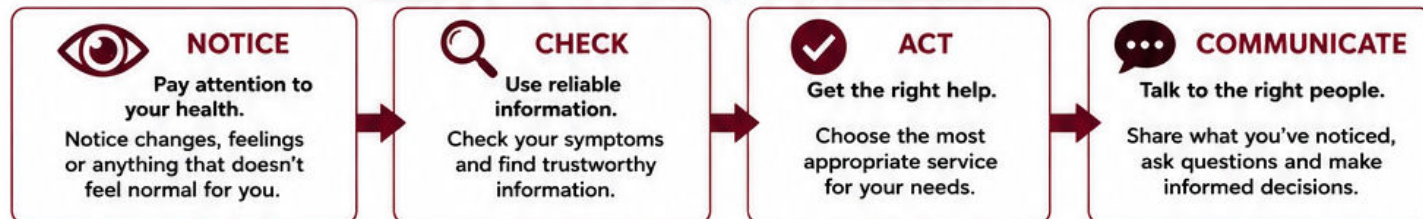


LOOKING AFTER MY BODY AND MIND



Where to go for help



★ SYMPTOM ≠ DIAGNOSIS

Having a symptom does not automatically mean you have a particular condition.



You can find this sheet with the links on the school website.



KEY WORDS

Match the correct term to its definition.

1	PSHE	Personal, Social, Health, Education. A subject that helps students develop the knowledge and skills needed to stay healthy, safe, and prepared for life.
2	Wellbeing	The state of feeling healthy, happy, safe, and able to cope with everyday life.
3	Emotion	A feeling that people experience in response to situations, thoughts, or events, such as happiness, anger, sadness or excitement.
4	Mental Health	A person's emotional, psychological, and social wellbeing. It affects how we think, feel and act.
5	Physical Health	The condition of a person's body and how well it functions, including exercise, sleep, nutrition and overall fitness.
6	Resilience	The ability to cope with challenges, setbacks, or difficult situations and recover from them positively.
7	Empathy	The ability to understand and share another person's feelings and experiences – metaphorically, putting yourself in their shoes.
8	Belonging	The feeling of being accepted, valued, and included within a group, community, or environment.
9	Self-Care	Actions people take to look after their physical, emotional, and mental wellbeing.
10	Puberty	The stage of development when a child's body begins to change into an adult body, including physical, emotional, and hormonal changes.



HELPFUL PHRASES

You can use these phrases if you want to ask for help or talk to someone.



I'm feeling worried about...



I need some help with...



I don't feel like myself at the moment.



Something has happened that's upsetting me.



Can I talk to someone I trust about this?



Remember – it's brave to talk and there is always someone who can help.



WHO CAN HELP?



Trusted Adults

Talk to someone you trust at school or at home.
e.g. parent/carer, form tutor, teacher, or another adult.



Pastoral Team

Our pastoral team are here to listen and support you with any worries. They can help you find the right support.



Safeguarding Team

If you are worried about your safety or someone else's, talk to a member of the safeguarding team straight away.



School Counsellor

You can speak to our school counsellor about how you are feeling and get confidential support.



Friends

Talking to a friend can help, and they can help you find an adult to talk to too.



HELPFUL WEBSITES AND SUPPORT



Every Mind Matters
Practical tips and advice to help you look after your mental health and wellbeing.

VISIT EVERY MIND MATTERS [↗](#)



Growing Up & Puberty
Information about the changes that happen during puberty for boys and girls.

VISIT NHS – PUBERTY [↗](#)



Periods – Information for Young People
Clear, trusted information about periods and looking after yourself.

VISIT NHS – PERIODS [↗](#)



Childline
ONLINE, ON THE PHONE, ANYTIME
Free, confidential support for anything that's worrying you.

