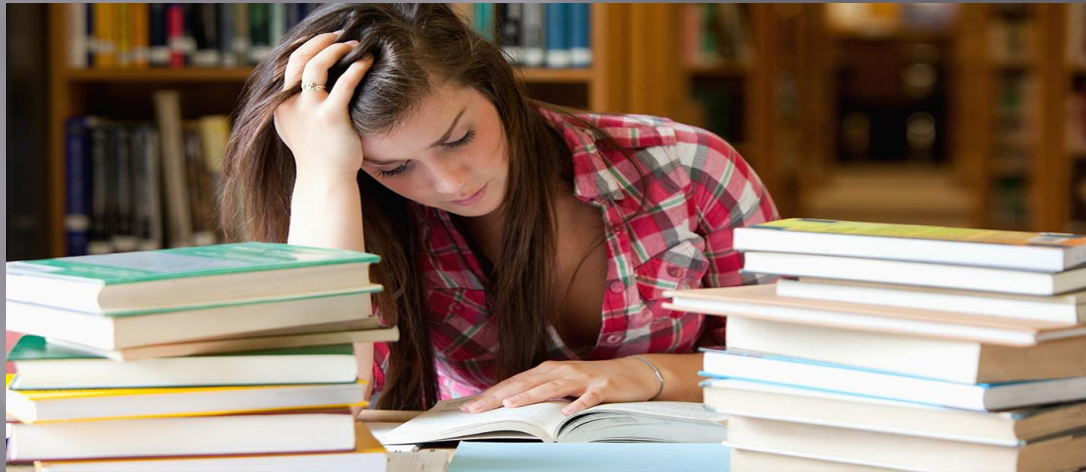


Session 1

Stress and how to deal with it.



#applestalktoeachother

What is stress?



Stress is what we experience when we are under pressure or when we feel fearful. It is a natural response to threatening or challenging situations.

When we feel stressed, our bodies produce what we call '**fight or flight**' chemicals.

These chemicals raise our heart rate and release fat and sugars into our system which give us the energy to deal with stressful situations, such as running from danger.



This is why the stress response can save our lives!

What causes stress?

Research shows that **one third** of teenagers suffer at least one episode of stress every week.

Can you think of anything which might cause stress?

- Family problems
- Bullying
- Performances and public speaking
- Too much work
- Tests and exams
- Arguments with friends



*******When was the last time you felt stressed?
What did you feel stressed about?*******

#appletalktoeachother

How to stress less!

There are many things we can do to reduce stress.

- Having a hot bath.
- Breathing deeply and slowly.
- Meditating.
- Running.
- Playing sports.
- Working out.
- Dancing.
- Not **procrastinating** (leaving things to the last minute).
- Planning work carefully.



*****What do *you* usually do if you are feeling stressed?*****

#appletalktoeachother

Stress

You need to work out what it is that is causing you to get Stressed. There are many things that can cause us stress and We have to learn to be able to deal with it appropriately.

There are 2 types of situations that can cause stress:
Situations you have some control over
Situations you have no control over

You cannot always control what you are stressing over BUT
You can control the way you deal with it.



What can you do from today?

Talk to someone – Talking is a fantastic way of getting things off your chest. There Are lots of different people you can talk to if you are worried:

