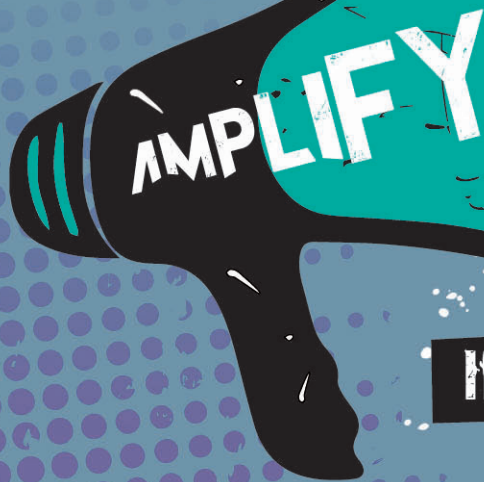


**OPEN UP, A GUIDE TO
THE ISSUES AFFECTING
YOUNG PEOPLE**



**YOU
HAVE A
VOICE,
USE IT**

**IN BLACKBURN WITH
DARWEN**

AMPLIFY INTRODUCTION

- HWBWD's young person's project, designed & delivered by young people.
- We listen to young people's view & experiences on the things that keep them happy, healthy & feeling good.
- We help make changes, turning up the volume on what young people think so those who make decisions & fund services understand & fund services understand & fund services understand what young people want.

- We point young people in the right direction, putting them in contact with the people & services they need.
- We chat about issues identified by young people from doctors to drugs, hospitals to healthy eating, sexual health to stress.

OPEN UP INTRODUCTION

WE'RE YOUNG PEOPLE LIVING IN BWD, THIS BOOKLET TELLS YOU WHAT THE MAIN ISSUES ARE THAT AFFECTING US.

THROUGH A SERIES OF WORKSHOPS WE'VE IDENTIFIED THE TOP ISSUES THAT AFFECT US LOCALLY, WE'VE EXPLORED WHY THESE THINGS AFFECT US AND HOW WE WOULD LIKE TO BE SUPPORTED.

ADVICE: FOR SEVERE AND COMPLEX MENTAL HEALTH ISSUES SEE YOUR DOCTOR WHO CAN PUT YOU IN CONTACT WITH LOCAL SUPPORT AND SERVICES

BODY IMAGE AND EATING DISORDERS

Body image is a person's idea of what they look like. This might sometimes be different to how they actually look & can sometimes make them feel bad about themselves.

There are lots of pressures on young people to look a certain way & what might seem like a small issue to others has a huge impact on how a young person feels. This can lead to embarrassment, anxiety, depression & in some cases eating disorders.

- www.b-eat.co.uk
- www.youngminds.org.uk
- www.eastlancshealthyminds.co.uk



BULLYING

THERE ARE LOTS OF DIFFERENT TYPES OF BULLYING, BOTH IN PERSON AND ONLINE. BULLYING CAN IMPACT A YOUNG PERSON'S EDUCATION, MENTAL AND PHYSICAL HEALTH.
CHILDLINE TELEPHONE NUMBER 0800 1111

Bullying can happen in lots of different ways, which could include:

- Being called names
- Rumours being spread
- Being threatened
- Having things stolen
- Being left out or ignored

Types of bullying:

- Racial
- Homophobic
- Cyberbullying

GET ONLINE

www.bullying.co.uk/
www.nspcc.org.uk
www.childline.org.uk

BULLYING



THE 'PACK' OF BULLIES ARE JELOUS OF HIS INTELLIGENCE OR FEEL THREATEND ROUND HIM, THIS MIGHT BE BECAUSE THEY HAVE BEEN ABUSED BEFORE AND TAKE IT OUT ON OTHERS.

DRUGS AND ALCOHOL

Many young people will experiment with drugs & alcohol. This can affect not only their health but also their ability to make the right choices & their safety.

GET ONLINE

- www.talktofrank.com
- www.changegrowlive.org

Reasons why young people might use drugs or alcohol:

- Peer pressure
- Addiction
- Family issues

'soothing'
'you might fallout with your parents because they don't agree with what you're doing.'

'Might get spiked'
'makes you want to have more'
'helps you sleep'
'might be doing it to get things off their mind (divorce/bereavement)'

Go2 Young People's drug and alcohol service BwD 01254 495012

Why we might not talk about using drugs & alcohol:

- Might be embarrassed to talk about it
- Not knowing where to go
- Might think they will judge you
- Might get into trouble
- Consequences

What can parents can do & say:

- Be respectful
- Don't judge us
- Be understanding
- 'I'm here for you'
- 'what can I do for you?'
- 'are you okay?'