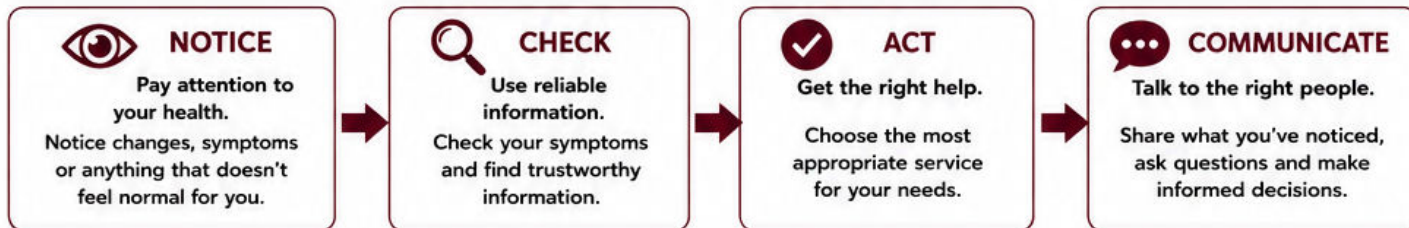
VISIT CHILDLINE [↗](#)



If you are worried about anything, don't keep it to yourself.
Speak to a trusted adult or contact Childline – call 0800 1111 (free) or visit their website.



HEALTHY HABITS & ONLINE AWARENESS



★ SYMPTOM ≠ DIAGNOSIS

Having a symptom does not automatically mean you have a particular condition.



You can find this sheet with the links on the school website.



KEY WORDS

Match the correct term to its definition.

1	Wellbeing	How healthy, happy and safe you feel, and how well you can deal with everyday life.
2	Resilience	The ability to bounce back after something difficult and keep going when things are challenging.
3	Self-awareness	Understanding your own thoughts, feelings, strengths and how your actions affect yourself and others.
4	Coping	The healthy ways you manage difficult feelings, stress or problems.
5	Mindfulness	Paying attention to what is happening right now instead of worrying about the past or future.
6	Self-esteem	How you see yourself and how much you value and believe in yourself.
7	Digital Wellbeing	Using technology and social media in a healthy, safe and balanced way.
8	Empathy	Understanding how someone else feels and showing that you care about their feelings.
9	Kindness	Being caring, respectful and helpful to yourself and other people through your words and actions.
10	Nutrition	Eating and drinking the right balance of foods to give your body the energy and nutrients it needs to stay healthy.

HELPFUL WEBSITES & INFORMATION



NHS – Mental health support for young people

Advice and support on feelings, stress, anxiety, sleep and mental wellbeing.

www.nhs.uk/mental-health/children-and-young-adults



Childline

Free, confidential support for anything that's worrying you.

Call: 0800 1111

www.childline.org.uk



Shout – Text 'SHOUT' to 85258

Free, confidential 24/7 text support if you need to talk.

www.giveusashout.org



NHS – Better Sleep for Young People

Tips and advice to help you sleep well and understand sleep.

www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-children-and-young-people

HOW TO COMMUNICATE



Booking an appointment	"Hello, I'd like to make an appointment please."
Explaining what's wrong	"I've noticed _____ and I'd like some advice."
Expressing concern	"I'm concerned about _____ and I'd like to get it checked."
If you don't understand	"Could you explain that in a different way please?"
Asking about treatment	"What are the benefits and possible risks?" / "Are there any other options?" / "Can I have more information?"

WHERE SHOULD I GO?



PHARMACY	Advice and treatment for many common illnesses and minor health concerns.
YOUR GP	For non-urgent symptoms, concerns, persistent or unusual symptoms. You don't have to know what's wrong before contacting your GP.
NHS 111	For urgent medical help when you're unsure what to do and it isn't a life-threatening emergency.
A&E (Accident & Emergency)	For serious injuries and life-threatening emergencies requiring immediate hospital treatment.
999	For a life-threatening emergency requiring immediate help.

MIDDLESBROUGH – LOCAL SUPPORT



School Safeguarding Team	Speak to any member of staff you trust or visit the main office.
The James Cook University Hospital	Providing emergency and specialist healthcare services.
CRY Cardiac Screening	CRY offers cardiac screening events for young people. Visit their website for upcoming dates and eligibility. www.c-r-y.org.uk



