



Radyr Comprehensive School

Sixth Form Wellbeing Booklet

2018-2019



@radyrsixthform



https://radyrcs.co.uk/?page_id=1034



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Radyr Comprehensive School Sixth Form

@Radysixthform

Attendance linked to Wellbeing concerns

During your time at Radyr sixth form we expect a minimum of 90% attendance. This is necessary in order to enable you to keep up with the demands of your courses and to be able to keep up with the pace of a modern day sixth form. However there is more to it than that, and research undertaken by the Government Department for Education by the Rt Hon Nick Gibb states that 'just one day off school can hamper children's life chances'. This suggests that even just one day off school can affect grades. For, every 10% of lessons missed this could equate to the cost of 1 full grade, irrespective of ability. There is clearly a link - the more lessons missed a drop in grades. Furthermore, universities are now requesting a pupils's school attendance for the last 2/3 years when considering applications.



Be aware of chatroom dangers

Going into an internet chatroom is a great way to have fun and make new friends, but you need to be careful. You can't see or hear the people you talk to in chatrooms and sometimes they lie about who they say they are. They may be a lot older than you and could be lying about their age.

Some men or women go to young people's chatrooms because they want to meet young people on their own to have sex with them, or sexually abuse them. These people can be very dangerous.

Being online is like being in the real world – things can happen that are both good and bad. If you are worried or feel uncomfortable about something that is happening online then report your concerns. It may be a conversation which feels wrong or you may feel bullied or pressured by the person you are chatting with.

How to stay safe in Chatrooms:

- Don't use your real name
- Don't lie about your age
- Don't give out your email address, mobile number, home address or school address
- Don't post your photo in a chatroom
- Use public chatrooms, not private ones (where there are just 2 people)
- Don't agree to meet anyone in person you've messaged in a chatroom

Action:

- Speak to your teacher
- If you think someone in a chatroom is lying about who they are, report them to the person in charge of the chatroom
- Warn your friends
- Don't use that chatroom again
- Report concerns

Is your friend in danger?

- Tell them not to meet up with anyone they have met in a chatroom
- Tell them not to give out personal details
- Support them and encourage them to tell someone what is happening



Bullying and Harassment

Bullying and harassment in sixth form can be things like constantly being annoyed by someone, name calling, hitting, or stealing someone's things. It also includes things that are less visible, like sending abusive texts, emails or spreading false rumours about someone. We have a whole school ban on this. Mobile phones are permitted in the sixth form study room, but only if pupils use them sensibly.

Sixth form is a time when the influence of other students is very important. If other students are thought of as different for any reason they can be picked on and bullied. Being bullied can make you dread going to the sixth - form and can also make you feel depressed, lonely and even suicidal. If you are being bullied you might feel that there is no way out, but there are lots of ways to get support.

Remember it's not your fault and you have the right to live without being picked on. Don't feel ashamed or embarrassed to ask for help – it's important you tell someone. Bullying is unacceptable but remember, bullies who continually pick on other students need support and help as well.

<u>Look out for</u>
Signs someone is being bullied
<ul style="list-style-type: none">• They become unhappy or withdrawn• They start avoiding sixth form-this is linked to attendance• They have physical injuries that they do not want to talk about

<u>Action</u>
Are you being bullied?
<ul style="list-style-type: none">• It probably won't stop until you inform someone you trust• Act confidently to send out the message that you are not afraid• Stay with others – you're more likely to be picked on if you are on your own• Keep a diary and keep all text messages or social media interactions as evidence of what happens. You can use it later to show you're telling the truth
Is your friend being bullied?
<ul style="list-style-type: none">• Speak to your wellbeing officer• Take their worries seriously• Stick up for them• They may want you to go with them when they do open up



Drugs, Substance abuse and Smoking

Being young and studying in sixth form is all about having new experiences, but don't feel pressurised into doing something you feel uncomfortable with. Maybe you have started smoking because you are stressed at sixth form or you might have tried drugs because your friends have to. However you need to understand how these things can affect your body in order to make informed choices for yourself.

