



H&W—Healthy Lifestyles

| Class | Examples | Sentence for Possession | Sentence for Dealing |
|------------------------|---|---|--|
| Class A | Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, amphetamines (if prepared for injection). | Up to seven years in prison or an unlimited fine or | Up to life in prison or an unlimited fine or both. |
| Class B | Amphetamines, Methylphenidate (Ritalin), | Up to five years in prison or an unlimited fine or both. | Up to 14 years in prison or an unlimited fine or both. |
| Class C | Tranquilizers, Cannabis, some painkillers, Gamma hydroxybutyrate (GHB), Keta- | Up to two years in prison or an unlimited fine or both. | Up to 14 years in prison or an unlimited fine or both. |
| Temporary Class | The government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified. | None, but police can take away a suspected temporary class drug | Up to 14 years in prison, an unlimited fine or both |

These are the maximum sentences that could be imposed but in most cases a first-time possession offence will lead to a caution and confiscation.

A caution is not a criminal conviction, but it could be used as evidence of bad character if you go to court for another crime.

Define: **Body Image**

The perception that a person has of their physical self and the thoughts and feelings that result from that perception.

Define: **Eating Disorder**

Any of a range of psychological disorders characterized by abnormal or disturbed eating habits

Define: **Anorexia**

An emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.

Define: **Bulimia**

An emotional disorder characterized by a distorted body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by fasting or self-induced vomiting or purging.

Define: **Binge Eating**

The consumption of large quantities of food in a short period of time, typically as part of an eating disorder.

Factors affecting body image

- Puberty and the changing body.
- The Media
- Peers and Family

Ways to promote positive body image

- Accept Your Body.
- Remember Nobody's perfect.
- Don't body-shame yourself.
- Build a better habits.
- Like Your Body - Find things to like about your looks.
- Take Care of Your Body
- Eat healthy foods.
- Get a good nights sleep.
- Be active every day.
- Keep to a healthy weight.

Statistics on Eating Disorders

- Between 1.25 and 3.4 million people in the UK are affected by an eating disorder
- Around 25% of those affected by an eating disorder are male
- Eating disorder are most common in individuals between the ages of 16 and 40 years old

Causes of Eating Disorders

Eating disorders are not simply about food; the behaviours that accompany them may often serve as a coping mechanism or a way to feel in control. Eating disorders have many causes which are individual to the person however some common causes are:

- Distorted Body Image
- Bullying
- Depression and/or Anxiety

Symptoms of Eating Disorders

Symptoms of eating disorders will vary between individuals and type of eating disorder. Not matching the symptoms exactly does not mean that someone does not have an eating disorder, however, some common symptoms include:

- Eating very little food or eating large amounts of food in a short time in an uncontrolled way
- Having very strict habits, rituals, or routines around food
- Spending a lot of time worrying about your body weight and shape
- Changes in mood
- Deliberately making yourself ill after eating
- Avoiding socialising when food may be involved
- Withdrawing from social groups, hobbies you used to enjoy or from family life
- Physical signs such as digestive problems or weight being very high or very low for someone of your age and height.

Treatments for Eating Disorders

Although there is no easy treatment for eating disorders, they are treatable and manageable. The treatment will often be linked to the underlying causes of the eating disorder.

Common treatments include:

- Cognitive behavior therapy
- Talk Therapy
- Group support
- Medication – Anti-Depressants

The best course of treatments will be decided by a Doctor and team of specialists. In sever cases in-patient treatment might be necessary.

Where to get more help and support

- Parents and trusted family
- School Staff, school nurse and Wellbeing Team
- Your GP or Practice Nurse
- Youth Access - www.youthaccess.org.uk
- The Mix - www.themix.org.uk
Freephone: 0808 808 4994 (13:00-23:00 daily)
- B-eat - www.b-eat.co.uk
Helpline: 0808 801 0711 (Daily 3pm-10pm)
- Men Get Eating Disorders Too - .mengetedstoo.co.uk
- Anorexia & Bulimia Care - exiabulimiacare.org.uk
Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)

Signs of Abuse

| Physical | Emotional | Social |
|---|---|---|
| <p>Unexplained and an increase in Injuries such as:</p> <ul style="list-style-type: none"> • Black eyes • Busted lips • Red or purple marks on the neck • Sprained wrists • Bruises on the arms <p>It's also common for someone to try to cover up the physical signs with clothing.</p> <p>For example:</p> <ul style="list-style-type: none"> • Wearing long sleeves or scarves in the hot summer. • Wearing heavier than normal makeup • Wearing sunglasses inside | <p>Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.</p> <p>Other emotional signs of abuse include:</p> <ul style="list-style-type: none"> • Low self-esteem • Extremely apologetic or meek • Seeming fearful • Changes in sleep habits • Agitation, anxiety, or constant apprehension • Symptoms of depression • Loss of interest in daily activities | <p>If you notice that someone who was once outgoing and cheerful has gradually become quiet and withdrawn, it could be a sign of domestic abuse.</p> <p>You may notice that the person:</p> <ul style="list-style-type: none"> • Is reserved and distant • Drops out of activities they would usually enjoy. • Cancels appointments or meetings with you at the last minute. • Is often late to work or other appointments. • Exhibits excessive privacy concerning their personal life or the person with whom they're in a relationship. • Begins isolating themselves by cutting off contacts with friends and family members |

1. Check for danger

- Always make sure the area is safe



2. Response

- Check the casualty's response. Ask questions and gently tap shoulders. Say, "Open your eyes!"



