

Contents- Click through the slides to find support and advice

1. Our Brains
2. Consent

Teen Health Smart

Information on exercise, drugs, bullying, stress, body image and relationships

Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258

Kooth

Online mental wellbeing community

DHFS

DHFS website provides information and support in all areas

Talk to Frank

Information and support related to drugs and alcohol

Childline

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday

NHS Choices

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies, call 999 for an ambulance

Teenage helpline

"To provide all young people with a safe space to work together to achieve their own best potential"

Samaritans

You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org

Diana award

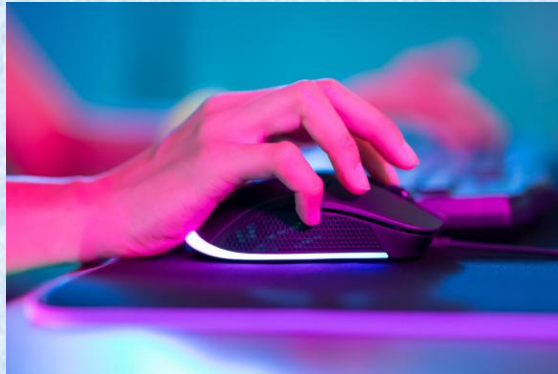
24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258.



*Click on the pictures
or dots for further
information*



Media content



Media literacy and digital resilience.

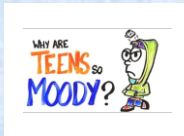


Online privacy

*Personal Data
generated and shared*



Reporting online



•Your Brain

Relationships



Consent



What is
Consent? -
Animation

Young people and toxic
relationships - IDAS



Resources for Young
People - First Light