Drugs can seriously affect your health and the way you see the world around you. They can lead to depression, loss of judgement and even death. If you are worried that you have a problem or are worried about a friend talk to someone you trust who can put you in touch with people who can help.

Look out for

- Drugs affect people differently, but they can harm your body and mind so that you don't have much control of yourself
- Smoking can lead to cancer and heart disease
- Solvents can cause blackouts, vomiting, heart problems and even instant death
- Some people get addicted to drugs and cigarettes and can't cope without them
- Personality disorders can occur even after you stop taking drugs

Action

Worried about what you're taking?

- Ask yourself whether it's because your friends are doing it too
- Say no when you are offered drugs and other substances, people will think more of you if you make your own choices

Worried about a friend?

- Try and get them to see that they have a problem and find help
- Often people who take drugs, or smoke don't want to stop. They have to want to change themselves – you can't do it for them

A useful website

- <http://red-button.org/>



Drinking Responsibly

Most people say they drink alcohol because it makes them feel happy and more confident. Alcohol can also give you a hangover and make you feel sick, tired, dehydrated and depressed. It can also make you do things you might regret, like have unprotected sex. Lots of people can enjoy drinking without it causing them any problems, but some people can get addicted to it, which means they start to rely on it.

The safe limit for adults is two – three units per day for a women and three-four units for men. There is no official safe limit for under 18s.

<u>Alcohol</u>	<u>Units</u>
Alcopops	1 unit
2 small glasses of wine (125ml)	3 units
1 pint normal strength lager	2 units

Website:-

<http://red-button.org/my-lifetime-hangover/>

<u>Look out for</u>
<u>How much is too much?</u>
<ul style="list-style-type: none">• If you're a man, the most you should drink is 4 units a day• If you're a woman, the most you should drink is 3 units a day• A unit is half a pint of beer or a single measure of spirits. A small glass of wine is one and a half units• When you drink more than this in one day, it's called binge drinking and it's bad for your health

<u>Action</u>
<u>Are you drinking too much?</u>
<ul style="list-style-type: none">• Are you drinking because you have problems at sixth form or at home? Try to solve this without using drink• Are your friends drinking a lot too?• Remember it's okay to say 'no'

<u>Is your friend drinking too much?</u>
<ul style="list-style-type: none">• Help them to face the fact that they've got a problem and get some help• Remember that they have to change their habits – you can't do it for them



Relationships and Consent

If we respect others it helps us to respect ourselves. Positive relationships with friends, family as well as people we come across in our everyday lives are so important. Our friends play an important part in our lives and help shape us as a person. Make sure you value them and let them know you do. The way we treat other people makes a big impression on them, so try to be positive and helpful a smile goes a long way!

Sometimes because we all want to be loved it is easy to mistake casual sex for love. However, you are putting yourself at risk of STIs as well as getting pregnant. If you have decided you're ready then practising safe sex by using contraception will reduce the risk of STIs and pregnancy. For the best protection against both of these, using condoms with a hormonal contraception is the best option in addition to being assigned up to and an active user of the c-card scheme.

Consent is when someone agrees, gives permission or says 'yes' to sexual activity with another person. Consent is always freely given and all people in a sexual situation must feel they are able to say 'yes' or 'no' or stop the sexual activity at any point.

<u>Signs you should pause and talk</u>	<u>Non-verbal responses – time to stop</u>
<ul style="list-style-type: none">• You are not sure what the other person wants• You feel like you are getting mixed signals• You have not talked about what you both want to do• You assume that you will do the same things as before• Your partner stops or is not responsive• Your partner says no	<ul style="list-style-type: none">• Pushing away a partner• Recoiling• Turning head• Frozen body• Nervous/frightened• Wiping off contact• Trying to move away from the situation

General Health

Ensure you are registered with

- A local GP
- Opticians
- Dentist

Action

Free confidential advice, information, tests, treatments and contraceptives are available from the school nurse.

If you have had sex without contraception, or think it has failed, you can take emergency contraception up to five days after having unprotected sex. The sooner you take it the more effective it will be.



