

2025-2026
Edition

HEALTH FOR ME

Health tips for young people

Year 7

**HEALTH & WELLBEING
MAGAZINE**



FREE

WELCOME



This digital health magazine is a summary of the services and information available to you.

Growing up can be tough but it can also be lots of fun! If you have any concerns over your health, you can talk to your family, talk to your friends, look up information on the Health For Teens website, text Chat Health or ask in school. Do not worry alone, a worry shared, is the first step.

**The Health
Promotion Team**

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HEALTH^{FOR}TEENS

EVERYTHING YOU WANTED TO KNOW ABOUT

HEALTH RELATIONSHIPS FEELINGS LIFESTYLE GROWING UP

BUT DIDN'T WANT TO ASK

WWW.HEALTHFORTEENS.CO.UK

Health For Teens Website is full of information for young people. If you need advice or want to know more about something, give it a try.

I did not know who to ask, so I had a look on the website.

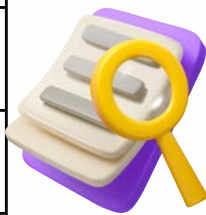
There is so much information, I am glad I looked.

It was easy to use and I found the information straight away!



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SLEEP



WORD SEARCH

sleep

help

eat

relax

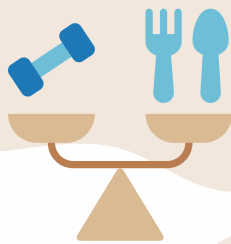
teeth

health

WHAT DO YOU EAT?



It is important to take some responsibility for our own health.



As a nation we need to eat better and move more!

IT'S ALL ABOUT GETTING THE BALANCE RIGHT!



H₂O is the way to go!

QUIZ

SUGAR QUIZ

1. What is the recommended maximum amount of sugar a 12 year old should have?

- a) 24 grams
- b) 30 grams
- c) 32 grams



2. Which drink contains more sugar?

- a) A can of coke
- b) A bottle of flavoured water
- c) A take away strawberry milkshake



3. How much sugar is in an average 500ml can of energy drink?

- a) 32 grams
- b) 48 grams
- c) 55 grams



4. How much exercise would you need to burn off the calories in an energy drink?

- a) 41 minutes of running
- b) 47 minutes of swimming
- c) 101 minutes of walking



5. How much sugar is in an average large take away hot chocolate?

- a) 20 grams
- b) 32 grams
- c) 48 grams



6. Which biscuit contains the most sugar?

- a) Custard Creams
- b) Bourbons
- c) Chocolate Digestive
- d) Jaffa Cakes
- e) Shortbread Finger



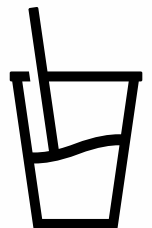
YOU ARE WHAT YOU EAT



Keeping our meals and snacks varied not only makes our food more interesting but it ensures we are feeding our body with the range of vitamins and minerals that we need.



SCAN ME



www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

Easy One Pot Pasta

Makes 4 Portions

Ingredients

300g Dry pasta - any shape
1 Tin Chopped tomatoes or pasta sauce
200ml Water
1 Onion finely chopped
1 Garlic glove crushed
Any vegetables for example mushrooms, courgettes, peppers, tomatoes, spinach, broccoli

Recipe

1. Add dry pasta to a pan
2. Add all the ingredients
3. Cook till the pasta is soft to your liking!

Optional extras: try adding some cooked chicken, ham or bacon and sprinkling some cheese on top.

Top tip! Don't forget you can freeze the extra portions for another day.



Omelette

Makes 1 Portion

Ingredients

3 Eggs
1 Teaspoon Butter

Optional extras: try adding some cooked chicken, ham or bacon and sprinkling some cheese on top.

Recipe

1. Crack the eggs in to a bowl and beat them together
2. Heat the butter in a frying pan
3. Pour in the eggs
4. Optional: Sprinkle over your filling. (cheese, meat or vegetables etc).
5. Once the egg is firm, remove from the pan and enjoy!

Be adventurous and try different fillings.



LOOKING AFTER YOU

YOU'RE NEVER FULLY DRESSED WITHOUT A SMILE

1. Brush teeth twice a day, for 2 minutes using a fluoride toothpaste. Spit out excess toothpaste and do not rinse with water – remember to turn the tap off!
2. Limit sugary food and drinks to mealtimes only.
3. Visit a dentist regularly for a mouth check.

