

**INFO. ADVICE.
FOR YOU.**

A TOOLKIT.

SELF-ESTEEM

RELATIONSHIPS

CHOICE

SEXUAL HEALTH

BULLYING

CYBER BULLYING

broadland

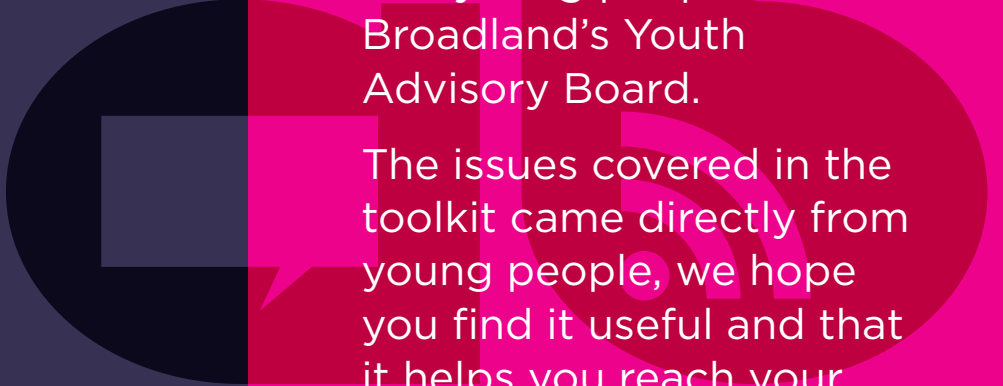
youth advisory board

**A ROOTS
TO ROUTES
TOOLKIT**



**FOR YOUNG PEOPLE
FINDING THEIR WAY**





This toolkit is designed and created by MAP and young people from Broadland's Youth Advisory Board.

The issues covered in the toolkit came directly from young people, we hope you find it useful and that it helps you reach your potential, in whatever you hope to achieve.

Brought to you by
The Broadland YAB
and MAP



**FOR YOUNG PEOPLE
FINDING THEIR WAY**





CONFIDENCE & SELF ESTEEM

“

Self-esteem is how you think about yourself. Being confident means being comfortable with how you look and how you feel. And it means feeling good about yourself, your abilities and your thoughts.

CHILDLINE

”

Having confidence and self esteem means that you will feel more positive about life and have more courage!

Building confidence and self esteem can take time and will be different for every person. **HERE ARE SOME TIPS** on improving your own confidence and self-esteem:

USE THE '5 WAYS TO WELLBEING'

- **CONNECT** - meet like-minded people; take an interest in others.
- **BE ACTIVE** - take exercise; cycle, go for walks with a friend.
- **TAKE NOTICE** - appreciate what is around you.
- **KEEP LEARNING** - Try something new; a skill, an activity or hobby.
- **GIVE** - commit random acts of kindness!

TALK

Talk to someone you trust to support you with this. This could be a youth worker, family member, friend or a teacher you trust.



RELATIONSHIPS

Relationships are really important in every aspect of life; they affect how we see the world, how we feel about ourselves and help us connect with other people.

A POSITIVE RELATIONSHIP IS WHEN:

- you feel **SAFE, SECURE** and **OPEN** to sharing things, rather than feeling guarded and self-conscious.
- you feel **EQUAL** and **VALUED** by the other person, rather than inferior and unwanted.
- you can give **SUPPORT** to another person but also receive help and guidance yourself, rather than feeling 'shut out' and embarrassed or unable to ask for help.
- **COMMUNICATION** is open, clear and understood by both of you, rather than being tense and lacking trust.
- **RESPECT** and appreciation of each other is two way, rather than just one way.

CHOICE

CHOICE, CONSENT AND STAYING SAFER

Consent is an agreement between people each time they choose to have sex, not just the first time. Consent doesn't have to be verbal and can be communicated in a number of ways – such as reading another person's body language. However, verbal consent does make things really clear!

You can change your mind at any time regarding consent no matter what has happened up to that point. It is also important to assess whether the other person is able to give consent. If someone has been drinking and/or taking drugs, they may not be able to give consent.

WHY IS CONSENT IMPORTANT?

