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First published 2009 by Southgate
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Printed and bound in Great Britain by
Stephens & George Ltd, Merthyr Tydfil, Wales

British Library Cataloguing in Publication Data
A CIP catalogue record for this book is available from
the British Library.

ISBN 9781857411171

Up Front is produced for Worcestershire
County Council by the Campaign
for Learning www.campaignforlearning.org.uk

Up Front was written and designed by
Southgate Publishers Ltd, the Square,
Sandford, Crediton, Devon

www.southgatepublishers.co.uk

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Acknowledgements

Alan Ford, SPACE

Kate Ray, Nic Adamson, Worcestershire
Substance Misuse Action Team

Adrian Bowden-Green, Worcestershire
Healthy Schools

Lisa Richards, Connexions Herefordshire and
Worcestershire Ltd

Pip McGirl, Worcestershire Children's Services
(CAMHS)

Kate Wilson, Debra Newton, Worcestershire
PCT (Sexual Health Education Unit)

Kerry Whitcombe, Sarah Waddington,
Worcestershire PCT (Children & Young People,
Health Improvement)

Angela Kirton, Worcestershire Healthy
Schools

Rachel Johnstone, Campaign for Learning
Staff and pupils at **Kidderminster College**
Victoria Shakespeare and pupils at
Q.E.C.C., Devon.

THANKS GUYS...

CONTENTS

1. BEING HEALTHY...
2. NOT SMOKING
3. ALCOHOL
4. SAFE SEX
5. FEELING LOW
6. DRUGS FOR REAL
7. FOOD FOR ENERGY
8. SELF-HARM
9. COPING WITH STRESS
10. MANAGING MONEY
11. BODY IMAGE
12. HEALTH THROUGH EXERCISE
13. FILLING UP HEALTHILY AND CHEAPLY
14. SETTING GOALS



SMOKING CAUSES CANCER, LUNG DISEASE AND HEART DISEASE. EVERY CIGARETTE YOU SMOKE SHORTENS YOUR LIFE BY 20 MINUTES.

NOT SMOKING

Avoid starting

Most people start smoking when they're offered a cigarette by a friend. If you haven't started smoking then it's good to have your arguments ready so you can say "No" and mean it.

Useful arguments to help you say "No":

- it gives you bad breath, smelly clothes, yellow teeth and fingers, and early wrinkles
- it damages your lungs and stops you keeping really fit
- it causes lung, mouth and stomach cancer, lung diseases and heart disease
- it's against the law to buy cigarettes if you're under 18 and against the law to smoke in enclosed public places
- cigarettes contain many poisonous chemicals you don't want in your body
- it harms other people
- it also costs a lot of money!

Giving up

The nicotine in cigarettes is very addictive so once you've started it can be difficult to give up. Things to help you:

- Give up with a friend and support each other or go to a support group.
- Nicotine patches or inhalers can help you kick the habit. Go to your GP and get them free.
- Try giving up gradually, you might find it easier.

Remember:

You start getting healthier as soon as you stop. Your breathing will improve. You may have to try several times.

Tell your mates

Choose three things about smoking which you think are gross and share them with your mates.

Helplines

Go Smoke Free 0800 0224332

Web links

- www.nhs.uk/smokefree
 - www.childrenfirst.nhs.uk/teens/life/campaigns
 - uk.dir.yahoo.com/Health/Teen_Health/Teen_Smoking
 - www.WorldHeart.org
 - www.direct.gov.uk/en/HealthAndWellBeing/HealthyLiving/DG_4002727
 - www.ash.org.uk
 - www.roycastle.org/atyc/ageing-game
- Upload your photo to see the effects of smoking.

SMOKE?
NO THANKS - GIVING IT UP.
OH YEAH? WHY'S THAT THEN?
MY BOYFRIEND RUNS A LOT AND HE WON'T LET ME SMOKE ANYWHERE NEAR HIM. HE GOES ON IF I DO, CALLS ME DOG-BREATH, SAYS IT STINKS OUT HIS FLAT. IT'S JUST NOT WORTH IT.
WHAT? IS HE A FITNESS FREAK OR SOMMING?

HEY! ARE YOU COMING UP OUT OF THAT SHIT OR WHAT?

HEY BLUE! YOU'RE NOT ALLOWED TO SMOKE UP HERE, MAN...

SEZ WHO?