Maintaining a healthy mouth is as simple as 1, 2, 3

Find an NHS Dentist at www.NHS.uk or Call 111



BAD BREATH



Check with the lick and sniff test!

1. Lick the inside of your wrist.
2. Smell it! That is what your breath smells like.
3. If you think your breath smells bad try these top tips:

- Look at your oral hygiene routine - brush teeth, gums and tongue twice a day.
- Consider using floss.
- Avoid strong smelling foods for example garlic.
- Talk to your dentist or GP.

HELP, DO I SMELL?



Our body emits odours throughout the day. Exercise, sleeping and daily activities can make us sweat more. It is important we wash our bodies every day. B.O. (Body Odour) is a common worry. It can normally be treated by doing one of the following:

- 1, Wash regularly - remember to use soap under your armpits, groin and feet at least once a day and remember to dry yourself thoroughly.
- 2, Use antiperspirants and deodorants on clean skin. change and wash your clothes regularly, it could be your clothes that smell and not you.
- 3, Wearing natural fabrics like cotton, wool and silk might help.

60 MINUTE MORNING TIMETABLE

7:30 - WAKE UP

7:35 HAVE A STRETCH

7:40 ROLL OUT OF BED

7:45 HAVE A SHOWER

7:50 BRUSH TEETH

7:55 GET READY FOR THE DAY

8:10 HAVE BREAKFAST

8:30 GRAB BAG & GO TO SCHOOL



SPOTS



Spots develop when your skin produces too much oil. Spots can be more common due to hormonal changes during puberty. There are some things you can do to help:

- Make sure you wash your face everyday.
- Avoid using too much makeup and make sure you remove it well at the end of the day.
- Have a bath or shower daily to remove sweat as this can irritate the skin.
- Eat a varied healthy balanced diet-including 5 portions of fruit and vegetables daily.
- Keep well hydrated-drink 6-8 glasses of water daily.

If you need any support or further information, speak to your pharmacist or GP.

-you-
MATTER

LOOKING AFTER YOUR MIND

Top Tips for a healthy mind



1. TALK

- It's really important that we all keep talking.
- Regularly contact with friends and family.
- If you have any worries or concerns you could contact someone at school or a health professional.
- ChatHealth Text Messaging Service: 07507 329952.



2. DON'T DWELL

We all need to find ways to deal with stressful situations and worries. It is important to remember there is no point spending time and energy on hypothetical situations (situations that may not happen).

3. TAKE TIME TO REFLECT

Write it down!
A journal could be really useful.
You could challenge your thoughts - are they really worth worrying about?

4. BE PRESENT

Mindfulness is about stopping, listening, being still and most importantly being present in the moment.

Here are some great breathing exercises to help. The best bit is you can do them anytime, anywhere:



NHS
Nottinghamshire Healthcare
NHS Foundation Trust

ChatHealth confidential text service

An easy way for young people aged 11-19 years to confidentially ask for help about a range of issues

HEALTHY EATING
RELATIONSHIPS
ALCOHOL & DRUGS
SMOKING
BULLYING
PUBERTY
EMOTIONAL HEALTH
SLEEP
SELF HARM
ANXIETY

Text 07507 329952 for help

Advice & support also available at:
healthforteens.co.uk/nottinghamshire

HEALTH:TEENS

The Worry Tree

1. Notice the worry

2. Ask what am I worrying about?

3. Can I do something about it?

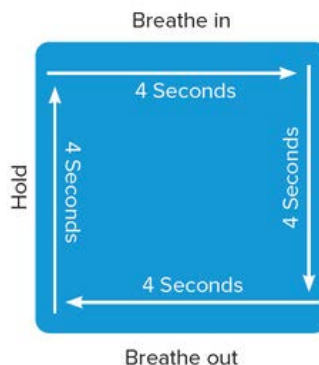
No

Yes

Let the worry go

Make a plan of action

Think about something else for a while



For information and support, visit: www.youngminds.org.uk



SLEEP



zzzz

GET SOME SLEEP!

It's key to our physical, emotional and mental wellbeing.