Mr Todd will run the C-Card scheme via a regular drop in session in the sixth form study room kitchen on a weekly basis. This will be decided by the timetable when most pupils have a study period. If you think you might be pregnant, talk to someone, you trust. Free pregnancy testing is available from the school nurse or Sexual Health Outreach Team (SHOT). If you need more information or further support please visit. <http://www.ymcacardiff.wales/what-we-do/health-wellbeing/shot/>

Look out for
<ul style="list-style-type: none">• Feeling pressurised into having sex• Putting yourself in a position where you could be taken advantage of e.g. being drunk and unaware• Feeling uncomfortable in a relationship

Action
<ul style="list-style-type: none">• Free confidential advice and information are available from the school councillor, your teachers, the schools wellbeing team, the sexual health outreach team (SHOT) and we have a registered school nurse Joanne Adams who visits the school once a week.

Please click on the following link for a video demonstration o to help pupils understand consent

<https://www.youtube.com/watch?v=oQbei5JGiT8>



Prevent

What is prevent?

PREVENT is part of the UK's counter terrorism strategy, preventing people from being involved in supporting terrorism. At the heart of prevent is safeguarding people and communities and providing early intervention to protect and divert people from being drawn into terrorism and extremism. There is more detail under section 26 of the Counter Terrorism and Security Act 2015.

Look out for

- Posting inappropriate content on social media
- Spending time talking/looking at extremist groups
- Become disinterested in current studies/activities/spending time with friends
- Becoming withdrawn

Safeguarding procedure

If something doesn't feel right then go with your gut instinct. As pupils if you feel you have a safeguarding issue about yourself or one of your friends then this needs to be reported. If you have concerns report this to an adult in school or someone you trust. The child protection officer for Radyr Comprehensive School in the first instance is Miss Howlett, Assistant Headteacher.

Living with Diabetes

Type 1

About 10 per cent of people with diabetes in the UK have Type 1 diabetes. It has nothing to do with diet or lifestyle, it just happens.

When you have Type 1 diabetes, your body attacks the cells in your pancreas that make insulin, so you cannot produce any insulin at all.

In addition, we all need insulin to live. It does an essential job. It allows the glucose in our blood to enter our cells and fuel our bodies.

When you have Type 1 diabetes, your body still breaks down the carbohydrate from food and drink and turns it into glucose (sugar). However, when the glucose enters your bloodstream, there is no insulin to allow it into your body's cells. More and more glucose then builds up in your bloodstream.

Symptoms of Type 1 diabetes

Your body tries to get rid of the glucose through your kidneys, and that makes you wee a lot. Weeing so much leads to another symptom of diabetes – extreme thirst.

Moreover, because glucose cannot enter your cells to give you energy, you will feel incredibly tired. To try to get energy the body breaks down fat stores to



provide fuel. That is why people often lose weight before discovering they have Type 1 diabetes.

These symptoms tend to come on quickly – over just a few days or weeks. Anyone who has these symptoms should see a doctor as soon as possible.

Managing Type 1 diabetes

If you have Type 1 diabetes, you get insulin into your body by injecting it, or using an insulin pump, which delivers a constant supply into you.

You will also need to check your blood glucose levels are not too low or too high by using a blood glucose-testing device several times a day. When you start taking insulin, you will begin to feel better and your blood glucose levels will go down.

This is important because over a long period, high glucose levels in your blood can seriously damage your heart, your eyes, your feet and your kidneys. These are known as the complications of diabetes.

Nevertheless, with the right treatment and care, the long-term effects of diabetes and high glucose levels can be managed.

Type 2

What causes Type 2 diabetes?

About 90 per cent of people with diabetes have Type 2 diabetes. We all need insulin to live. It does an essential job. It allows the glucose in our blood to enter our cells and fuel our bodies. When you have Type 2 diabetes, your body still breaks down carbohydrate from your food and drink and turns it into glucose.

The pancreas responds to this by releasing insulin. However, because this insulin cannot work properly, blood glucose levels keep rising. So more insulin is released. For some people with Type 2 diabetes this can eventually tire the pancreas out, meaning their body makes less and less insulin. This causes even higher blood glucose levels.

