

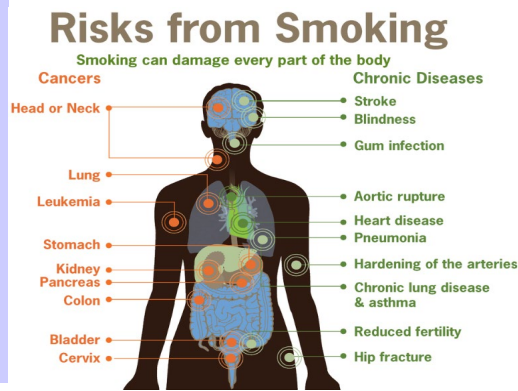
Key concepts

Drugs	A substance that causes a change to the brain and body.
Psychological	Relating to the brain and the mental emotional state of the person.
Social	Relating to people
Environmental	Relating to the persons surroundings
Stimulant	A drug which cause a person to feel like they have more energy or more awake.
Depressant	A drug which cause a person to feel calmer or lethargic.
Hallucinogen	A drug which cause a person to experience sensations that are not really there. This could be visual, auditory or physical.
Nicotine	A toxic yellowish, chemical stimulant, that is contained within tobacco.
Vaping	The action or practice of inhaling and exhaling vapour containing nicotine and flavouring produced by a device designed for this purpose.
Smoking	The action or habit of inhaling and exhaling the smoke of tobacco by sucking on the end of a lit cigarette, cigar, pipe, etc..
E-liquid	The flavoured fluid that is used inside electronic cigarettes.
Sleep deprivation	Sleep deprivation means you're not getting enough sleep. This can be caused intentionally or not. It can be either chronic or acute and may vary widely in severity.

Effects Of Nicotine

Nicotine is both a sedative and a stimulant. When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline.

This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity, and blood pressure. Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain.



What causes young people to take risks?

1. Feelings of pleasure
2. Trying to fix things in their lives
3. To reduce pain
4. Curiosity
5. Upbringing
6. Anxiety
7. Depression
8. Adrenaline rush
9. Peer pressure
10. Trying to fit in with friends
11. Loneliness
12. Being bullied
13. Seemed fun
14. People in your neighbourhood take risks
15. Being around drugs
16. The media

How you can stay safe at a festival

- Don't take drugs or drink excessive alcohol
- Tell friends if you do take anything, so they can get help if needed.
- Don't mix drugs, or mix drugs and alcohol
- Keep hydrated and cool
- Make sure you have water with you at all times and know where you can get water from
- Know where the medical tent is
- Make sure you are not alone
- Make sure you trust the people you are with
- Use the drug testing tents to find out what is in a drug

Consequences of having a drug conviction

Employment	Having a criminal record for a drug conviction can prevent you from getting jobs in certain fields such as education, working with vulnerable adults, Health professions and legal professions.
Travel	A conviction for a drug offence can prevent travel to certain countries such as the USA and Australia
Education	A criminal record may stop you from enrolling on a course at the university of your choice, as many universities will ask you to declare any criminal convictions on your application and consider this separately from your academic achievements. The nature of the offence, the time that has elapsed since the offence was committed and the potential impact on fellow students and staff will all be considered. Some universities and educational facilities will refuse applications on the grounds of the crime committed.

Side effects of vaping

Mouth and airways

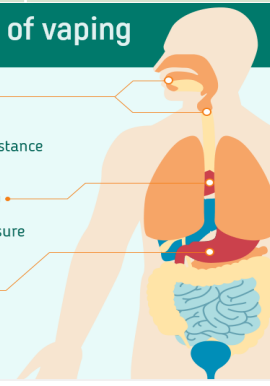
- Irritation
- Cough
- Increased airway resistance

Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach

- Vomiting
- Nausea



Users inhale **e-cigarette** aerosol into their lungs. Bystanders can also breathe in this aerosol

when the user exhales it into the air. E-cigarette aerosol is NOT harmless "water vapour." The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavouring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Consequences of Sleep Deprivation:

- Emotional Affects
- Irritability
- Mood Swings
- Fatigue / Tiredness
- Lack of Motivation
- Depression
- High Blood Pressure
- Reduced Sex Drive
- Lower Immune system
- Disrupt hormone regulation
- Higher risk of type 2 diabetes
- Cognitive effects
- Forgetfulness
- Clumsiness
- Difficulty focusing

How Much Sleep Is "Enough?"