SEZ ME! AND SEZ THE LAW. THIS IS A CLEAN SPACE HERE...

OK! OK! THIS IS MY LAST ONE - I'M STARTING ON PATCHES ANYWAY.

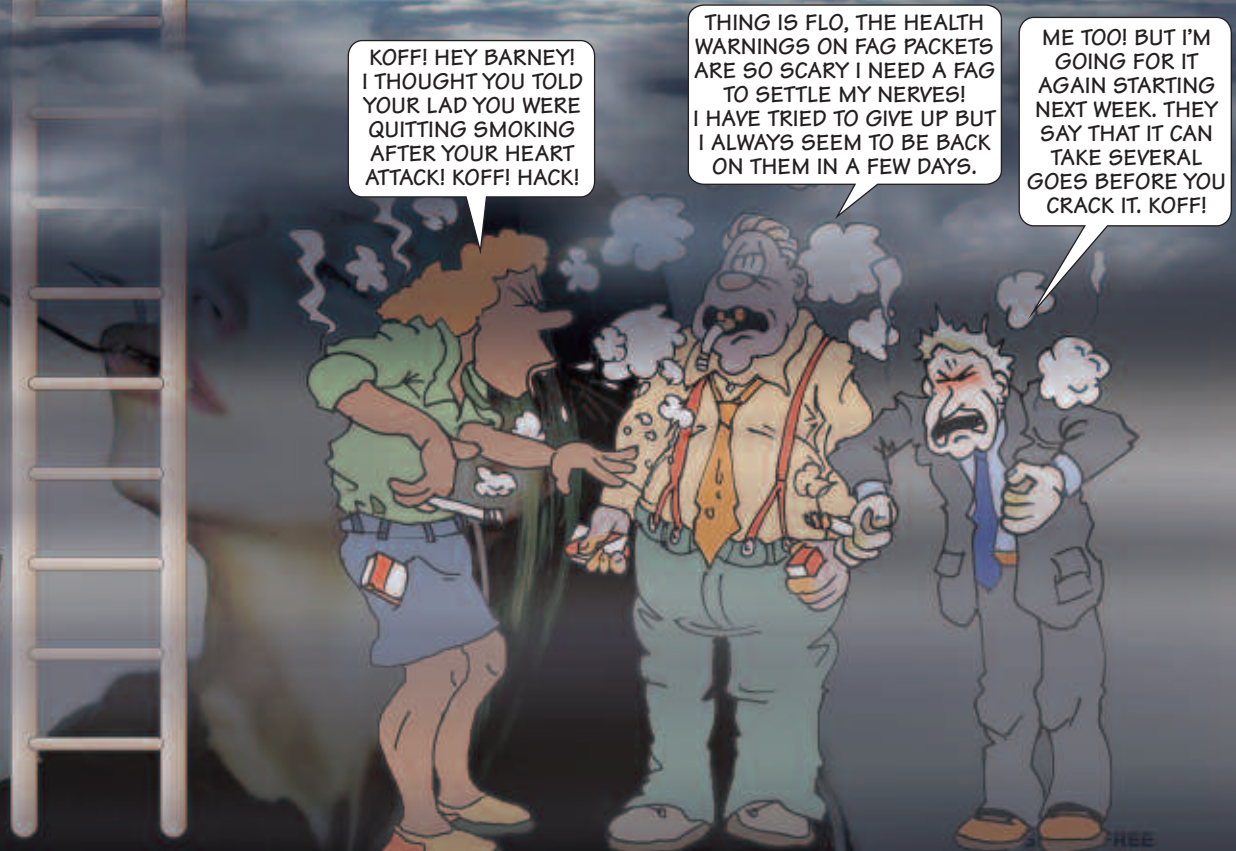
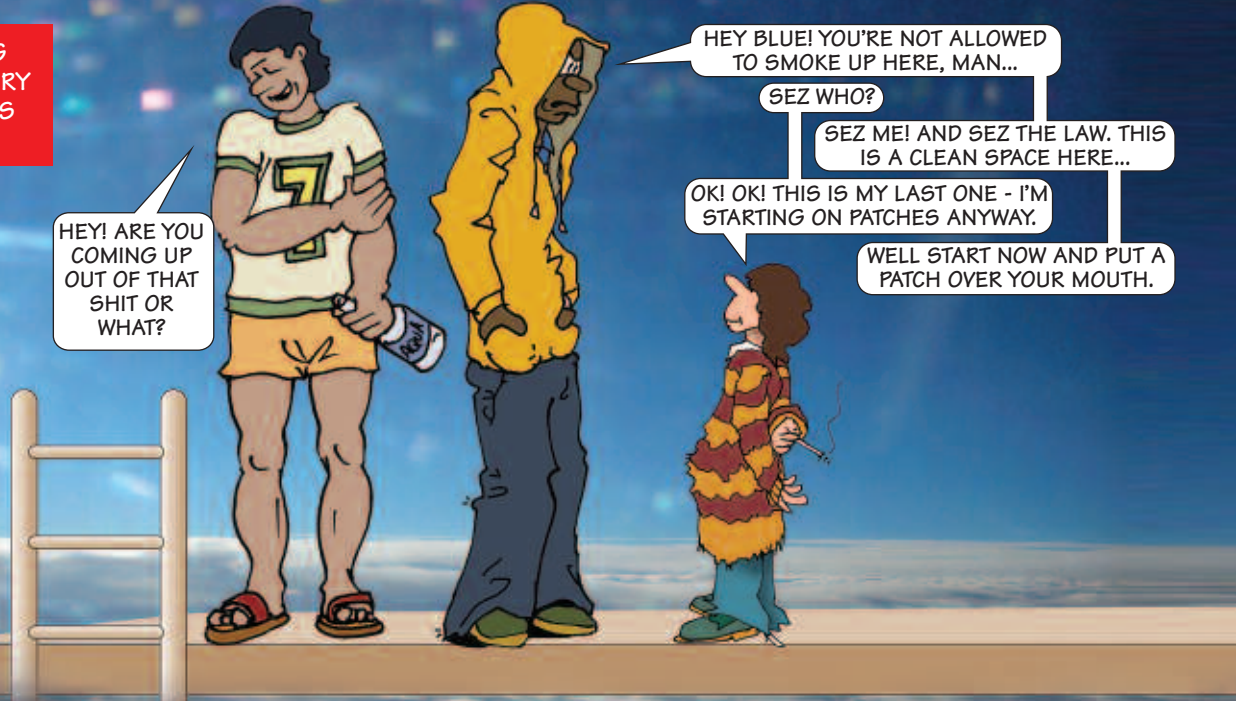
WELL START NOW AND PUT A PATCH OVER YOUR MOUTH.