Symptoms of Type 2 diabetes

Your body cannot get enough glucose into your cells, a common symptom of Type 2 diabetes is feeling very tired. Other symptoms include needing to wee a lot, feeling extremely thirsty, cuts and grazes healing slowly, and getting infections like thrush.

Many people do not get any symptoms or they do not notice them. Some people do not think the symptoms are important so do not ask for help. This means that some people live with Type 2 diabetes for up to 10 years before being diagnosed.

Moreover, over a long period, high glucose levels in your blood can seriously damage your heart, your eyes, your feet and your kidneys. These are known as the complications of diabetes.



Managing Type 2 diabetes

However, with the right treatment and care, the effects of diabetes and high glucose levels can be managed. So, if you have any of these symptoms, see a doctor as soon as possible.

There are different ways of treating Type 2 diabetes. Some people can manage it by healthier eating, being more active and losing weight. Eventually most people will need medication to bring their blood glucose down to a safe level.

Whatever the treatment, everyone with Type 2 diabetes needs to learn how to live with it.

For further information visit <https://www.diabetes.org.uk/>

Self-Harm and suicide

Everyone feels down sometimes, but some people can feel so depressed that they think about self-harming or even suicide.

There are a lot of reasons why young people might feel like this, for example being bullied, being abused and feeling stressed out.

People who self-harm say it helps make them feel a bit better, or they do it to show other people they are unhappy and have other problems. They don't often ask for help because they feel ashamed of doing it, but there is support out there and it needn't rule someone's life.

Male and females can both feel suicidal, but males are more at risk because they find it harder to talk about their problems and prefer to cope on their own.

Asking for help doesn't mean you're a weak person. If you're feeling suicidal you need to talk to someone you trust as soon as possible – a family member, a friend, a member of staff, a helpline, or your doctor.

Look out for

Signs that someone is self-harming

- They have cuts, burns or bruises which are unexplained
- They wear clothes which keeps injuries hidden even when hot outside

Signs that someone is feeling suicidal

- They say things like 'I wish I was dead' or 'I want to go to sleep and never wake up'
- They say they want to be left alone
- They're drinking more than usual



Action

- Are you self-harming?
You don't need to keep it a secret
- Talk to someone you trust
Write down in a diary how you feel when you want to self-harm
- Is your friend self-harming?
Listen and let them talk
- If you're feeling suicidal
Don't worry about the future - just aim to get through today
Avoid alcohol and drugs they make you feel worse

Website:-

- www.youngminds.org.uk/self-harm



- **Physical Wellbeing**

You don't have to be sporty. Just half an hour of moderate exercise a day will get those endorphins in the brain moving which helps to improve your mood, keeps you healthy and improves your sleeping pattern. Walking, cycling and dancing are all excellent forms of exercise.

When you are studying for exams or are approaching a coursework deadline exercise will reduce stress levels and give you a break to think clearly. Exercise will make you feel good about yourself afterwards and more positive.

Sitting indoors watching TV or playing computer games will not help you feel good, so have a look at the activities you could try out, and give them a go.

Look out for

- Putting on weight, lack of interest and having no 'get up and go'
- Feeling down about yourself
- Being lonely
- Watching too much TV and spending too much time doing nothing

Action

- Get involved in the social and extra-curricular activities at school
- Contact your leisure centre or gym about activities you could get involved in.

Body Image and Eating Disorders

Turn on the TV, flick through a magazine or look at social media and chances are you will see the images of perfect looking celebrities staring back. This might affect your body image and could make you feel bad about yourself.

It's a good idea to eat well and stay a healthy weight, but some young people can take diets too far and develop an eating disorder.

There are 2 main types of eating disorders, Anorexia nervosa, which is when you starve yourself, and Bulimia nervosa, which is when you make yourself sick after you eat or take laxatives. They are both very bad for your health.

