONTACTS



Brooks Advisory Service 0800 018 5023
www.brook.org.uk
www.brookmanchester.org.uk

Young Minds 0800 018 2138
www.youngminds.org.uk

Family Lives 0808 800 2222
www.familylives.org.uk

(Useful local numbers are at the back of the book)

YOUNG CARERS



OUR STORIES...

I AM 9 YEARS OLD, I HELP MY MOM AND BROTHER WHO IS 11 YEARS OLD LOOK AFTER MY DAD. Four years ago we found out he had MS (multiple sclerosis). Things have changed a lot since then. My dad can't work any more and my mom is his full time carer. My dad gets moody sometimes and upset, because he can't do things he used to. Me and my brother try and cheer him up when he's sad because it makes us sad, we help him do day-to-day things, we even go fishing (boring) with him to make sure he's safe, it makes me worry too much if I am not with him. I do feel unhappy and sad at times because my dad has changed a lot since he found out he's got MS. But I love him so much and I'm glad he's still here, some children haven't got a dad. Mine is one in a million and I wouldn't swap him for the world.

MY NAME IS HAZEL, I AM 25 YEARS OLD. I USED TO CARE FOR MY MUM BUT I DID NOT REALISE I WOULD HAVE BEEN CLASSED AS A CARER.

My parents divorced when I was seven years old and then my mum's brother died suddenly. This was when my mum was diagnosed with Lupus. She started drinking heavily and made friends with a woman who had five children, and also was an alcoholic. I had to clean and tidy the house, do all the shopping and pay the bills. I helped my mum when she was very drunk and could not look after herself.

I missed a lot of school because of this. Her new friend introduced her to this guy, I thought he was trouble. One day I came home from school and no-one was home, all the furniture in the house was gone except in my room everything was still there. I stayed with my neighbour for a week. Eventually my mum returned telling me what a fantastic time she had on her holiday with her new fella.

I was only eight years old when that happened. My mum's drinking came in phases until I was ten years old and a lot of the same behaviour was happening. I did not have much contact with my dad as at the time I did not know this but my mum was making it very difficult for my dad to see me. At age 11 my mum re-married, my step-dad was an alcoholic and once they were married he became emotionally and physically abusive towards me. He never hurt my mum physically.

My mum became depressed her husband was so mentally abusive, she would always want to leave him. I would be there to support her but she always went back to him.

Eventually it got so bad for me that I could no longer help my mum, I had to leave her with him never knowing if she would really be ok. I was privately fostered for two years. It felt great to be part of a family but unfortunately my foster

parents divorced. So I left and got a place of my own when I was fifteen years old, I went to school three days a week and worked the rest as I was not entitled to much money from the government as I was too young.

I struggled to stay at college. I had to leave to support myself. I am now 25 and in my first year at university, I love it. My mum has been diagnosed with serious mental health issues but she has stopped drinking. I rarely see her as I moved a long way to come to university. I think that if I had known that I could have got help when I was seven and my mother became ill and started drinking, I would not have been so affected both emotionally and educationally.

**ACTION > DON'T
FEEL ALONE AND
UNDER PRESSURE,
TALK TO SOMEONE
YOU TRUST**

WHAT CARING RESPONSIBILITIES CAN MEAN



- Constantly looking after someone else
- Taking a parental role through illness
- Having no time for yourself
- To have to plan to go out with friends
- Not being able to engage fully in school/education
- Not being able to be employed because of caring responsibilities.
- Poverty issues

HELP AND ADVICE



- As a carer you will still need time for yourself
- Contact help lines and other similar groups that will give support
- Talk to other family members to see if caring responsibilities can be shared

HELP AND ADVICE



Carers UK 0808 808 7777

Carers trust 0844 800 4361

www.carers.org/
www.youngcarers.net/

Young Minds 0800 018 2138

www.youngminds.org.uk
www.family-action.org.uk

(Useful local numbers are at the back of the book)

YOUNG FATHERS



OUR STORIES...