- Friends
- Family members
- Teachers
- Heads of Year

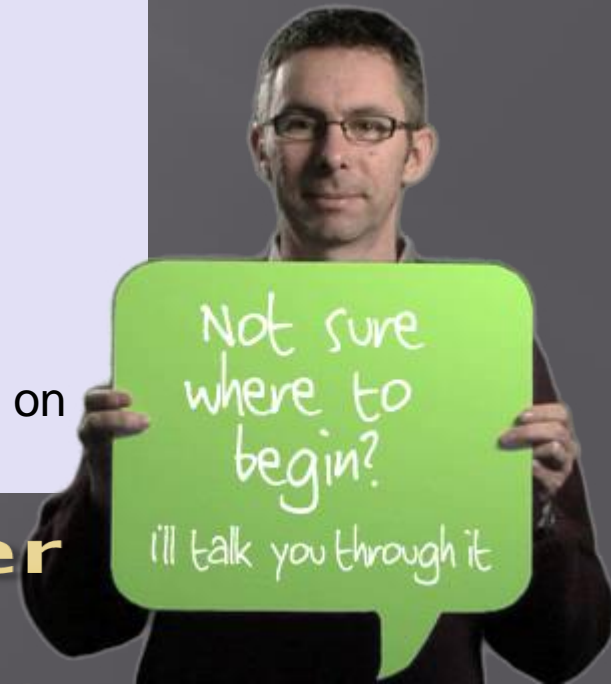
There are also helplines that can help you depending on what is worrying you.

It is important to talk things through – find someone you trust and you will be surprised at how quickly you feel relieved that you are not carrying the weight of the world on just your shoulders!

Apples talk to each other

#Applestalktoeachother

#applestalktoeachother



Session 2

Body Image



What is 'body image'?

Body image is the way you think and feel about your body.

Having a **positive body image** means you are happy with the way your body looks.

Having a **negative body image** means you are unhappy with the way your body looks – you feel unattractive or ugly.

Often the negative image does not match the reality.



Body image and the media

Sometimes it can seem as if we are constantly bombarded with images of models and celebrities in magazines with supposedly 'perfect' bodies.

It is easy to start seeing these images as normal and attainable, but usually they are not realistic for most of us.



- The waif-like model in the magazine may eat very little and exercise daily so that she can be a size 0.
- She may have undergone **cosmetic surgery**.
- **Airbrushing** may have been used on the photos we see of her, so that her skin appears flawless.

Body image and the media



- The male model with his glistening six-pack and bulging biceps may spend his days at the gym.
- He may take **steroids** to build his muscle bulk.
- He may live off a diet of protein shakes.
- He is sprayed with oil to make his skin glisten in pictures.

In reality, only a small percentage of people can attain the bodies they see in magazines and on TV, and even then it is often with the help of cosmetic surgery.

Do you think there is pressure on young people to look a certain way?

#applestalktoeachother

Female body image

A survey by a women's magazine revealed that only 2% of British women are happy with the way their bodies look.

The survey polled 5,000 women in the UK. It found that the average British woman worries about her body every 15 minutes, and would like to lose over a stone.

*****Do the results of this survey surprise you?*****



Male body image

Traditionally, it has been girls and women who suffer from poor body image, but research shows that increasing numbers of boys and men are suffering from it as well.

A survey of 2,000 British teenage boys found that 80% of them were unhappy with their looks.



While girls and women often become obsessed with dieting, boys and men can become obsessed with trying to build muscle. This may stem from feeling too fat or too small.

The obsession can lead to compulsive working out and weight lifting – often for many hours at a time.

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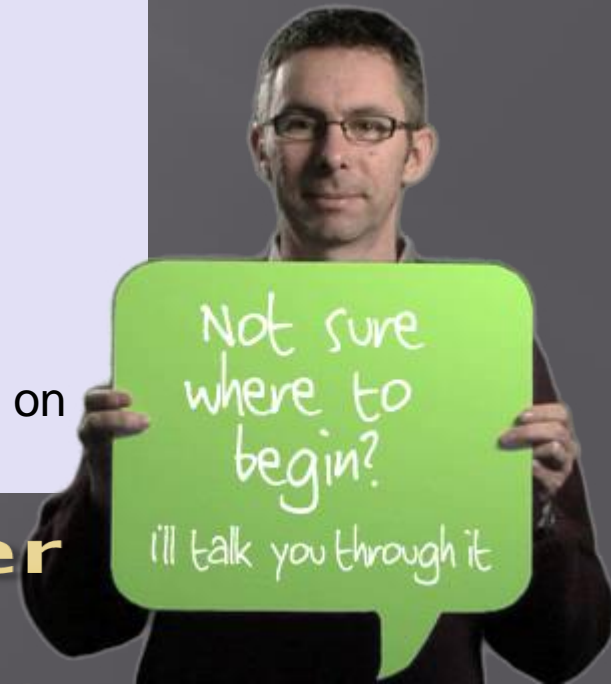
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Session 3 & 4

Eating Disorders



Eating disorders

One of the worst aspects of poor body image is that it can sometimes lead to **eating disorders**.