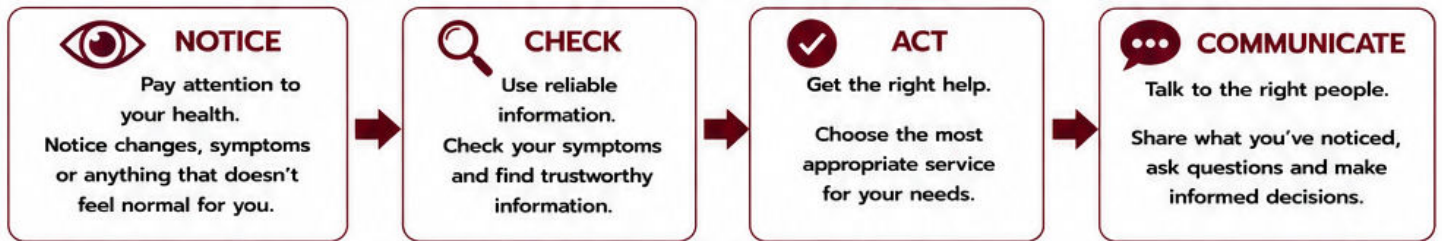
YOU ARE NOT WASTING ANYONE'S TIME BY ASKING FOR APPROPRIATE HEALTH ADVICE.

Notice → Check → Act → Communicate with confidence

You don't need to face this alone. Help is here.



MENTAL HEALTH, RISK & RESPONSIBILITY



★ **SYMPTOM ≠ DIAGNOSIS** Having a symptom does not automatically mean you have a particular condition.



You can find this sheet with the links on the school website.

KEY WORDS		
Match the correct term to its definition.		
1	Wellbeing	How healthy, happy, safe and balanced you feel physically, mentally and socially.
2	Resilience	The ability to cope with difficult situations, recover from setbacks and keep going.
3	Anxiety	A feeling of worry, fear or nervousness. It is normal sometimes, but ongoing anxiety can affect everyday life.
4	Depression	A mental health condition that can cause a person to experience a lasting low mood, loss of interest and difficulties with everyday life.
5	Addiction	When someone becomes strongly dependent on a substance or behaviour and finds it difficult to stop, even when it is causing problems.
6	Self-esteem	How positively or negatively you think and feel about yourself and your own worth.
7	Empathy	The ability to understand or recognise how another person might be feeling, even if you have not experienced the same thing.
8	Peer support	Help, encouragement or understanding given by people of a similar age or experience, such as friends or classmates.
9	Harm reduction	Ways of reducing the possible risks or damage caused by harmful behaviours or substances.
10	Vaccination	A way of helping protect your body from certain infections by training the immune system to recognise and fight them.

HOW TO COMMUNICATE		
Booking an appointment	"Hello, I'd like to make an appointment please."	
Explaining what's wrong	"I've noticed _____ and I'd like some advice."	
Expressing concern	"I'm concerned about _____ and I'd like to get it checked."	
If you don't understand	"Could you explain that in a different way please?"	
Asking about support	"What are the options and possible risks?" / "Can I have more information?"	



YOU ARE NOT WASTING ANYONE'S TIME BY ASKING FOR APPROPRIATE HEALTH ADVICE.

Notice → Check → Act → Communicate with confidence

HELPFUL WEBSITES & INFORMATION	
	NHS – Mental health support for young people Advice and support on feelings, stress, anxiety, sleep and mental wellbeing. www.nhs.uk/mental-health/children-and-young-adults
	Childline Free, confidential support for anything that's worrying you. Call: 0800 1111 www.childline.org.uk
	Shout – Text 'SHOUT' to 85258 Free, confidential 24/7 text support if you need to talk. www.giveusashout.org
	Young Minds Information and advice on mental health for young people and how to get help. www.youngminds.org.uk
	FRANK – Talk to us about drugs Honest information about drugs and support options. www.talktofrank.com

WHERE SHOULD I GO?	
PHARMACY	Advice and treatment for many common illnesses and minor health concerns.
YOUR GP	For non-urgent symptoms, concerns, persistent or unusual symptoms. You don't have to know what's wrong before contacting your GP.
NHS 111	For urgent medical help when you're unsure what to do and it isn't a life-threatening emergency.
A&E (Accident & Emergency)	For serious injuries and life-threatening emergencies requiring immediate hospital treatment.
999	For a life-threatening emergency requiring immediate help.

MIDDLESBROUGH – LOCAL SUPPORT	
School Safeguarding Team	Speak to any member of staff you trust or visit the main office.
The James Cook University Hospital	Providing emergency and specialist healthcare services.
CRY Cardiac Screening	CRY offers cardiac screening events for young people. Visit their website for upcoming dates and eligibility. www.c-r-y.org.uk

You don't need to face this alone.
Help is here.