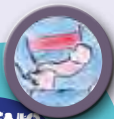
HI MY NAME'S RYAN. I HAVE BEEN A YOUNG DAD NOW FOR JUST OVER FIVE MONTHS. It's the most amazing thing that has come into my life. I could not ask for more, my son Reegan is the best person in my life. 'Yes' sometimes it is hard because I'm young and people look at me in a different way but, I don't let them get me down because I know I love my son and I am a really good dad. I have also got to give credit to the young dad's group I go to which has really helped me a lot, thanks to Tony, Mark and Adam who are amazing youth workers and dad's themselves. My experiences from being a young dad have helped me grow up and mature a lot quicker than I thought and have changed me for the best. I love being a dad and wouldn't change it 4 the world.

WHEN I FOUND OUT MY GIRLFRIEND WAS PREGNANT I WAS REALLY SCARED. I didn't know what to think or do. I thought my life was over. I was only 14, I had my whole life ahead of me. I told my mum and dad and they were shocked as they didn't think I was having sex.

I wondered how it would affect me but I felt guilty cos I didn't think of my girlfriend. She was dead upset as well and her parents went mad at both of us.

I got used to the idea of being a dad, I tried to read some books about it but they were boring. My dad gave me some advice that when the baby cums I would love it loads. My mum and dad said they would help with the baby, I was dead happy cos I thought me and my girlfriend wud be on our own.

When the baby cum I was happy but scared at the same time. I love my little girl to bits.



PROBLEMS THAT YOUNG FATHERS MAY FACE

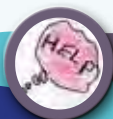
- Contact issues
- Not always recognised as a young father
- Knowing your rights as a young father
- Lack of knowledge around support services
- Financial and benefit advice
- Court and legal proceedings
- Finding work around child care responsibilities



HELP AND ADVICE

- Talk to a family member
- Approach your local children's centres.
- Seek legal advice
- Speak to other young fathers
- Approach young father's support groups in your area

**ACTION > HELP IS
AVAILABLE, TAKE IT**



USEFUL CONTACTS

Dad www.dad.info

Fathers Direct
www.fathersdirect.com

Family Information Service **0800 731 1518**

Homestart **0800 068 6368**

Sure Start **0800 096 0296**

Young Minds **0800 018 2138**
www.youngminds.org.uk

Families Need Fathers Helpline **0300 0300 363**
Mon to Fri 6 pm - 10 pm

Gingerbread **0800 018 4318**
0808 802 0925
www.onlydads.org/

(Useful local numbers are at the back of the book)

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Manchester's Child and Adolescent Mental Health Services (CAMHS) provide services for children and their families in hospital as outpatients and sometimes on the wards, and also within the community. The service is provided by multidisciplinary teams of health and social care professionals.

Unfortunately, the CAMHS teams do not accept self referrals but only accept referrals from professionals who are involved in your care, for example your Doctor, School Health Advisor, Social Care Professional or Educational Psychologist

If you are having problems contacting any of the agencies listed in this book or would like to speak to your local CAMHS team for advice, please find their contact details below.

South Manchester CAMHS

Tel: 0161 902 3400

North Manchester CAMHS

Tel: 0161 203 3250/1

Central Manchester CAMHS

Tel: 0161 248 9494

Emerge Manchester 16-17yrs Community Mental health Service

Tel: 0161 226 7457

USEFUL LOCAL NUMBERS

ADHD

My ADDventure - ADHD Information and Support Services

.....0161 408 3924

.....www.myaddventure.org.uk

Carers Line0161 272 7270

.....www.carers.org/local-centre/manchester

ADOPTION

Manchester fostering and Adoption Team.....0800 988 8931

ALCOHOL

Eclipse drug and alcohol service0161 273 6686

.....info@eclipse.org.uk

42nd street.....0161 228 1888

.....www.42ndstreet.org.uk

ANOREXIA

Mental health in Manchester www.mhim.org.uk

42nd street.....0161 228 1888

.....www.42ndstreet.org.uk

Student Run Self Help (SRSB).....mancunion.com

See Child and Adolescent mental health Services (page 232)