An eating disorder is a **psychological** disorder, characterized by an abnormal relationship with food.

Over **one million** people in the UK are known to suffer from an eating disorder.

The three main kinds of eating disorders are:

- **anorexia nervosa**
- **bulimia nervosa**
- **binge-eating disorder (BED).**



*****Do you know anything about these eating disorders?*****

What is anorexia?

People with anorexia lose the ability to allow themselves to be properly nourished with food.

It often starts with **dieting**, but can be triggered by emotional problems or traumatic events in a person's life.



A person may control their food intake as a way of coping with life. But once anorexia takes hold, it is the illness which controls the person.

It is mostly young women who suffer from anorexia, but many boys and men have also been diagnosed with it.

Anorexia affects **1 in 250** females and **1 in 2,000** males in the UK.

What is anorexia?

A person who is anorexic has a distorted body image. They see themselves as being fat, even though, in reality, they are often extremely underweight.

People suffering from anorexia live in fear of putting on weight. They become obsessed with controlling their food intake and may weigh, measure and count the calories of everything they eat.

Eating can cause them to feel guilty and angry with themselves. Often people with anorexia will exercise excessively in order to burn off the calories of any food they consume.



Isabelle Carro

An Italian fashion company launched an advert during Milan Fashion Week to raise awareness of anorexia.



The campaign posters featured Isabelle Carro, a 27-year-old actress who weighed just **4st 12lbs**, and had suffered from anorexia for fifteen years.

Some people said this advert would help young people to understand the realities of anorexia. Others said it was damaging and might actually *encourage* young women to lose weight in order to imitate Isabelle Carro.

*****What do *you* think of this image?*****
#applestalktoeachother

What is bulimia?

A person who suffers from bulimia is trapped in a cycle of **bingeing** and **purging**.

Bingeing, or binge eating, is eating very large quantities of food, often uncontrollably.



A bulimic person can consume up to **5,000 calories** in just one hour. They may hide stashes of food such as crisps and chocolate, so that no one knows how much they are eating.

Purging is ridding the body of food. After bingeing, a bulimic person feels disgusted with themselves and will immediately get rid of the food they've eaten by making themselves sick.

What is bulimia?

As with anorexia, people who develop bulimia use eating and weight control as a way of coping with their problems.

Often they have low self-esteem and binge on food as a way of filling an emotional need.

Unlike anorexia, people with bulimia often maintain a normal body weight. This can make it more difficult to determine whether someone has bulimia.

Bulimia is most common among women and young girls but boys and men can also develop the illness. The television presenter Russell Brand has admitted to battling with bulimia at the age of 14.