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance and diabetes.

AGE GROUP	RECOMMENDED NUMBER OF HOURS OF SLEEP
Newborns (0-3 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5)	10-13 hours
School-age children (6-13)	9-11 hours
Teenagers (14-17)	8-10 hours
Young adults (18-25)	7-9 hours
Adults (26-64)	7-9 hours
Seniors (65 and older)	7-8 hours

Top Tips for a Good nights sleep:

1. Routines – set a routine which your body can recognize is a wind down for sleep.
2. Tech free bedrooms – stop using technology such as tablets and phones 2 hours before bed or use a blue light filter.
3. Clutter free bedrooms – Keeping your bedroom clutter free and tidy and help make the room feel calmer and more relaxing.
4. Reduce stimulant food intake – foods and drinks which contain a lot of sugar and caffeine can impact your sleep so try not to consume too much after 3pm.
5. Temperature - the suggested bedroom temperature should be around 18 degrees Celsius .

Health - Testicular cancer is a growth of cells that form a lump. Lumps can be benign or cancerous and are formed from cells dividing more rapidly than normal cells. If cancerous lumps are left untreated the cancer can spread beyond the testicles to other parts of the body. If treated early testicular cancer has a cure rate of 98%

Self examination should be carried out regularly and any lumps should be checked by a Dr. The best place to carry out self examination is in the bath or shower.

Breast Cancer – Check your breasts regularly. **Breast changes to look out for** See a GP if you notice any of the following changes:

- a change in the size, outline or shape of your breast
- a change in the look or feel of the skin on your breast, such as puckering or dimpling, a rash or redness
- a new lump, swelling, thickening or bumpy area in one breast or armpit that was not there before
- a [discharge of fluid from either of your nipples](#)
- any change in nipple position, such as your nipple being pulled in or pointing differently
- a rash (like eczema), crusting, scaly or itchy skin or redness on or around your nipple
- any discomfort or pain in one breast, particularly if it's a new pain and does not go away (although pain is only a symptom of breast cancer in rare cases)

Who Can you turn to for help and Support:

Parents and Family members School Staff and Safeguarding Team Your GP or Practice Nurse

<https://www.childline.org.uk>

NHS Live Well Website www.NHS.UK/Livewell

The Mix Helpline: 0808 808 4994

Talk to Frank Helpline: 0300 123 6600

www.talktofrank.com

Action on Addiction Helpline: 0300 330 0659

www.actiononaddiction.org.uk

DrugFAM Helpline: 0300 888 3853

www.drugfam.co.uk

The Corner - 91 Division Street, Sheffield, S1 4GE

<https://www.sheffieldmentalhealth.co.uk/services/www.1ld.com>

0114 275 2051

Health –

Breast checking <https://coppafeel.org/>

Testicular cancer: <https://orchid-cancer.org.uk/>



What can we do to reduce the risk of cancers?

There are lifestyle changes which can be made in order to help prevent cancer. These include:

- not smoking (smoking is a proven cause lung cancer and other cancers)
- keeping a healthy body weight (obesity is linked to several cancers)
- eating a balanced, healthy diet, including 5 fruits and vegetables per day
- reduce alcohol consumption (there is a link between alcohol and 7 different types of cancer)
- protect your skin in the sun, by using shade and clothing as well as sunscreen
- get regular exercise (this can help reduce the risk of at least 13 types of cancer)