ASYLUM SEEKER

Asylum Support Housing Advice (ASHA) Zion Resource
Centre 0161 227 8555

Refugee action greater Manchester Asylum
..... Freephone 0800 917 2719

..... www.refugee-action.org.uk (enter Manchester)

42nd street..... 0161 228 1888

..... www.42ndstreet.org.uk

BULIMIA

Mental health in Manchester www.mhim.org.uk

42nd street..... 0161 228 1888

..... www.42ndstreet.org.uk

Student Run Self Help (SRSH)..... mancunion.com

See Child and Adolescent mental health Services (page 232)

BULLYING AND HOMOPHOBIC BULLYING

42nd street 0161 228 1888
 www.42ndstreet.org.uk
 Young Healthy Manchester
 www.younghealthymanchester.nhs.uk
 Mental Health in Manchester www.mhim.org.uk
 The Lesbian and Gay Foundation 0845 330 3030
 www.lgf.org.uk
 LGYM 0790 068 0725
 www.lgbtyouthnorthwest.org.uk
 Peer Mentoring Manchester www.reclaimproject.org.uk

CULTURAL DIFFERENCES

42nd street 0161 228 1888
 www.42ndstreet.org.uk
 Voluntary Youth Manchester 0161 830 4778
 Email: submit@vymnetwork.org.uk
 The Zion Community Resource Centre 0161 226 5412
 www.zioncentre.co.uk/
 Service directory including community groups
 manchester.fsd.org.uk/kb5/Manchester

CYBER BULLYING

42nd street 0161 228 1888
 www.42ndstreet.org.uk
 YASP 0161 221 3054
 email yasp@manchestermind.org

DEATH AND LOSS

42nd street 0161 228 1888
 www.42ndstreet.org.uk
 Mental health in Manchester www.mhim.org.uk
 Cruse Bereavement Centre 0844 477 9400
 www.cruse.org.uk/
 YASP 0161 221 3054
 email yasp@manchestermind.org
 See Child and Adolescent Mental Health Contacts (page 232)

DEBT

YASP 0161 221 3054
 email yasp@manchestermind.org
 42nd street 0161 228 1888
 www.42ndstreet.org.uk
 Young People's Support Foundation 0161 228 7655/4
 Hideaway Youth Project 0161 226 7325

DEPRESSION AND LONELINESS

Mental health in Manchester www.mhim.org.uk
 42nd street..... 0161 228 1888
 www.42ndstreet.org.uk
 YASP..... 0161 221 3054
 email..... yasp@manchestermind.org
 See Child and Adolescent Mental Health Contacts (page 232)

DISABILITY

Greater Manchester Coalition of Disabled People
 (GMCDP) 0161 273 5154
 www.gmcdp.com
 The Young Disabled People's Forum 0161 273 8141
 www.gmcdp.com
 Manchester's family service directory
 manchester.fsd.org.uk

DOMESTIC VIOLENCE

Domestic abuse helpline
 (greater Manchester) 0161 636 7525
 24 Hour domestic violence
 freephone help line 0808 2000 247
 Men's domestic abuse helpline 0808 8010 327
 www.manchesterwomensaid.org

DRUGS

Eclipse drug and alcohol service 0161 273 6686
 info@eclipse.org.uk
 42nd street..... 0161 228 1888
 www.42ndstreet.org.uk
 Mental health in Manchester www.mhim.org.uk

E SAFETY

42nd street tel..... 0161 228 1888
 www.42ndstreet.org.uk
 www.younghealthymanchester.nhs.uk

EXAM PRESSURE

Mental health in Manchester www.mhim.org.uk
 YASP..... 0161 221 3054
 email yasp@manchestermind.org
 connexions Manchester 0845 671 3219
 www.connexions-manchester.com

EXPLOITATIVE RELATIONSHIPS

42nd street.....0161 228 1888
 www.42ndstreet.org.uk
 YASP.....0161 221 3054
 email.....yasp@manchestermind.org
 Domestic abuse helpline
 (greater Manchester)0161 636 7525
 24 Hour domestic violence
 freephone help line0808 2000 247
 Men's domestic abuse helpline0808 8010 327
 www.anyplanstonight.co.uk
 www.manchesterwomensaid.org