- Because **NO MEANS NO!**
- If **CONSENT** is not given then it is sexual assault or rape.
- You feel **LISTENED TO** and **RESPECTED**.
- You are gaining the other person's **TRUST** and respect.
- You have a **SHARED, SATISFYING** and **EQUAL** experience.
- You've agreed and feel **IN CONTROL** over what's going to happen.

SEXUAL HEALTH

STAYING SAFER

It is important to have positive, healthy and meaningful sexual relationships with others. You and other young people develop sexually at different ages. Don't worry; you'll get to wherever you are meant to be in the end.

SO, THINGS TO CONSIDER BEFORE HAVING SEX ARE:

- Are we both **READY?**
- Does it feel **RIGHT?**
- Do I feel **UNDER PRESSURE** from anyone, such as my partner or friends?
- What kind of **CONTRACEPTION** should we consider using?
- Could I have **REGRETS** afterwards?
- Could I **TALK** this through with someone? A friend, family member or trusted adult?



BULLYING

Bullying can be very isolating and make you feel alone without hope or a way out. So it's important to try and take action and get help if you're being bullied.

Bullying can be physical, verbal, social, or online.

TIPS ON DEALING WITH BULLYING:

- **TALK** to someone you trust to get emotional support.
- **TELL SOMEONE** who may be able to make it stop; a teacher, youth worker, family member or friend.
- Ask your school or college for their **ANTI-BULLYING POLICY** and remind them to follow it. It should clearly explain how to report bullying and how it will be dealt with.
- Stay in places and with people where you feel **SAFE**.
- **KEEP A RECORD** of anything that can help prove and ideally stop the bullying: keep any texts, snapchats or online posts.
- **TRY NOT TO RETALIATE** to bullying as this may make things worse. Report it instead.
- Think of the **WORDS** you use to others and how it might impact on them.
- If you see bullying happening to someone else **DON'T STAND BY AND DO NOTHING**, tell someone.



CYBER BULLYING

Cyber bullying is a form of bullying or harm using an online platform such as social media, messaging apps, chat rooms or online gaming.

Cyber bullying can include harassment, impersonation, stalking, being shut out of a social group, grooming, sharing of inappropriate images (eg sexting), blackmail and many other things.

HERE ARE A FEW TIPS ON HOW TO DEAL WITH ONLINE BULLYING:

- Really **THINK** about it before you send or post something and the impact it could have on someone else or on you.
- Regularly **CHANGE YOUR PASSWORD** and use unusual words to avoid others hacking you online.
- Ensure your **SECURITY** and **PRIVACY SETTINGS** are high enough to keep you feeling safer and in control.

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- Ensure you are keeping yourself safer by **INTERACTING WITH PEOPLE YOU KNOW AND TRUST** – how well can you know someone you’ve never met? If you insist on meeting someone you’ve met online, go with a friend, choose a public place and tell others where you’re going and what time you’ll be back. Take your charged up phone with you.
- **YOU HAVE AN ONLINE FOOTPRINT**; once you post something it is likely to be online in some way forever – think carefully about what you post.
- **REPORT CYBER BULLYING** to the relevant provider or host, or to the Police. Collect and save evidence of online bullying using screen shots, if necessary, to prevent it happening again.

ARE YOU A BULLY?

BULLYING IS AN ABUSE OF POWER. Often, there are underlying reasons why someone bullies others. Perhaps they have been bullied themselves in the past. There is help out there for everyone. If you are worried about your behaviour, talk to an adult you trust such as a youth worker, counsellor or teacher.

LINKS WEBSITES LOCAL SERVICES

MAP

Information, Advice, Counselling and Youth Work in Norwich and Great Yarmouth for young people aged 11-25
map.uk.net

Blah

Advice and support for LGBT young people in Norfolk
blahyouth.co.uk

Terence Higgins Trust

Sexual health advice and testing in Norwich
tht.org.uk

Childline

24 hour helpline for anyone up to age 19
childline.org.uk

Young Minds

Information on wellbeing and mental health
youngminds.org.uk

Frank

Information about drugs and alcohol
talktofrank.com

Rethink

Support, information and advice about mental health
rethink.org

B-eat (Beating Eating Disorders)

Support and where to get help about eating disorders
b-eat.co.uk

Norwich and Central Norfolk MIND

Support, advice and information about mental health
norwichmind.org.uk

BE INFORMED.

STAY HAPPY.

STAY SAFE.

map.uk.net