

**STUFF YOU  
NEED TO  
KNOW!**

The aim of this campaign is to  
teach you things you didn't  
know and to teach you things  
that will help you when your  
older

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# online safety

## Are you safe online?

Did you know 58% of young people see something hurtful on a social networking sight?

Only 22% of young people who had a negative experience spoke out and solved their problem.

## Privacy and e-shopping

E shopping it's great way to buy things but it does have it's dangers. You should be careful when you hand out private info and passwords, people will use a tactic called Phishing so check where and who is asking. Also make sure there is a <https://>

## **How to be safe from cyber bullying**

We know that you get told this a lot but we think its important for you to know...

Do not be a troll or retaliate.

When you fight back you become as bad as the bully themselves. So screenshot any hurtful material or text and share to your parents or trusted adult right away.

If you wouldn't do it offline DON'T do it online.

If you want represent yourself as a good person online, say things that show that.

Make sure you respect everyone and use kind words to others.

# POLITICS

## Basic information

The UK public elects 650 Members of Parliament (MPs) to represent their interests and concerns in the House of Commons. MPs consider and propose new laws, and can scrutinise government policies by asking ministers questions about current issues either in the Commons Chamber or in Committees.

## Voting

You can vote in Local Elections, General Elections and Referendums. You can register to vote when you're 16 but cannot vote until you are 18. To register to vote go to: <https://www.gov.uk/register-to-vote>

## **Political Parties**

There are many political parties across the UK. The main parties include: Conservative Party, Labour Party, Liberal Democrats, Scottish National Party, Green Party and UK Independence Party.

## **Government**

The government is led by the Prime Minister, who selects all the remaining ministers. The prime minister and the other most senior ministers belong to the supreme decision-making committee, known as the Cabinet.



# FIRST AID

## Important numbers

999- The main emergency number

Call 999 in a medical emergency – when someone is seriously ill or injured and their life is at risk.

111- Non-emergency number

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation

112 this is the European emergency number that will work anywhere in Europe

## Basic first aid burns

Cool the burn under cold running water for at least ten minutes. Cooling the burn will reduce pain, swelling and the risk of scarring. The faster and longer a burn is cooled, the less the impact of the injury.

2 After the burn has been cooled, cover it with cling film or a clean plastic bag. This helps prevent infection by keeping the area clean. It's an ideal covering because it doesn't stick to the burn and reduces pain by keeping air from the skin's surface.

3 If necessary, call 999 or get someone else to do

## Basic first aid strains and sprains

- 1 Get the person to rest.
- 2 Apply an ice pack to the injury. An ice pack is ice or frozen vegetables wrapped in something such as a tea towel. Applying it to the injury will reduce the swelling and pain.
- 3 If there is no improvement seek medical advice.

## Basic first aid broken bones

1. Encourage the person to support the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.
2. As soon as possible get the person to A&E or call 999
3. Continue supporting the injury until you get to A&E or help arrives.

## Basic first aid choking

1. Hit them firmly on their back between the shoulder blades to dislodge the object. This creates a strong vibration and pressure in the airway, which is often enough to dislodge the blockage. Dislodging the object will allow them to breathe again.
2. If necessary, call 999 or get someone else to do it.

# FINANCE

## Definition

The management of large amounts of money, especially by governments or large companies.

## Where to go for advice

The best place to go for finance advice is

the bank

your parents

Building society

Credit union

People plus

Citizens advice

## Student loans

Student loans are the loans that you have to be able to go to university you only start paying your student loan back when you earn £21,00 a year .

## Bank accounts

### Isa's

An Isa is a tax free savings account with better interest than a normal savings account.

### Current

A current account has a debit card that you can use to pay for things. Also you can set up a direct debit to pay bills.

Often your wages will be put into your current account.

### Savings

A savings account is an account that you are taxed on

# SEXUAL HEALTH

## Definition

Sexual health is a state of physical, emotional, mental and social well-being related to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled

## STI'S

The most common STIS are Chlamydia, Genital warts, Genital herpes, Gonorrhoea and Syphilis

### **Sexual health clinic information for Carlisle**

Sexual Health (GUM/Contraception/HIV) Clinics

Carlisle

Solway Clinic

Hilltop Heights

London Road

Carlisle CA1 2NS

Tel: 01228 608989

# HEALTH & WELLBEING

## 5 Ways to Wellbeing

**Connect:** Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them.

**Be Active:** Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

**Take Notice:** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking with friends

**Keep Learning:** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food.

**Give:** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

## Balanced Diet-

The recommended calorie intake for men is around 2,500 calories and women around 2,000 calories.