FAMILY PROBLEMS

42nd street.....0161 228 1888
 www.42ndstreet.org.uk
 YASP.....0161 221 3054
 email.....yasp@manchestermind.org
 DePaul UK – Reconnect Project.....0161 234 2930
 www.depauluk.org/

FORCED MARRIAGES

YASP.....0161 221 3054
 42nd street.....0161 228 1888
 www.42ndstreet.org.uk

HOMELESSNESS

DEPAUL UK0161 234 2930
www.depauluk.org/
 The Manchester Foyer0161 276 1000
 Greater Manchester Housing Aid Centre0345 515 1640
 42nd street.....0161 228 1888
 www.42ndstreet.org.uk
 Shelter's free housing advice help line0808 800 4444
 YASP.....0161 221 3054
 email yasp@manchestermind.org
 The young peoples support foundation www.ypsf.co.uk
 City Centre Project0161 228 7654 / 0161 236 508

ISOLATION

42nd street0161 228 1888
www.42ndstreet.org.uk
 Mental health in Manchester www.mhim.org.uk
 YASP0161 221 3054
 email yasp@manchestermind.org
 Peer mentoring Manchester www.reclaimproject.org.uk

KNIFE CRIME

42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
Manchester Youth Offending Team	0161 245 7490
The young peoples support foundation	0161 228 7654
.....	www.ypsf.co.uk/contact.asp
Greater Manchester probation trust	0300 047 9000
.....	www.gm-probation.org.uk
Voluntary Sector North West.....	0161 276 9300
.....	www.vsnw.org.uk/news/view/2012-09-11-greater-manchester-opportunity-to-support-ex-offenders-into-employment
Peer mentoring Manchester	www.reclaimproject.org.uk

LEARNING DIFFICULTIES AND DYSPRAXIA/DYSLEXIA

Manchester college	0161 203 2100
connexions Manchester	0845 671 3219
.....	www.connexions-manchester.com
Manchester mencap.....	0161 728 8109
.....	www.manchestermencap.cswebsites.org
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
Manchester's family service directory	manchester.fsd.org.uk
About learning disabilities	www.aboutlearningdisabilities.co.uk/

LIVING WITH PARENTS WHO SUBSTANCE MISUSE

Mental health in Manchester www.mhim.org.uk
 42nd street..... 0161 228 1888
 www.42ndstreet.org.uk
 YASP..... 0161 221 3054
 email yasp@manchestermind.org
 Mind 0300 123 3393
 www.mind.org.uk/
 Young Carers Forum..... 0161 629 9859

MENTAL HEALTH ISSUES

Mental health in Manchester www.mhim.org.uk
 42nd street..... 0161 228 1888
 www.42ndstreet.org.uk
 YASP..... 0161 221 3054
 email yasp@manchestermind.org
 Mind 0300 123 3393
 www.mind.org.uk/
 See Child and Adolescent Mental Health Contacts (page 232)

MIXED RACE RELATIONSHIPS

42nd street.....0161 228 1888
 www.42ndstreet.org.uk
 YASP.....0161 221 3054
 email.....yasp@manchestermind.org
 Mind0300 123 3393
 www.mind.org.uk/
 Any plans tonightwww.anyplanstonight.co.uk

OBESITY

Mental health in Manchester www.mhim.org.uk
 42nd street.....0161 228 1888
 www.42ndstreet.org.uk
 Student Run Self Help (SRSB)mancunion.com
 See Child and Adolescent mental health Services (page 232)

OBSESSIVE COMPULSIVE DISORDER

Mental health in Manchester www.mhim.org.uk
 YASP.....0161 221 3054
 email.....yasp@manchestermind.org

OFFENDING BEHAVIOUR

42nd street	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
Manchester Youth Offending Team	0161 245 7490
The young peoples support foundation.....	0161 228 7654
.....	www.ypsf.co.uk/contact.asp
Greater Manchester probation trust.....	0300 047 9000
.....	www.gm-probation.org.uk
Voluntary Sector North West.....	0161 276 9300
.....	www.vsnw.org
Peer mentoring Manchester	www.reclaimproject.org.uk