WELL HE'S FIT, THAT'S FOR SURE. THAT'S WHY I'VE PACKED IN. OH YES! - IT'S WHITE TEETH AND GOOD SKIN FOR ME BABE, NOT TO MENTION THE EXTRA CASH! I RECKON I LOOK BETTER ALREADY...

KOFF! HEY BARNEY! I THOUGHT YOU TOLD YOUR LAD YOU WERE QUITTING SMOKING AFTER YOUR HEART ATTACK! KOFF! HACK!

THING IS FLO, THE HEALTH WARNINGS ON FAG PACKETS ARE SO SCARY I NEED A FAG TO SETTLE MY NERVES! I HAVE TRIED TO GIVE UP BUT I ALWAYS SEEM TO BE BACK ON THEM IN A FEW DAYS.

ME TOO! BUT I'M GOING FOR IT AGAIN STARTING NEXT WEEK. THEY SAY THAT IT CAN TAKE SEVERAL GOES BEFORE YOU CRACK IT. KOFF!



PEOPLE WHO SMOKE FOR MORE THAN 20 YEARS ARE LIKELY TO DIE 20 YEARS EARLIER THAN THOSE WHO NEVER SMOKE.

YOU CAN GET FREE AND CONFIDENTIAL ADVICE, AS WELL AS FREE CONDOMS, FROM YOUR LOCAL TIME 4 U, CONTRACEPTION AND SEXUAL HEALTH CLINIC, GUM CLINIC, FE COLLEGE AND THE YOUTH SERVICE.

WHY DON'T YOU COME BACK TO MY PLACE?...MY PARENTS ARE OUT, WE COULD... ER... FOOL AROUND A BIT...?

HMM! - NOT SURE...ARE YOU ASKING ME TO GO ALL THE WAY?

WELL, WHY NOT? WE'VE BEEN GOING OUT TOGETHER FOR A WHILE NOW. I'VE TOLD YOU HOW MUCH I LOVE YOU.