3. Shout for help

- Anyone nearby can assist you

4. Airway

- If not clear, then open by tilting the head back, use one hand on forehead and two fingers under the chin

5. Breathing

- Check for normal breathing. Use look listen and feel to check. (Remember 10 seconds)



6. Circulation (only if breathing normally)

- Check the casualty for bleeding

NB

- If the casualty is not breathing normally call 999/112 then start CPR
- If the casualty is breathing normally place them in the recovery position then call 999/112



H&W—Healthy Lifestyles

Define: **Stress**

A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Define: **Chronic Stress**

The response to emotional pressure suffered for a prolonged period of time in which an individual perceives they have little or no control.

Define: **General Anxiety Disorder**

A condition characterized by 6 months or more of chronic, exaggerated worry and tension that is unfounded or much more severe than the normal anxiety most people experience.

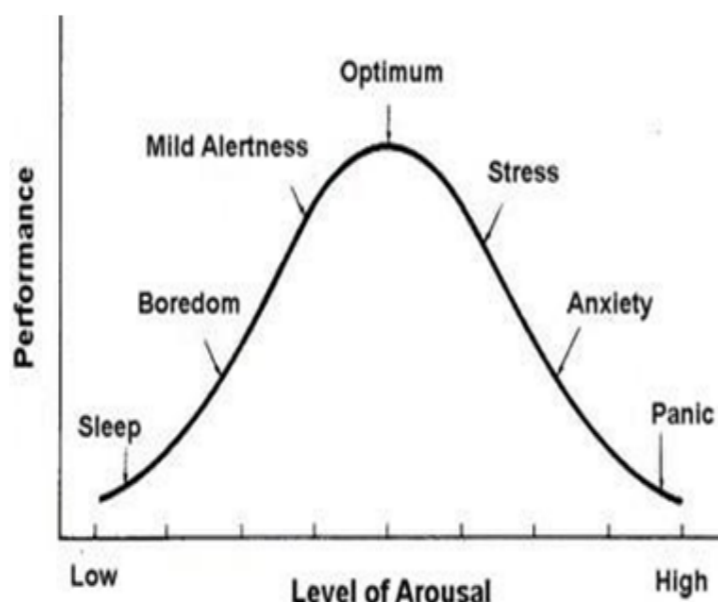
Define: **Social Anxiety Disorder**

Also called social phobia, is intense anxiety or fear of being judged, negatively evaluated, or rejected in a social or performance situation.

Define: **Depression**

People experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

Some stress is good as it can motivate people however too much can be detrimental, especially if over a long period of time.



Symptoms of Chronic Stress

Chronic stress affects the whole body. It can have several physical or psychological symptoms, which can make functioning on a daily basis more challenging.

The type and severity of symptoms vary considerably from person to person. Signs and symptoms of chronic stress can include:

- Irritability, which can be extreme
- Fatigue
- Headaches
- Difficulty concentrating,
- Rapid, disorganized thoughts
- Difficulty sleeping / insomnia
- Digestive problems and changes in appetite
- Feeling helpless
- A perceived loss of control
- Low self-esteem
- Loss of sexual desire
- Nervousness
- Frequent infections or illnesses
- High blood pressure

Anxiety Disorders

Anxiety is an evolutionary and survival mechanism which is often linked to the flight or fight response. The brain responds to a perceived threat or danger by releasing stress hormones such as adrenaline and cortisol which cause the physical symptoms of anxiety. Once the threatening situation has stopped, the body will usually return to normal.

But if someone has an anxiety disorder these feelings of fear and danger can be ongoing and interrupt their daily routine long after the threat has gone. They can make them feel like things are worse than they actually are.

General Anxiety Disorder is a long-term condition that causes a person to feel anxious about a wide range of situations and issues, rather than a specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed. As soon as 1 anxious thought is resolved, another may appear about a different issue.

Social Anxiety Disorder, also called social phobia, is a long-lasting and overwhelming fear of social situations. Social Anxiety is more than shyness. It's an intense fear that does not go away and affects everyday activities, self-confidence, relationships and work or school life.

Symptoms of General Anxiety Disorder

Mental symptoms of anxiety can include:

- Racing thoughts,
- Uncontrollable over thinking,
- Difficulties concentrating,
- Feelings of dread, panic or 'impending doom',
- Feeling irritable,
- Heightened alertness,
- Problems with sleep,
- Changes in appetite,
- Wanting to escape from the situation you are in, and
- Dissociation.

Physical symptoms of anxiety can include:

- Sweating,
- Heavy and fast breathing,
- Hot flushes or blushing,
- Dry mouth,
- Shaking,
- Hairloss,
- Fast heartbeat,
- Extreme tiredness or lack of energy
- Dizziness and fainting, and
- Stomach aches and sickness.

Treatments for Chronic Stress and Anxiety

- Therapy and Counselling such as Cognitive Behaviour Therapy
- Medications – including SSRI's, Benzodiazepines, and Beta-blockers
- Self Care including mindfulness, meditation and journaling.
- Alternative therapies such as acupuncture.

Things to Remember

- Everyone experiences stress and anxiety at points in their lives.
- Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think.

Where to get more help and support

- Parents and trusted family
- School Staff and Wellbeing Team
- GP or Practice Nurse.
- MIND - <https://www.mind.org.uk> Help line - **0300 123 3393** open 9am to 7pm, Monday to Friday or Text: 86463
- Young Minds - <https://youngminds.org.uk> Text: **85258** or Parents Helpline: 0808 802 5544
- Stem4 - <https://stem4.org.uk/>