PEER PRESSURE

Mental health in Manchester	www.mhim.org.uk
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
email.....	yasp@manchestermind.org
Mind	0300 123 3393
.....	www.mind.org.uk/
Peer mentoring Manchester	www.reclaimproject.org.uk

PUBERTY

Mental health in Manchester	www.mhim.org.uk
42nd street	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
email.....	yasp@manchestermind.org
Brook Manchester (19 and under)	0161 237 3001
.....	www.brook.org.uk/manchester
Email.....	askbrook@brookmanchester.org.uk
Any plans tonight	www.anyplanstonight.co.uk

RELIGION

Manchester Buddhist centre	0161 834 9232
Gita Bhavan Hindu Temple	www.gitabhavan.co.uk/
Central Mosque Manchester	0161 224 4119
.....	www.manchestermosque.org
St Mary's (the hidden Gem)	0161 834 3547
Places of worship	www.gpsmycity.com/tours/ manchester-places-of-worship-tour-3327.html
Church House Anglican church.....	0161 828 1400

RELATIONSHIPS

42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
Any plans tonight.....	www.anyplanstonight.co.uk
Brook: Manchester	www.brook.org.uk/manchester
Brook Manchester (19 and under)	0161 237 3001

SCHOOL/EDUCATION

42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
Manchester college	0161 203 2100
connexions Manchester	0845 671 3219
.....	www.connexions-manchester.com
YASP.....	0161 221 3054
email.....	yasp@manchestermind.org

SELF HARM

Mental health in Manchester	www.mhim.org.uk
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
email	yasp@manchestermind.org
Mind	0300 123 3393
.....	www.mind.org.uk/
See Child and Adolescent Mental Health Contacts (page 232)	

SEXUAL ABUSE

Manchester Contact Centre	0161 234 5001
St Marys SARC	0161 276 6515
Mental health in Manchester	www.mhim.org.uk
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
email	yasp@manchestermind.org
Mind	0300 123 3393
.....	www.mind.org.uk/
Mental health in Manchester	www.mhim.org.uk
Manchester woman's aid	www.manchesterwomensaid.org
See Child and Adolescent Mental Health Contacts (page 232)	

SEXTING

42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk

SEXUAL HEALTH

Manchester Centre for Sexual Health.....	0161 276 5200
.....	www.manchestersexualhealth.org
Brook Manchester.....	www.brook.org.uk/manchester
Brook Manchester (19 and under)	0161 237 3001
Email	askbrook@brookmanchester.org.uk
Brook Sale (19 and under)	0161 912 2453
Brook Brook Manchester Online Clinic	
.....	www.brook.org.uk/online-clinic
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
Any plans tonight	www.anyplanstonight.co.uk
YASP.....	0161 221 3054
email.....	yasp@manchestermind.org
Manchester womans aid ..	www.manchesterwomensaid.org

SEXUALITY AND BISEXUALITY

42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
email	yasp@manchestermind.org
Mind	0300 123 3393
.....	www.mind.org.uk/
Mental health in Manchester	www.mhim.org.uk
The Lesbian and Gay Foundation	0845 330 3030
.....	www.lgf.org.uk
LGYM.....	0790 068 0725
.....	www.lgbtyouthnorthwest.org.uk
Any plans tonight	www.anyplanstonight.co.uk
Brook: Manchester	www.brook.org.uk/manchester

SHARED HOUSING

The Manchester Foyer	0161 276 1000
Greater Manchester Housing Aid Centre	0345 515 1640
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
Shelter's free housing advice help line	0808 800 4444
YASP.....	0161 221 3054
email.....	yasp@manchestermind.org
The young peoples support foundation	www.ypsfc.co.uk
City Centre Project	0161 228 7654 / 0161 236 508

SMOKING

Manchester Stop Smoking Service 0161 205 5998
 www.stopsmokingmanchester.co.uk

STEREOTYPES

Mental health in Manchester www.mhim.org.uk
 42nd street..... 0161 228 1888
 www.42ndstreet.org.uk
 YASP..... 0161 221 3054
 email..... yasp@manchestermind.org
 Mind 0300 123 3393
 www.mind.org.uk/
 Peer mentoring Manchester www.reclaimproject.org.uk
 See Child and Adolescent Mental Health Contacts (page 232)

