

Positive Connections with **EVERYBODY**

END RACISM NOW!

we are all different shades of the same **colour**



saricharity.org.uk

report-it.org.uk

theredcard.org

Positive Connections with **OUR BODY**

THINK BEFORE AN ENERGY DRINK!



ENERGY DRINKS CONTAIN HIGH LEVELS OF CAFFEINE AND SUGAR (IN NON-DIET VARIETIES), WHICH CAN LEAD TO HEALTH PROBLEMS INCLUDING:

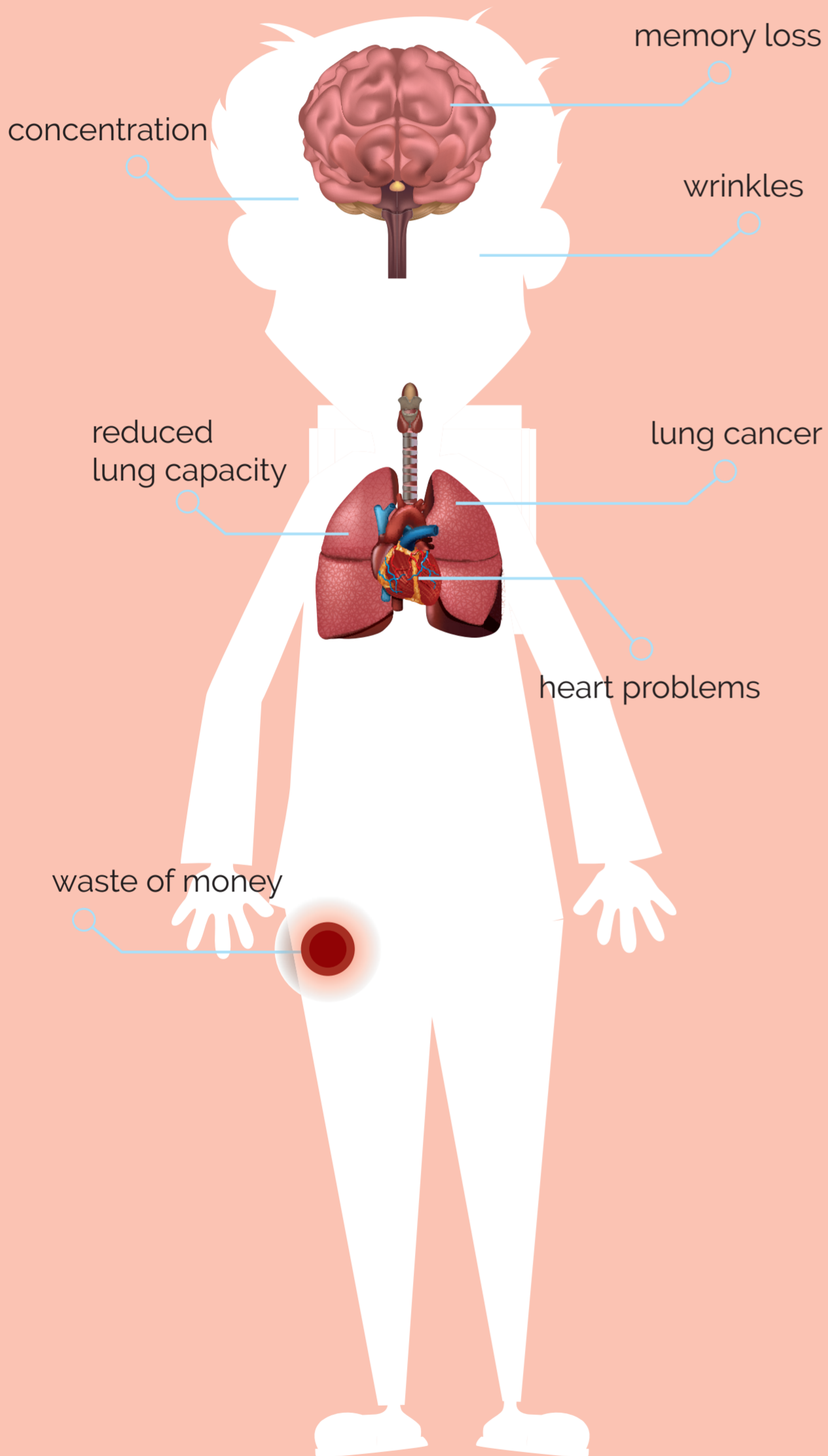
- TOOTH DECAY
- ANXIETY- PANIC ATTACKS, FEELING YOUR HEART POUNDING OR HAVING AN IRREGULAR HEARTBEAT
- HEADACHES AND LACK OF CONCENTRATION
- INCREASE IN WEIGHT
- VERY OCCASIONALLY, DEATH. THIS HAS HAPPENED TO YOUNG PEOPLE WITH HEART CONDITIONS, SOME OF WHICH CAN BE UNDETECTED AND THOSE WHO HAVE HAD TOO MUCH CAFFEINE

visit healthforteens.co.uk

Positive Connections with **OUR HEALTH**

STOP VAPING!

Before Vaping Stops You!



TIPS TO QUIT:

Set a date to stop

Prepare for triggers & cravings

Figure out what can motivate you

Build support systems

Go easy on yourself

www.**NHS**.uk

[healthline.com](https://www.healthline.com)

PRANK

Positive Connections with EACH OTHER

DON'T ACCEPT ANYTHING LESS THAN YOU DESERVE



Talk to: friends • family • police • a trusted adult

CHILDLINE 0800 1111



POSITIVE



Positive Connections with OUR MIND

YOU ARE NOT ALONE!

Speak up if you need help

LONELINESS BULLYING
ABUSE STRESS



mindlinecumbria.org

YOUNG MINDS

fighting for young people's mental health

youngminds.org