I KNOW... BUT WHAT IF I GET PREGNANT? OR GET INFECTED OR SOMETHING?

BUT DON'T YOU LOVE ME TOO...?

I SUPPOSE I'M JUST AN OLD ROMANTIC - BUT I THINK I'M GONNA WAIT UNTIL I'M REALLY READY TO COMMIT. IF PEOPLE THINK I'M A PRUDE THEN THAT'S JUST TOUGH...

CONDOMS CAN BREAK IF THEY ARE OLD OR DAMAGED. STORE THEM IN A COOL, DRY PLACE AND USE THEM ONLY ONCE. IDEALLY USE THEM WITH ANOTHER FORM OF CONTRACEPTION, SUCH AS THE PILL OR AN INJECTION. NEVER USE THEM WITH OILS OR VASELINE. IF YOU FEEL THE CONDOM BREAK OR SLIP OFF, STOP SEX STRAIGHT AWAY AND IF NO OTHER CONTRACEPTION IS BEING USED, TAKE EMERGENCY CONTRACEPTION.

MY BROTHER WANTS TO HAVE THAT GIRL. HE SAYS HE'S GOT A CONDOM FOR IT...

WHAT'S THAT?

HUH! DON'T YOU EVEN KNOW THAT? YOU FILL IT UP WITH WATER AND THROW IT AT SOMEONE!

ONE IN TEN SEXUALLY ACTIVE YOUNG PEOPLE IS THOUGHT TO HAVE CHLAMYDIA.

LEARN TO USE A CONDOM PROPERLY!

A condom should go on at the start of sexual activity, once a man has an erection.

1. CHECK THE PACKET IS IN-DATE, HAS A CE MARK AND IS NOT BROKEN OR DAMAGED.
2. OPEN THE PACKET CAREFULLY; DON'T USE YOUR TEETH OR NAILS.
3. PUT THE CONDOM ON THE PALM OF YOUR HAND. (IT WILL ONLY UNROLL ONE WAY.)
4. PINCH THE END OF THE CONDOM TO SQUEEZE OUT THE AIR. WHEN THE PENIS IS HARD, PUT THE CONDOM ON THE END OF THE PENIS AND UNROLL IT ALL THE WAY DOWN.
5. AFTER SEX, PULL OUT THE PENIS WHEN IT IS STILL HARD. HOLD THE CONDOM ON AT THE BASE OF THE PENIS AS YOU DO THIS, TAKING CARE NOT TO SPILL ANY SEMEN.
6. TAKE THE CONDOM OFF, TIE IT UP AND THROW IT IN A BIN.

THE AGE OF CONSENT FOR SEX IS 16 – AT THAT AGE THE LAW SAYS YOU CAN CONSENT TO HAVING SEX.

SAFE SEX

The safest way to avoid Sexually Transmitted Infections (STIs) and pregnancy is not to have sex. But many young people find that very difficult.

It's not a good idea to have sex at times when:

- You've had too much to drink
- Someone else wants you to and you're not sure
- You think it will prove your love or theirs
- Your friends say they've done it (they probably haven't, and even if they have – so what?)

If you're not sure, wait until you're ready or get some advice.

If you're thinking about having sex:

- Make sure you really want to
- Talk to your partner about safe sex
- Make sure you have contraception – condoms are best as they protect you from STIs as well as pregnancy. But it's safer to use a condom together with something else like spermicide or the pill
- If possible both get tested for STIs first. Many STIs, such as HIV, do not show signs.

If you've had sex and are worried you might be pregnant

visit Time 4 U, a local clinic or your doctor to get a morning after pill, which must be taken within 72 hours.

STIs

A condom is the only way to protect against STIs. Some STIs have no symptoms. For example, men and women can get Chlamydia without knowing they're infected. It is easily treated with antibiotics, but if left can lead to infertility. If you've had sex without a condom go to a clinic and get tested.

For a free Chlamydia test, sent to you, simply text KIT, followed by your full name, address and postcode to 88020. Text charged at your normal rate.

Web links

- www.condomessentialwear.co.uk
- www.brook.org.uk
- www.ruthinking.co.uk
- www.sexualhealth.org.uk

GREAT GAME JULIA! I'VE DONE AS YOU ASKED AND COUNTED TO 1000, AND NOW I'M READY... ARE YOU?... HELLO? HELLO?