Top tips:

- 1** Deal with any worries before bedtime – talk to someone or write it down and make a plan.
- 2** Turn your devices off at least 30 minutes before bed– we know it's hard but we also know that screen time will effect our length and quality of sleep.
- 3** Try and trick your brain! Dim the lights earlier and get as much natural light as you can during the day!
- 4** Slow down! Life is so busy, our mind is always on the go but we need to find time to settle down and get some good quality sleep.

Why do I need more sleep? Why can't I sleep more? How can I improve my sleep ?

It's quite simple really. We want you to get the support you need to achieve a good night's sleep.

HEALTH FOR TEENS

www.healthforteens.co.uk



Teen
Sleep
Hub



www.teenleephub.org.uk



@thesleepcharity



@thesleepcharity



LONELINESS

You could be stood in a room full of people yet feel completely lost and on your own.



**School Nurse
(ChatHealth)**

Friends

WHO CAN I TALK TO?

Teacher

Childline

Family

**School Nurse
(ChatHealth)**

Friends

WHO WILL LISTEN TO ME

Teacher

Childline

Family



IS THERE ANYTHING I CAN DO TO HELP A FRIEND?

IS THERE ANYTHING I CAN DO TO MAKE MYSELF FEEL BETTER?

1. Start a journal
2. Try a hobby
3. Go outside for some fresh air!
4. Don't be afraid to smile and say Hi!
5. Look out for volunteering opportunities

Remember to ask if they are ok, if they say yes, ask them again. The best thing you could do is really listen to them, giving them your full attention and little signs to let them know you are listening and hearing them.

Try using the HEAR acronym:

H
E
A
R

Halt - give them your full attention.

Engage - look at them and nod to show you are listening.

Analyse - pause and reflect on what they have said.

Respond - summarise or repeat back what they have said.

IT'S OKAY
to ASK
For HELP

TRUST

Find someone you can trust and if that's not possible call **Childline 0800 1111**.

There will always be someone who wants to listen to you.

We are never alone no matter how lonely we sometimes feel.

PEER PRESSURE & BULLYING

Are you being bullied at school?



1. **Do not deal with it on your own** - tell someone; a parent, teacher or friend.
2. **Do not give up** - keep telling someone until something is done.
3. **Try not to react** to the bully. If they get a reaction they may be more likely to continue.
4. **Keep a diary**; include dates, times, brief description of what happened and any witnesses.

Remember, you have the right to go to school and feel safe and the school has a duty to keep you safe.

ONLINE GAMING

Remember it is **NOT** ok to be rude to someone online. Gaming should be a fun and safe environment but it is important to note that you could be an easy target for bullies!

What can you do?

1. Avoid playing with strangers.
2. Try to stay calm.
3. Tell someone - friends, family and the game moderator; they may get banned from the game.



THE MOST IMPORTANT THING TO DO IS TALK, TALK, TALK!

Find someone you can trust and if that's not possible call **Childline 0800 1111**

There will always be someone who wants to listen to you.

We are never alone no matter how lonely we sometimes feel.

tell someone!

CYBER BULLYING

If you or anyone you know is a victim of cyber bullying, you need to act now!

1. Tell someone - a parent, teacher or trusted adult.
2. Block them from your phone and all social media.
3. Adjust your privacy settings so you can control who sees your profiles.

For help: www.bullying.co.uk



If you need to talk ...

...we're here to listen

0808 800 2222

askus@familylives.org.uk

www.familylives.org.uk

RISKY BEHAVIOURS

Try a cigarette, it's only one!

When it comes to risky behaviours – remember we have a choice! It might seem like everyone is trying it and enjoying it but that's not true!

Have a go...

VAPE

Just have a sip!



DRUGS



Should I try...?

ALCOHOL



Taking any illegal, legal highs or performance enhancers is risky. No-one knows how your body will react and you won't really know what you are actually taking! Most legal highs are a mixture of chemicals that were never meant for human consumption.

FOR INFORMATION AND SUPPORT

Don't be
AFRAID
to SAY no



Health for Teens
WWW.HEALTHFORTEENS.CO.UK



HEALTH & WELLBEING



Your Health
Notts

Where do
I start?

Is it FREE?



Who can
help me?