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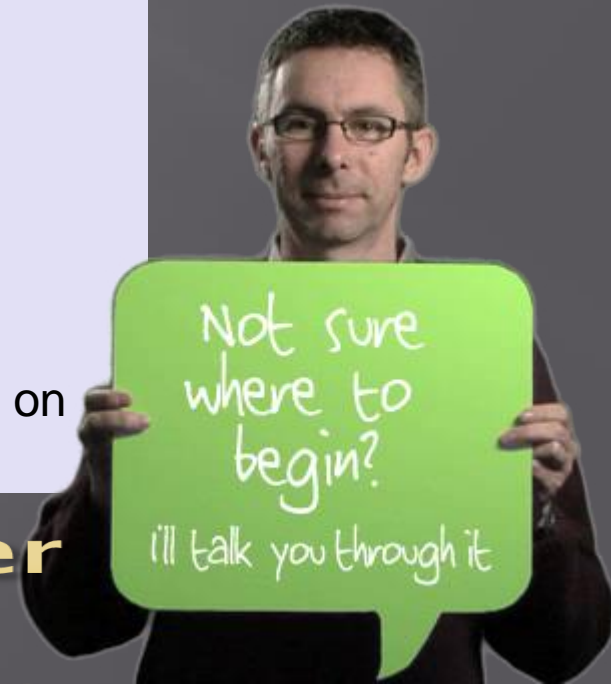
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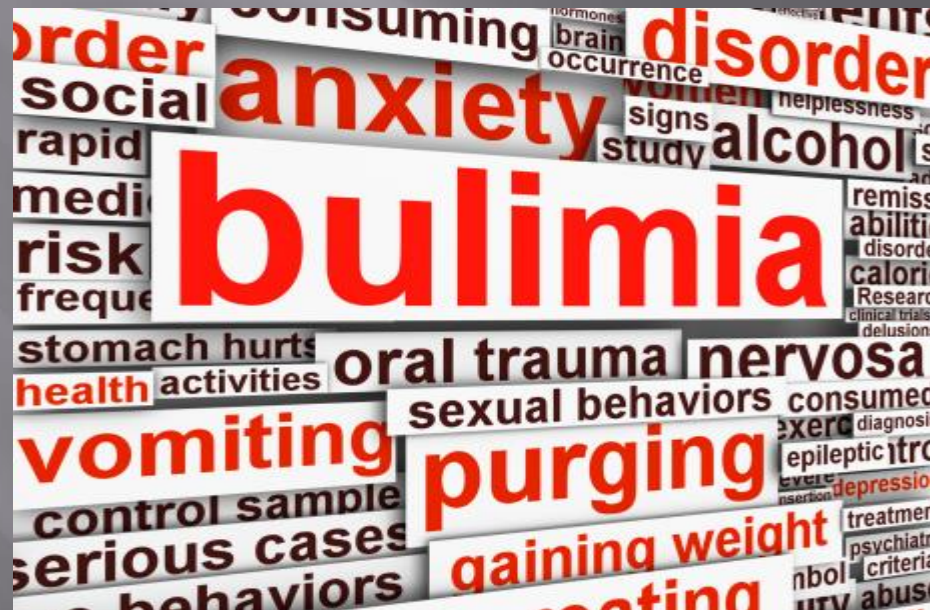
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Session 5

Eating Disorders

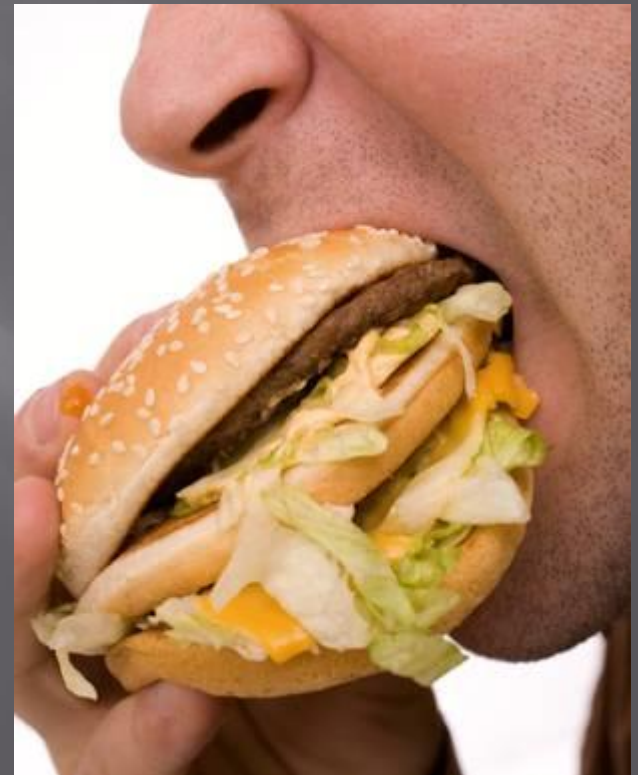


What is binge-eating disorder?