MENTAL HEALTH AND WELLBEING

MENTAL HEALTH CAN AFFECT YOUNG PEOPLE IN LOTS OF DIFFERENT WAYS AND LIKE PHYSICAL HEALTH IT CAN BE BOTH GOOD AND BAD. YOU MIGHT FEEL DIFFERENT THAN NORMAL OR DOWN, LOTS OF YOUNG PEOPLE WILL FEEL LIKE THIS. LIKE YOUR PHYSICAL HEALTH IT'S IMPORTANT TO LOOK AFTER YOUR MENTAL HEALTH SO YOU GET THE BEST OUT OF EVERY DAY.

FACT

1 IN 10 YOUNG PEOPLE HAVE A MENTAL HEALTH DIAGNOSIS *RETHINK

ADHD

Struggling to concentrate, having too much energy or not being able to concentrate.

DEPRESSION

Feeling down all of the time. Different to feeling low or down which we can all experience at times.

ANXIETY

Feeling of fear, nervousness or panic.

FACT 1 IN 6 YOUNG PEOPLE EXPERIENCE ANXIETY AT SOME POINT IN *YOUNG MINDS.

GET ONLINE

- www.youngminds.org.uk
- www.mentalhealth.org.uk
- www.childrenssociety.org.uk
- www.time-to-change.org.uk



RELATIONSHIPS

YOUNG PEOPLE'S RELATIONSHIPS CAN OFTEN BE CONFUSING OR UNSETTLED, BUT EQUALLY HAPPY AND EXCITING.

Relationships don't just mean boyfriend or girlfriend but also same sex relationships, family & friends. Other people's relationships might also impact on young people making them feel better or worse about themselves.

GET ONLINE

- www.relate.org.uk
- www.brook.org.uk
- www.themix.org.uk

Relationships

SELF-HARM

Reasons why we might self-harm:

- Depression
- Losing a family member
- Paranoia
- Bullying

Ways in which we might self-harm:

- Cutting
- Punching walls
- Pulling hair

GET ONLINE

www.nspec.org.uk
www.papyrus-uk.org

WHEN YOU HURT YOURSELF ON PURPOSE, THIS MIGHT BE BECAUSE SOMETHING ELSE IS WRONG AND IT'S YOUR WAY OF COPING OR LETTING THOSE FEELINGS OUT.

MY EXPERIENCE

“it's based on past and my thoughts about myself, I put myself down or cut myself, in the worst case I have suicidal thoughts. In my life there's been lots of anger and aggression, my parents split up, my mum passed away & I was bullied at school”

SEXUALITY AND GENDER (LGBTQ)

Many young people question their sexuality when growing up & now more young people are questioning their gender.

What's LGBTQ stand for?

Lesbian, Gay, Bisexual, Transgender, Queer or Questioning.

Coming out is when you tell someone you are lesbian, gay, bi or trans. This can be both an empowering but also very stressful experience, with families not always accepting a young person's decision. Young people may also be at more risk of being bullied or having poor mental health.



GET ONLINE

- www.lancslgbt.org.uk
- www.youngstonewall.org.uk
- www.theproudtrust.org
- www.akt.org.uk

SEXUAL HEALTH



GET ONLINE

- www.brook.org.uk

As young people hit puberty (when your body starts to change as you become a teenager) there will be things about your sexual health that you need to be aware of:

- Contraception - methods to prevent pregnancy, like using condoms (these can also prevent STIs)
- Pregnancy - if you think your pregnant you can take a pregnancy test
- STIs (sexually transmitted infections) - viral & bacterial infections passed on through unprotected sex, not all of these have noticeable symptoms. It's important to have protected sex!
- Periods - happen between 8 and 17 and all girls will go through them as they enter puberty, blood is shed through the vagina if an egg isn't fertilised. Periods usually last 2-7 days

GET INVOLVED BECOME AN AMPLIFY/CHAMPION

AMPLIFY CHAMPIONS ARE RESPONSIBLE FOR CO-DELIVERING AMPLIFY, HEALTHWATCH BLACKBURN WITH DARWEN'S YOUNG PERSON'S PROJECT.



COULD THIS



BE YOU?

There are lots of different ways young people can get involved, these could include:

- Attend meetings with key decision makers
- Design & deliver workshops to other young people
- Promote the project within schools & youth organisations
- Design participation tools to gather feedback
- Contribute to Social Media activity & campaigns
- Deliver peer support to other young people
- Lead on projects in areas of interest

Why join us as an Amplify Champion? Joining us as an Amplify Champion will have both short & long term impacts including:

- Gain experience & learn about the issues affecting young people in BwD
- Attend Courses & Training
- Activities & Trips
- Build your Confidence & believe in yourself
- Meet new people
- Become a role model to other young people
- One to one support
- Increased employability
- Increased wellbeing & resilience, feel good about yourself
- Make positive changes on a local & national level
- Have your voice heard
- Work Experience & Placements
- Have a good time & much more!

**AMPLIFY
HEALTHWATCH
BLACKBURN WITH DARWEN
SUITE 17 KINGS COURT
KING STREET
BLACKBURN**

TEL 01254 296080

healthwatch
Blackburn
with Darwen