Call: 0115 7722515
Can the QR Code



fitness

YOUR

FAB

FOOD

ACTIVITY

BALANCE

HEALTH

2025

FREE

HEALTHY EATING & WELLBEING SUPPORT FOR 12-17YR OLDS
PERSONALISED ADVICE & GUIDANCE FROM
QUALIFIED NUTRITIONISTS & PERSONAL TRAINERS



FIND OUT MORE:
TEXT 'FAMILY' TO 62277
SCAN THE QR CODE
CALL US: 0115 7722515

Chances to win:
Air scented water bottles
Swimming sessions
Group ice skating vouchers
Alton Towers trips.



yhnotts



yhnotts



yhnotts



My goal is to.....

My aim is to...

FIRST AID TIPS

If you get a blister you should:

What To Do

- try not to wear the shoes that caused your blister if you can.
- always wash your hands before touching a blister.
- allow the liquid in a blister to drain before putting on a plaster or dressing.

What Not To Do

- do not burst a blister.
- do not pick the skin off a burst blister.



If you or a friend has a nose bleed you should:

1. Sit down and lean forward.
2. Tilt your head forward.
3. Pinch your nose just above your nostrils for about 15 minutes.
4. Breathe through your mouth.
5. You can also hold something cold - like an icepack or a bag of frozen peas wrapped in a tea towel on the top of the nose area to reduce the blood flow.

How to Manage Seizures

You see someone having a seizure or fit. It might be scary to witness, but do not panic. Here are some simple things you can do to help:

- only move them if they're in danger.
- cushion their head if they're on the ground.
- loosen any tight clothing around their neck, such as a collar or tie, to aid breathing.
- turn them on to their side after their convulsions stop.
- stay with them and talk to them calmly until they recover.
- note the time the seizure starts and finishes.



Fainting is when you pass out for a short time. It's not usually a sign of something serious, but if it happens regularly you should see a GP. Fainting usually happens suddenly. Symptoms can include:

- dizziness.
- cold skin and sweating.
- slurred speech.
- feeling sick.
- changes to your vision.

If you would like to know more about first aid, why not have a look at these websites:

www.nhs.uk

www.sja.org.uk

www.redcross.org.uk



If you're not completely confident, only attempt hands-only CPR.

Hands-only CPR

Step 1: Shake and shout

Step 2: Call 999

Step 3: Give chest compressions

Step 4: Keep going until help arrives



Watch the video to learn more...

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr>



If a person is unconscious but is breathing and has no other life-threatening conditions, they should be placed in the recovery position.

<https://www.nhs.uk/tests-and-treatments/first-aid/recovery-position/>



WATCH NOW ▶

BEING ORGANISED



Being organised is good for many reasons.

Having a checklist for school helps us remember things such as P E Kit, books, pens etc.

Having a checklist for home can be helpful too!

TO DO LIST

- ☒ Find P.E kit
- ☐ finish maths homework
- ☐
- ☐
- ☐

DAILY GOALS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☒ _____

Setting time for fun stuff and for homework can make sure we enjoy ourselves and also do the things we need to.

Why not make a checklist and see how you get on. You can make yourself a chart or use your phone!



USEFUL CONTACTS

HELP!

HEALTH4TEENS

A free health website for young people living in Nottinghamshire.



SCAN HERE

WWW.HEALTHFORTEENS.CO.UK

HEALTH AND WELLBEING

YOUR HEALTH NOTTS

is a FREE healthy eating and wellbeing support for families.

TEXT:

FAMILY to 62277

Call: 0115 7722 515

ADVICE LINE

A free confidential telephone service for families with children aged 0-19 years living in Nottinghamshire.

0300 123 5436

Young Carer Notts

For help and support...



WWW.YOUNGCARERSNOTTS.CO.UK

NottAlone

For local mental health advice...

www.nottalone.org.uk



ChatHealth

A free confidential text messaging service for young people aged 11-19 years living in Nottinghamshire.

Text: 07507 329952

ANXIETY SUPPORT

KOOTH

Free online counselling for Young People.

www.kooth.com



SCAN HERE

Young Minds

www.youngminds.org.uk



SCAN HERE

Childline

Call: 0800 1111

Visit: www.childline.org.uk





**This digital health and wellbeing magazine has been produced by the
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**THANK
YOU**

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of this health magazine.**



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helped as co-editors.**



Feedback

If you have any comments about this publication,
or would like to suggest content for future
editions, please let us know by emailing
healthpromotionteam@nottshc.nhs.uk