Binge-eating disorder (BED) has only recently been recognized as an eating disorder, but it is believed to affect many more people than either **anorexia or bulimia**.

A person with binge-eating disorder is similar to someone with bulimia in that they will consume huge amounts of food, uncontrollably.

However, a binge eater does not purge the food after bingeing. As a result, many people with binge eating disorder are overweight.



Signs of binge-eating disorder

We all overeat from time to time – usually at celebrations!
But this is not a sign of binge-eating disorder.

A person with binge-eating disorder binges regularly – often many times week. The compulsion to binge is usually a result of feeling worried, stressed or unhappy. Food may be used to provide comfort and fill an empty feeling inside.

Signs of binge-eating disorder include:

- eating large amounts of food when not hungry, and continuing to eat when full
- eating very quickly
- often eating alone out of embarrassment
- feeling out of control around food
- feeling ashamed or guilty after bingeing.



Getting help

Because eating disorders are a threat to health, it is very important that people who are suffering from them seek help as soon as possible.

Some people with eating disorders recognize that they have a problem and so getting help is a much easier process.

Other people with eating disorders, particularly those with anorexia, do not recognize or accept that they have a problem.

They may be very resistant to those who offer to help them, and can become paranoid, convinced that anyone offering help is conspiring to make them fat.



Getting help

It can be hard to know how to help a friend who you suspect may have an eating disorder. Here are some tips:

- Seek advice from an adult, e.g. a parent, teacher, or school nurse.
- Raise the issue very gently with your friend. Tell them you are worried about them.
- If they get defensive, understand that this is normal.
- Let them know you are there for support.
- Find out about some places where your friend could go to seek help.



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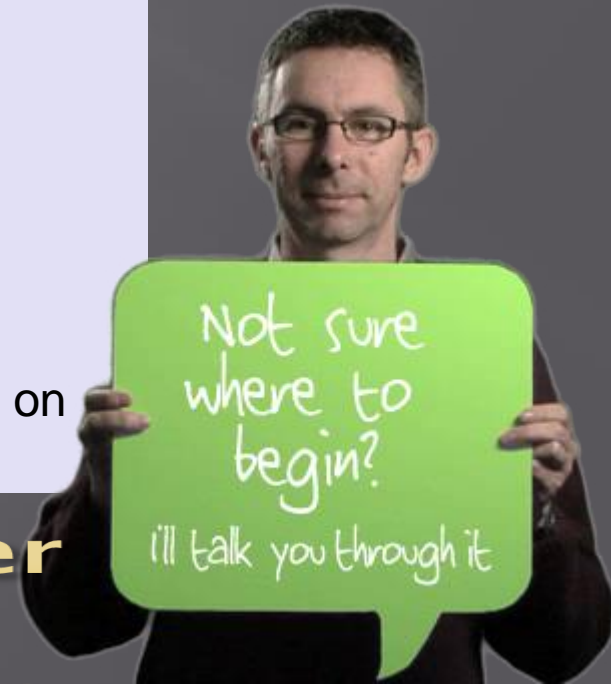
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The following organizations can offer a great deal of support and information for anyone who thinks that they,

or someone close to them, may be suffering from an eating disorder.

Anorexia-Bulimia Care (ABC)

www.anorexiabulimiare.co.uk

beat

www.b-eat.co.uk beat Helpline 0845 634 1414

National Centre for Eating Disorders

www.eating-disorders.org.uk

Session 6 & 7

Depression and Peer pressure



Depression

- ▣ **Depression** – feeling of low mood for a period of time, leading to hopelessness and loss of pleasure in life
- ▣ **Depression** is a common mental disorder that causes people to experience **depressed** mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. **Depression** is different from feeling down or sad.

