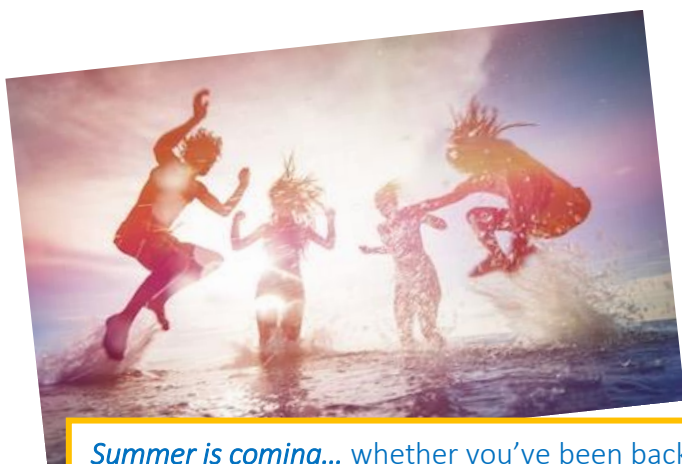


# School Nurse Bulletin

*Welcome to the Hampshire School Nursing Bulletin for young people.*

**HEALTH FOR TEENS**

Visit the [Health for Teens](#) website for everything you need to know for your health & wellbeing.



*Summer is coming...* whether you've been back at school or having zoom lessons at home, the holidays are almost here. Keep up to date with the latest guidance on social distancing [here](#).

## CHATHEALTH 11 - 19

The ChatHealth text service is an easy way for young people 11-19 to confidentially ask for help with a range of issues. The service is covered by qualified school nurses who have a wealth of experience of working with young people. ChatHealth is available Monday to Friday from 9am-4.30pm (excluding bank holidays).



Apply SPF 30+ sun cream 30 minutes before going outside. Reapply every 2 hours.

Stay in the shade between 11am and 3pm.

Wear sunglasses to prevent eye damage.

Consider wearing clothes in the water.



Click [here](#) for more advice



Find the contact details for your local School Nursing Team at

<https://www.southernhealth.nhs.uk/services/child-health-services/school-nursing/find-your-local-school-nursing-team/> or speak to a member of staff at school.

## OUR VALUES



Patients & people first



Partnership



Respect

## Before you head out, remind yourself of these safety tips

If texting, move out of the way of others.

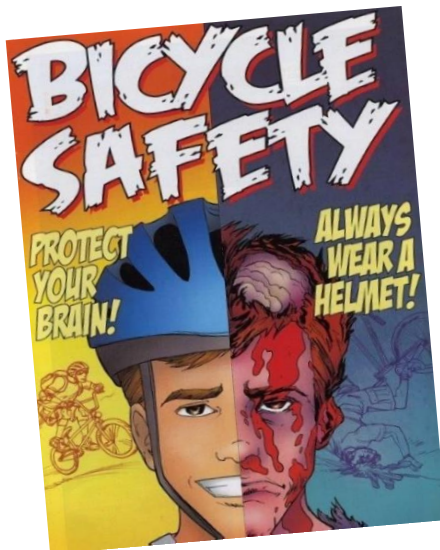
Never cross the road whilst texting or talking on the phone.

Be aware of your surroundings.

Always walk on the pavement if one is available. If not, then face oncoming traffic.

Look for traffic in all directions before crossing the road.

**You're four times  
It's hard to  
more likely to have  
concentrate on  
a road accident  
two things  
when you're on  
at the same time.  
a mobile phone.**



## Keeping safe on your bike

Choose the right size and type of bike. Check your saddle & handlebars are the correct height

Tyres in good condition and inflated to correct pressure

Gears are working correctly

Chain is properly adjusted and oiled

Wear a helmet – they reduce the risk of serious injury by 70%.

***You MUST ensure your brakes are working, use front & rear lights at night and a red rear reflector.***

## T I C K S

Ticks are small, spider like creatures that are mainly found in areas with long grass.

They attach themselves to the skin and feed off human/animal blood.

Ticks can sometimes transmit microbes that can cause diseases such as Lyme disease.

If you have been bitten then remove the tick as soon as possible.

Contact your GP promptly if you start to develop flu-like symptoms or a red, bullseye rash.



Get more  
advice on  
ticks [here](#)

## Water Safety



More than 700 people drown in the UK and Ireland every year and many more have non-fatal experiences including life changing injuries.

Learn how to keep you, your family and your friends safe by following the advice [here](#).

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## Relationships

The pandemic lockdown has affected everything from education to how we shop. One of the biggest impacts has been on our friendships and relationships. Brook has answered some FAQs [here](#).



The pandemic means that we have increased the amount of screen time in a day so it's important to make sure you are staying safe online. A lack of face to face contact may lead to risk taking behaviours. [Childnet](#) has lots of information and advice for 11 – 18 year olds.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends



For any parent's that would like some advice and tips on keeping young people safe online. Visit [internetmatters.org](https://internetmatters.org) for age related information.

## Lifestyle and Health Advice



Worried about how to access sexual health services over the summer? **'Let's talk about it'** have put together a young person's advice guide [here](#)

We are aware that some of our young people are smoking/vaping or living with a family member who does. There has never been a better time to quit smoking. Smoking harms the immune system therefore smokers are less protected against infections like coronavirus. Smokefree Hampshire is your local stop smoking service. Click on this [link](#) to access support.



Drinking alcohol is seen as something young people do as part of growing up but starting so young is much more damaging than you realise. Learn the signs of alcohol poisoning from [drinkaware](#).

If you get caught with alcohol 3 times, you could face a social contract, fine or arrest. Find out more about alcohol and the law [here](#).

Illegal drugs aren't good for anyone. They can physically damage our bodies and impact our ability to think clearly and make good decisions.

Are you affected by drugs or alcohol? Get 24/7 support [here](#) from



*What do you do when drinking or taking drugs goes wrong?*

- Position them in the recovery position.
- Don't leave them alone

### The Recovery Position

Keep the Airway Clear



We would appreciate your feedback by clicking here: <https://www.surveymonkey.co.uk/r/QNH3RHD>

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