PHYSICAL HEALTH, PREVENTION & MEDICAL CARE



NOTICE

Pay attention to
your health.

Notice changes, symptoms
or anything that doesn't
feel normal for you.

CHECK

Use reliable
information.

Check your symptoms
and find trustworthy
information.

ACT

Get the right help.

Choose the most
appropriate service
for your needs.

COMMUNICATE

Talk to the right people.

Share what you've noticed,
ask questions and make
informed decisions.

★ SYMPTOM ≠ DIAGNOSIS

Having a symptom does not automatically mean you have a particular condition.

You can find this sheet with the links on the school webpage.

➤ [CLICK HERE](#)

KEY WORDS



1		Vaccine	A preparation that trains the immune system to recognise and respond to a particular infection or disease.
2		Immunisation	The process of developing protection against a disease, often through vaccination.
3		Cancer	A condition where abnormal cells grow and divide uncontrollably.
4		Symptom	A change in your body or health that you notice or experience.
5		Self-examination	Checking your own body for unusual changes.
6		Body awareness	Knowing what is normal for your own body so you are more likely to notice a change.
7		Screening	Testing people who may not have symptoms to identify possible health problems earlier.
8		Cardiovascular	Relating to the heart and blood vessels.
9		Risk factor	Something that can increase the chance of developing a health condition.
10		Diabetes	A condition that causes someone's blood glucose level to become too high.
11		Donor	A person who gives blood, cells, tissue or an organ.
12		Recipient	A person who receives a donation.
13		Consent	Giving permission after understanding what you are agreeing to.
14		Emergency	A serious or life-threatening situation requiring immediate help.

HOW TO COMMUNICATE



	Booking a GP appointment	"Hello, I'd like to make an appointment please."
	Explaining what's wrong	"I've noticed _____ and I'd like some medical advice."
	Expressing concern	"I'm concerned about _____ and I'd like to get it checked."
	If you don't understand	"Could you explain that in a different way please?"
	Asking about treatment	"What are the benefits and possible risks?" "Are there any other options?" "Can I have more information?"

HELPFUL WEBSITES & INFORMATION



	NHS Your go-to source for reliable information about symptoms, conditions, medicines, vaccinations and NHS services. www.nhs.uk	
	NHS 111 If you need urgent medical help and you're not sure what to do, but it is not a life-threatening emergency. 111.nhs.uk	
	Cancer Research UK Reliable information about cancer, symptoms, prevention and early detection. www.cancerresearchuk.org	
	Diabetes UK Information and support about Type 1 and Type 2 diabetes. www.diabetes.org.uk	
	CRY Cardiac Risk in the Young Information about cardiac conditions affecting young people and cardiac screening opportunities. www.c-r-y.org.uk	
	Anthony Nolan Information about stem cell donation and saving a life through stem cell register. www.anthonynolan.org	

WHERE SHOULD I GO?



	PHARMACY	For advice and treatment for many common/minor health conditions and advice about medicines.
	YOUR GP	For non-urgent symptoms, concerns, persistent or unusual symptoms, diagnosis, treatment and referrals. You don't have to know what's wrong before contacting your GP.
	NHS 111	For urgent medical help when you're unsure what to do and it isn't a life-threatening emergency.
	A&E (Accident & Emergency)	For serious injuries and life-threatening emergencies requiring emergency hospital treatment.
	999	For a life-threatening emergency requiring immediate help.

MIDDLESBROUGH – LOCAL SUPPORT



	NHS GP	Your own GP practice should be one of the first places to seek help about a non-emergency health concern.
	The James Cook University Hospital	Middlesbrough's major hospital, providing emergency and specialist healthcare.
	CRY Cardiac Screening	CRY organises cardiac screening events, including events that have taken place in Middlesbrough. Check the CRY website for upcoming events and eligibility.



YOU ARE NOT WASTING ANYONE'S TIME BY ASKING FOR APPROPRIATE HEALTH ADVICE.

NOTICE something isn't right → CHECK the facts → ACT for support → COMMUNICATE with confidence

You don't need to diagnose yourself before seeking help.