SUICIDAL THOUGHTS

Mental health in Manchester www.mhim.org.uk
 42nd street..... 0161 228 1888
 www.42ndstreet.org.uk
 YASP..... 0161 221 3054
 email yasp@manchestermind.org
 Mind 0300 123 3393
 www.mind.org.uk/
 See Child and Adolescent Mental Health Contacts (page 232)

TEENAGE PARENTS

- YASP.....0161 221 3054
 email.....yasp@manchestermind.org
 42nd street.....0161 228 1888
 www.42ndstreet.org.uk
- Sure Start Family Support in
 Central East Manchester0161 248 1500
- Sure Start Family Support in Central West
 Manchester0161 209 9175
- Sure Start Family Support in North East
 Manchester0161 219 6176
- Family service directory information on national and local
 organisations, services and activities for families, children and
 young people. manchester.fsd.org.uk
- Net mums www.netmums.com/manchester
- Young Parents Group: Contact: Gina Bennett, Young Parents
 Specialist Midwife, St Mary's Hospita0161 276 4245
 georgina.bennett@cmft.nhs.uk
- Connexions Teenage Pregnancy Specialist Personal Advisers:
- North Manchester - Helen.....0161 205 1644
- Central and East Manchester - Catherine.....0161 248 7684
- South Manchester - Ruth0161 437 4288
- Brook: Manchester..... www.brook.org.uk/manchester
- Any plans tonight www.anyplanstonight.co.uk

TEENAGE PREGNANCY

Mental health in Manchester	www.mhim.org.uk
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
email	yasp@manchestermind.org
Mind	0300 123 3393
.....	www.mind.org.uk/
Brook Manchester (19 and under)	0161 237 3001
.....	www.brook.org.uk/manchester
Email:	askbrook@brookmanchester.org.uk
Brook Sale (19 and under)	0161 912 2453
Brook Brook Manchester Online Clinic	
.....	www.brook.org.uk/online-clinic
Sure Start Family Support in Central East	
Manchester	0161 248 1500
Any plans tonight	www.anyplanstonight.co.uk
Brook: Manchester	www.brook.org.uk/manchester

YOUNG CARERS

Young Carers Forum.....	0161 819 2226
.....	www.manchestercarersforum.org.uk/youngCarers
Crossroads Care Cheshire East, Manchester and Tameside	0161 445 9595
.....	crossroadsce.org.uk/contact.html
Mental health in Manchester.....	www.mhim.org.uk
42nd street.....	0161 228 1888
.....	www.42ndstreet.org.uk
YASP.....	0161 221 3054
email	yasp@manchestermind.org
Mind	0300 123 3393
.....	www.mind.org.uk/
See Child and Adolescent Mental Health Contacts (page 232)	

YOUNG FATHERS

Mental health in Manchester www.mhim.org.uk

42nd street.....0161 228 1888

..... www.42ndstreet.org.uk

YASP.....0161 221 3054

email.....yasp@manchestermind.org

Mind0300 123 3393

..... www.mind.org.uk/

Sure Start Family Support in Central

East Manchester 0161 248 1500

Sure Start Family Support in Central

West Manchester0161 209 9175

Sure Start Family Support in North

East Manchester0161 219 6176

Family service directory information on national and local

organisations, services and activities for families, children

and young people..... manchester.fsd.org.uk

Connexions Teenage Pregnancy Specialist Personal Advisers:

North Manchester - Helen.....0161 205 1644

Central and East Manchester - Catherine0161 248 7684

South Manchester - Ruth0161 437 4288

Expectant fathers programme.....0207 237 5353

Alternative telephone0207 394 9333

Mobile.....0780 633 6475

..... www.workingwithmen.org

Any plans tonight www.anyplanstonight.co.uk

Brook: Manchester www.brook.org.uk/manchester

Working with men www.workingwithmen.org

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