Celebrities with depression



- Oscar-winning actress Gwyneth suffered clinical depression following the death of her father in 2002. The star had regular therapy sessions to help come to terms with her loss - and says she's now learned to live in the moment. Gwyneth also suffered postnatal depression following the birth of her second baby, Moses, in 2006.
- **Gwyneth says:** 'I didn't know what was wrong with me. I felt really out of my body. I felt really disconnected. I felt really down. I felt pessimistic.'

Celebrities with depression

Owen Wilson

- His public persona is that of a laid-back, fun-loving dude, but the world saw a darker side of the actor in 2007 when reports surfaced that he had attempted suicide at his California home.



Coping with depression

Be more active

- Socialising can improve your mood. Keeping in touch with friends and family means you have someone to talk to when you feel low.
- Take up some form of exercise.

Face your fears

- Don't avoid the things you find difficult.

Have a routine

- When people feel down, they can get into poor sleep patterns, staying up late and sleeping during the day. Try to get up at your normal time and stick to your routine as much as possible.

Have some 'me time'

#applestalktoeachother

Peer pressure

Peer pressure can often be a reason why young people try drugs. But what is it exactly?

Peer pressure isn't just having your friends stand over you saying "Come on! Do it!" Often it's much more subtle. Because most of us want to fit in, sometimes we feel pressure to do what our friends are doing, even if we know it's wrong or simply don't want to do it.



When an ad **campaign** **tells** us to "Just say no!" it sounds so easy, but peer pressure can be hard to ignore.

*****Can you think of some situations in which a young person might feel pressured into taking drugs?*****

#applestalktoeachother

How can we deal with peer pressure?

It's a good idea to have some solutions ready in case you find yourself in a situation where someone is pressuring you to try drugs. Can you think of some?

Short term solutions

- Say you've just remembered you have to be home for something.
- Say you are feeling very unwell.
- Change the subject.

Long term solutions

- Choose your friends carefully – a friend who pushes you to do drugs is not such a good friend.
- Agree in advance that you and a friend will both say 'no' together.



What can you do from today?

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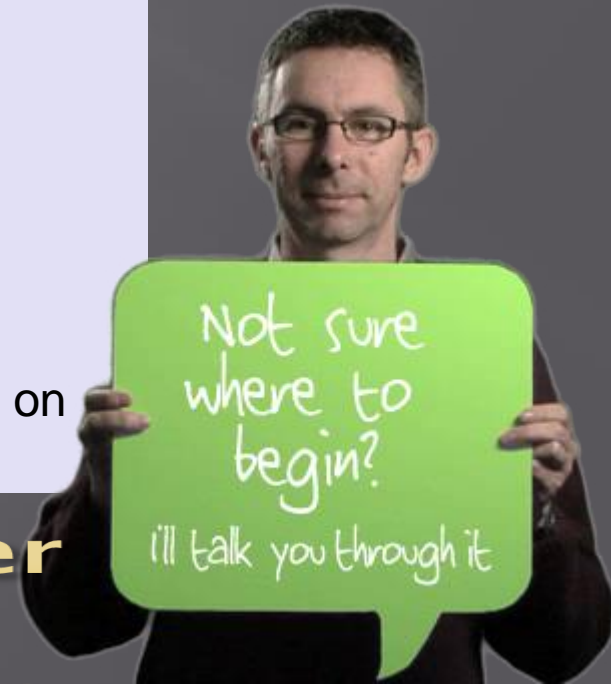
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Apples talk to each other

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Session 8

- ▣ What can I do today to help myself or my friends?



What can you do from today?

