

## Sexual health



Sexual Health is a state of physical, emotional, mental and social wellbeing in relation to sexuality. It requires a positive and respectful approach to sexuality and intimate sexual relationships.

### Choices:

Sex should be enjoyable and fun; you should never feel rushed or pressured to do anything you don't want to do. Only have sex when you both feel ready.

### Communication:

It's important to be able to talk to your partner about important things like using protection, getting tested for sexually transmitted infections, and pleasure – what you like to do and what you don't like to do.

### Contraception:

Have safer sex to avoid sexually transmitted infections and unplanned pregnancies. Find out about your options and remember you can get contraception for free!

[www.nhs.uk/livewell/sexandyoungpeople](http://www.nhs.uk/livewell/sexandyoungpeople)  
[www.condomessentialwear.co.uk](http://www.condomessentialwear.co.uk)

## Mental health

Everyone has trouble coping with their feelings at some time in their life. There are often things that can get you down or make you worry. Don't struggle on your own – get support early on before problems get too big. If you need to talk to someone, see a Youth Worker or ask about our Mental Health & Wellbeing Service.

**We are here to listen to you.**



## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

**Advice is FREE and CONFIDENTIAL.**

Produced by: Streetwise Young People's Project:  
Young People's Information, Advice, Counselling,  
Sexual Health and Support Service for 11-25 year olds.

## Streetwise

YOUNG PEOPLE'S PROJECT

Streetwise  
Unit 3 Blackfriars Court  
Dispensary Lane  
Newcastle upon Tyne  
NE1 4XB

Tel: 0191 230 5400

Email: [admin@streetwisenorth.org.uk](mailto:admin@streetwisenorth.org.uk)

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[www.streetwisenorth.org.uk](http://www.streetwisenorth.org.uk)



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# The Streetwise guide to Being Healthy



## Eating



If you want to look and feel your best you need to eat a healthy balanced diet, so you get all the vitamins, minerals and energy you need.

Don't deny yourself 'goodies' (e.g. chocolate and crisps!) but try to have some fruit and veg everyday too. Baked beans counting as a portion of veg!

Remember breakfast really is the most important meal of the day! It kickstarts your body into action. Have a bowl of wholegrain cereal with milk. If you're in a rush or want an extra few minutes in bed, grab a banana.

If you are worried about your eating speak to a Youth Worker at Streetwise or check out BEAT (Beating Eating disorders): [www.b-eat.co.uk](http://www.b-eat.co.uk)



## Exercise

It stops you feeling down, boosts your confidence and helps you to look and feel great!

Good exercise should make you feel out of breath and a bit sweaty! Aim for 30 minutes a day of physical activity 5 times a week.

There's something for everyone – you need to find out what works for you! Some ideas: walking, swimming, running, cycling, dancing, football, skateboarding etc.

Small changes help too e.g. use the stairs instead of the lift, get off the bus a few stops earlier and walk.



## Drugs



Any drugs including 'herbal' highs can be dangerous and some can have serious effects on your physical and mental health. Don't give into to peer pressure or try a drug cos you think it's cool. Make your own decisions.

If you are thinking about trying a drug you owe it to yourself to find out the facts about what it might do to you.

People can have different reactions to drugs. They're unpredictable and there's no way of knowing what's actually in any drug you buy.

Think about the implications for your future – possessing or supplying drugs is a criminal offence – you could be

If you think you have a problem with drugs or want some info, speak to a Youth Worker or check out FRANK: [www.talktofrank.com](http://www.talktofrank.com)

## Smoking

Smoking is one of the main risk factors for various cancers, stroke and heart disease. It also causes smelly clothes/hair, bad breath and stained teeth/nails/fingers. If you smoke 10 cigarettes a day, giving up could save you over £2,400 a year – imagine what you could do with that money! If you want to quit, speak to a Youth Worker at Streetwise or check out [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

## Vaping

Vaping is not recommended for non-smokers, especially children and young people under 18. Short term effects of vaping can include coughing, headaches, dizziness and sore throats. The long term effects of the toxins in vapes are not yet known. Vapes contain nicotine, which is highly addictive. This means it can be hard to stop using once you've started. Some disposable vapes on sale are illegal and don't meet UK Quality and Safety regulations. They might look real, but it's impossible to know what's actually in them. Approximately 1.3 million disposable vapes are thrown away each week in the UK. Enough to cover 22 football pitches! For more information visit: Vapes | FRANK ([talktofrank.com](http://talktofrank.com))

## Alcohol



It is illegal to buy alcohol if you're under 18. Because alcohol is so widely available people underestimate the risks it can bring.

There are no recommended safe drinking levels for young people – your body is not fully developed and drinking a lot regularly can lead to serious long term liver, heart and stomach problems.

When you're intoxicated (drunk), you're more likely to have an accident or do something you may regret! If you are drinking, then make sure you're safe.

Some top tips: Eat something before drinking, don't drink too fast or too much, carry your mobile phone and make sure you have charge/credit, know how you're getting home, keep enough money for the bus or taxi home and always stick together with your mates.

If you think you have a problem with alcohol or want some info, speak to a Youth Worker at Streetwise or check out [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

## Sleep

Give yourself the rest you need – your body has a lot of work to do in the night while you're sleeping!

### Some top kip tips:

Go to bed and get up around the same time each day; avoid caffeine-packed drinks on a night e.g. coffee, fizzy drinks; stay away from bright lights (including TV and computer!) before bed – they'll stimulate your brain!