The eat well guide seen below shows the amounts of each food you should eat



(Continued over page)

## **Physical activity guidelines for children and young people-**

To maintain a basic level of health, children and young people aged 5 to 18 need to do:

at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis.

on three days a week, these activities should involve exercises for strong muscles, such as push-ups, and exercises for strong bones, such as jumping and running.

# DRUGS & ALCOHOL

Is It WORTH the risk???

All different drugs deliver different effects for example cannabis is a depressant while cocaine is a stimulant, also some last longer than others. Most high powered drugs can only last for 10min upward while some can stay in your body for hours to days.

## **Alcohol**

Everyone is allowed some alcohol but not to much. The recommended amount is 14 units.

# CAREERS ADVICE

## Finding Work

There are lots of different places you can go to get help finding a job for example:

- \* Newspaper
- \* Inspira
- \* People plus

## Ways of finding the job for you

The one job that would make you happy or enjoy. It's something you are interested in and it shows that you care about the job role. You might need job training.

## Getting training

Places you can go to get some training for a job are:

Gen 2.

Rwp.

Carlisle College.

University's

Barclays (finance)

## What to take to a job interview

Your cv

Some form of ID EG passport or drivers

licence

Notepad and pen

A bit of background information about the  
company

# IMPORTANT LINKS

## **POLITICS:**

<http://www.parliament.uk>

[https://en.wikipedia.org/wiki/  
Government\\_of\\_the\\_United\\_Kingdom](https://en.wikipedia.org/wiki/Government_of_the_United_Kingdom)

<http://www.britpolitics.co.uk>

<http://www.parliament.uk>

<https://www.gov.uk>

## **ONLINE SAFETY:**

## **FIRST AID:**

[http://www.redcross.org.uk/What-we-do/First-aid/  
Everyday-First-Aid](http://www.redcross.org.uk/What-we-do/First-aid/Everyday-First-Aid)

## **SEXUAL HEALTH:**

[http://www.who.int.topics/sexual\\_health/en/](http://www.who.int.topics/sexual_health/en/)

## **FINANCE:**

[Www.gov.uk/repaying-your-student-loan](http://www.gov.uk/repaying-your-student-loan)

## **HEALTH & WELLBEING:**

<http://wellbeinginfo.org>

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

## **DRUGS & ALCOHOL:**

[Www.talktofrank.com](http://www.talktofrank.com)

## **CAREERS ADVICE:**

[Www. Peopleplus.co.uk](http://www.Peopleplus.co.uk)

# SUGAR SMART

Carlisle

## Are you Sugar Smart? CALL TO ACTION

Carlisle is the latest area to join the Sugar Smart UK movement, helping educate on hidden sugars and making informed food and drink choices.

But now we need **YOU!**

### Did you know?

- For the first time in human history the world has more people that are overweight than underweight.
- Some people eat as many as x40 teaspoons of sugar every day! That's more than 5x the recommended daily allowance; which is 30g of sugar for those aged 11 and over.
- Too much Sugar impacts your teeth, eyesight, skin condition and memory! Which can lead to a number of medical conditions like diabetes.

### Swop the Pop - Be Sugar Smart!



500ml bottle of Coke  
= 13.5 Cubes



500ml bottle of  
Lucozade = 15.5 Cubes



300ml bottle of  
Tropicana = 7.5 Cubes



Unlimited Tap Water = 0

### What can YOU do?

Let's make Carlisle Sugar Smart! For advice on Smart Swops and to get involved email: [Clare.Almond@carlisle.gov.uk](mailto:Clare.Almond@carlisle.gov.uk) |  @SugarSmartCA  
[www.carlislepartnership.carlisle.city/Projects/sugar-smart-carlisle](http://www.carlislepartnership.carlisle.city/Projects/sugar-smart-carlisle)