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Friends

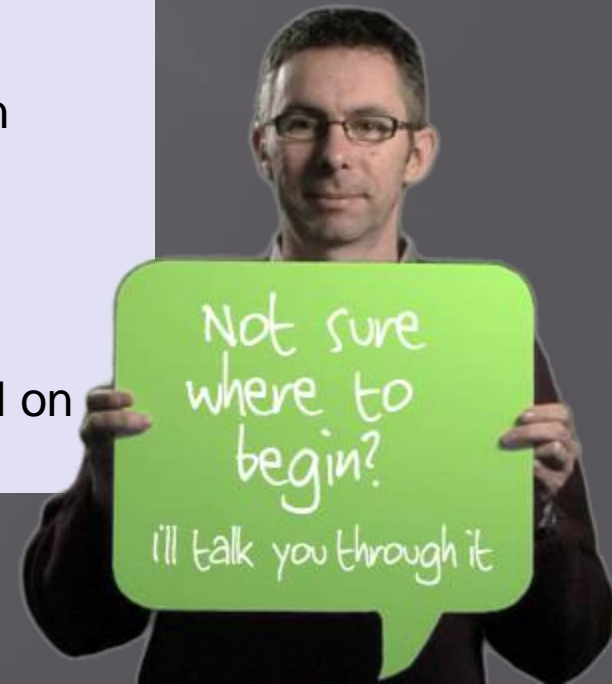
Family members

Teachers

Heads of Year

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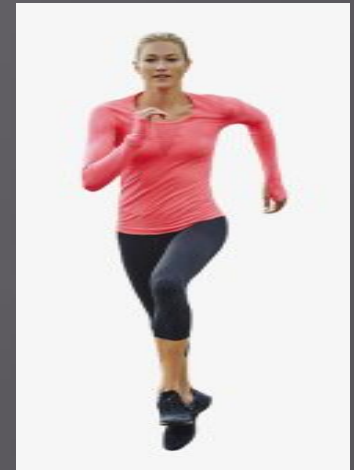
What can you do today?

Exercise/sport/clubs - Doing sport at least once a week is the best way to reduce stress. It helps your body produce endorphins, which make you feel good. Even daily walks of 30 minutes can help reduce stress levels but it's even better to work out intensively.

Even if you don't feel like it at the time you will feel the benefits afterwards.

Joining a sports club could also help with stress as the regular contact with other people should help improve your mood. And why not try yoga? It's a great way to ease your mind and relax your muscles.

Join a school club at lunch times/after school – You don't even have to take part, you can just help out if that is what you would prefer. Speak to your form tutor about different activities that are Going on in the school.



What can you do today?

Take breaks regularly - Short breaks between working can help you switch off. But longer breaks are important too. How about taking the weekend off to relax? Make time for fun and for yourself even if this means that you have to schedule time away from your work whilst you are at home. You'll hopefully come back to your work feeling fresh.



What can you do today?

Meditation - It might sound simple, but sitting quietly for 10 minutes a day can really help with stress levels.

If you've never tried meditation before, it's worth a go. Good breathing techniques can put you in a more relaxed state as they send oxygen surging through your bloodstream, helping to calm you down and beat the stress.



What can you do today?

Sleep (and sign off Social Media!) - Sleep is always the best medicine and some people find that small 20-minute naps can help increase productivity.

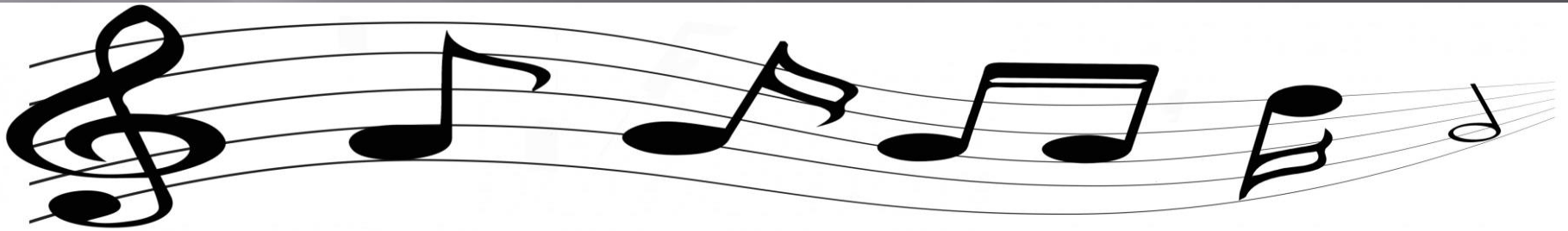
As students we tend to spend too much time on social media sites and answering emails, texts and phone calls. Sociability is fun – but too much of it, and too much computer time, can lead to more stress.