Look out for

Signs of anorexia include:

- Eating less
- Losing a lot of weight very quickly
- Growing more body hair (usually girls)
- Being secretive about eating

Signs of bulimia include:

- Eating a lot in one go



- Going to the toilet after eating to be sick
- Sore throat and mouth infections
- Feeling of guilt after eating

Action

Have you got an eating disorder?

- Talk to someone you trust
- See your doctor who can get you some counselling
- Remember the sooner you get some help and advice the easier it will be for you to beat your problem

Does your friend have an eating disorder?

- Tell them that you're worried, and that you are there for them
- Try and get them to see a doctor
- Show your friend how important it is to have a healthy diet
- Don't give up

Websites:-

- <https://www.beateatingdisorders.org.uk/>
- <http://www.cardiffandvaleuhb.wales.nhs.uk/adult-eating-disorders-service>



Anxiety and depression

Depression and anxiety disorders are different, but people with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping and concentrating. Each disorder has its own causes and its own emotional and behavioural symptoms.

Look out for

- Loss of interest in pleasure, hobbies and activities
- Feeling slowed down
- Feeling tearful without knowing why
- Low self esteem
- Feeling irritable and intolerant
- Persistent sad or anxious mood
- Feelings of guilt, worthlessness or helplessness
- Decreased energy or fatigue
- Feelings of hopelessness or pessimism
- Thought of harming yourself or suicidal thoughts

Action

- Be active – Exercise will not make your stress disappear, but it will reduce the emotional intensity that you are feeling, clearing your thoughts and letting you deal with your problems more calmly.
- Take control – There is a solution to any problem. That feeling of loss of control is one of the main causes of stress and lack of wellbeing. The act of taking control is itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else. If you remain passive by thinking I can't do anything about my problem your stress will get worse. Take control by asking for help.
- Connect with people – a good support network of fellow students, friends and family can ease your troubles and help you see things in a different way. The activities we do with friends help us relax. We often have a good laugh with them, which is an excellent stress reliever.
- Have some 'me' time – we all need to take some time for socialising, relaxation and exercise.
- Challenge yourself – setting new goals and challenges this could be to study a new language.
- Avoid unhealthy habits – Don't rely on alcohol, smoking or caffeine as your ways of coping. Over the long term these will not solve your issues they could create new ones.
- Help other people – helping people who are often in worse situations than yours will put yours into perspective.
- Try to be positive – Look for the positives in life and things for which you are grateful. People do not always appreciate what they have.



Have a look at this website www.leahsiandavies.co.uk

This website belongs to Leah Davies who has worked with our pupils for a number of years. These included a range of issues such as exam anxiety and stress. All her credentials are on her website and the pupil feedback has been positive.

Gambling

This is becoming more of a problem for the modern day teenager. Gambling is defined as 'To stake or risk money, or anything of value, on the outcome of something involving chance.' There are many different types of gambling:

- Scratch cards
- Casino
- Lottery
- Arcades
- Bookmakers
- Fruit machines
- Poker
- Pools to name a few.

Have a look at the following websites if you are struggling with gambling
<http://addictionrecovery.org.uk/services/> or www.bigdeal.co.uk



Dealing with Bereavement

Dealing with a loss at any time is difficult but is amplified if this happens suddenly. Bereavement is losing someone by death who is close to you. This could be either someone in the family or a close friend. The impact depends on many factors but is different for everyone. The signs can take months or even years later to come to the surface. The most important thing is to be consistent and carry on with your regular routine. Cruse and Barnardos are two useful websites of support they are listed in the references.

Parental Divorce

This is another sensitive issue that causes upheaval within families. Divorce affects the whole family in different ways and can extend to the wider family and friends. This can have a huge effect on pupils especially if you have younger siblings. You may be the eldest child and are forced into taking on more responsibility. This could in turn mean you sharing your time between both set of parents, which may involve staying at two different places. The one thing you need to do is be open and honest with the school and put us in the picture as soon as reasonably possible so we can support and help you through a tricky patch. Action for children is a very good starting point in terms of supporting both children and parents find a common ground to move the situation forward during this difficult transition period.



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