Failing to switch off from work because of your electronic gadgets will only make you even more stressed.



What can you do today?

Listen to music - Listening to music can help calm you down and put you in a better frame of mind. If you're feeling stressed, putting on some calming music while you are at home could really help.



What can you do today?

Laugh - They say that laughter is the best medicine, and it's really true. Laughing out loud increases oxygen and blood flow which automatically reduces stress. Not taking life too seriously can help everyone live a better and easier life. Make time for yourself, log out of Twitter and take breaks. It's about time that we students accept that we can achieve just as much in life without all the stress.



Session 9

Self Harm



Cycle of self harming



Self harming

COMMON QUESTIONS

What is self-harm?

Causing damage to your body, often as a result of distressing or difficult feelings.

Why do people self-harm?

Some young people report self-harming as a result of feeling overwhelmed, stressed, numb or disconnected. Others say something in their environment makes them feel vulnerable. Everybody's experience is different.

Am I going crazy?

No, self-harm is a lot more common than you think, it can affect anyone, you are not alone and help is available.

What can I do to stop self-harming?

Most young people find that it helps to be able to talk to someone they trust about what they are going through.

Who can help me?

People who care about you can offer the support you need, that includes parents, carers, family, friends, teachers, school nurses, doctors and youth workers.

Why do teachers have to tell someone else?

Teachers want the best for young people and have a duty to ensure you get the help you need, that sometimes means telling someone else in the school or at home.

Video

<https://www.youtube.com/watch?v=uKGciUB8OSg&feature=youtu.be>



**YOU'RE
NOT ALONE**

SOME ADVICE FROM OTHER YOUNG PEOPLE

Things can change. There are things that will make things better, you just have to look for them. And if one thing doesn't work, that doesn't mean you should give up or you're not worth it. It means there are other options that you haven't yet explored.

When you are self-harming it can be a really scary time - REMEMBER you do deserve to get better and you have the right to help.

Be kind to yourself.

Spend time with people who care about you, such as friends and family.

Find someone you trust to talk to, this is nearly always the first step to feeling better and getting the help you need.

Help and Advice

FINDING HELP

YoungMinds: [youngminds.org.uk](https://www.youngminds.org.uk)

Factsheet from [The Royal College of Psychiatrists](https://www.rcpsych.ac.uk)

Childline: [childline.org.uk](https://www.childline.org.uk) 0800 1111 (free 24hr)

selfharmUK: [selfharm.co.uk](https://www.selfharm.co.uk)

Self injury Support: [selfinjury.com](https://www.selfinjury.com)

Helpline: 0808 800 8088

(Tue & Wed 7-10pm, Thur 3-6pm & 7-10pm)

Text: 0780 047 2908 (Sun - Fri 7-9pm)

Harmless: www.harmless.org.uk

Email: info@harmless.org.uk

National Self Harm Network Forum: [nshn.co.uk](https://www.nshn.co.uk)

Get Connected: [getconnected.org.uk](https://www.getconnected.org.uk)

Freephone: 0808 808 4994 (7 days a week, 1-11pm)

Samaritans: [samaritans.org.uk](https://www.samaritans.org.uk)

Helpline (24 hr): 08457 90 90 90 UK & NI

Email: jo@samaritans.org

Youth Access: [youthaccess.org.uk](https://www.youthaccess.org.uk)

The Site: [thesite.org](https://www.thesite.org)

find help