

The Engineering College

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# Learner Health, Wellbeing &

# Stay Safe Handbook





**Our Aim**

The aim of this guide is to promote a holistic, proactive approach to support managing health and wellbeing issues in day to day life and work. It also aims to improve a young person’s knowledge of support out there to help maintain a healthier lifestyle therefore making a positive impact on the general health and wellbeing of our learners.

**Health & Wellbeing**

Your body goes through a lot of changes as a young person so it’s important to take care of it. Whether it’s eating the right foods or getting enough exercise, there are plenty of things you can do to stay fit and healthy.

## ****Eating healthily****

Eating healthily not only allows your body to develop properly but it can also help you to:

* improve your concentration and learning
* avoid getting ill
* build up your strength
* get plenty of energy for your day
* avoid problems when you are older – such as obesity, Type 2 Diabetes, heart disease, stroke, cancer and dental decay

Although being an unhealthy weight for your height and age ([see the NHS BMI calculator for teenagers](http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx)) can create health problems, losing weight the wrong way can also have bad effects. It’s best to stay away from fad diets and instead, opt for [a balanced diet](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx) and [regular exercise](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx).

## ****How should I eat and snack?****

NHS Live Well has some great tips on [eating healthily for teenagers](http://www.nhs.uk/Livewell/Goodfood/Pages/healthy-eating-teens.aspx) and how to choose healthy snacks.

Some tips for healthy snacking:

* fruit
* nuts
* baked crisps
* cottage cheese
* pumpkin and sunflower seeds
* 90% dark chocolate – a couple of small squares!

## ****Drinks****

It’s also good to drink between six and eight glasses of fluid a day (mostly water). Fizzy drinks can be full of sugar and calories, which are harmful for your teeth and for staying at a healthy weight.

## ****Staying fit****

The NHS recommends that teenagers do an hour of exercise every day. Apart from the obvious reasons like weight, exercise can also be good for your mind. When you exercise, your body releases chemicals called **endorphins** which trigger a positive feeling in the body. Exercise is good for your skin too!

An hour might seem like a lot, but there are lots of ways you can easily fit exercise into your day. These include:

* walking to college
* riding a bike
* walking the dog
* fitness / exercise class
* Going the gym
* Swimming

You should also try and include a ‘vigorous’ activity such as running and tennis into your week too.

Find out more about NHS guidelines on [what type of exercise you should do and how often.](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx)

Although it’s tempting to spend time sitting watching TV, playing computer games and travelling by car instead of walking, try and choose the healthier option - for your body, your health and your future self!

## ****Teen Invigor8****

Teen Invigor8 offers Wirral Council’s fitness package at a reduced rate to under 18s.

It offers a range of classes and gym sessions specifically for teens at sites all over Wirral. It’s also a good way to keep fit and healthy, and to meet new people!

Here’s a snapshot of what’s included:

* public swimming
* equipment hire
* indoor tennis
* online booking system
* 50% off any Invigor8 school holiday activities
* use of Wirral's municipal golf courses all-day, seven days a week

Interested? [Find out more about TeenInvigor8](https://www.wirral.gov.uk/leisure-parks-and-events/leisure-centres/invigor8-leisure-memberships/invigor8-juniorteen)

**Getting the most from your course**

The Engineering College will support in developing your knowledge, skills and behaviour and help you become a better citizen in society.

Here at The Engineering College we will encourage you to understand how you can contribute positively to the lives of those living and working in your area and beyond. By developing the right skills and attitudes you will be able to participate fully and positively in life in modern Britain, including the world of work.

As a young person / adult you are responsible for your own behaviour.

**The Engineering College:**

* Expects mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.
* enables students to develop their self-knowledge, self-esteem and self-confidence
* encourages students to distinguish right from wrong and to respect the civil and criminal law of England
* encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the college and to society more widely
* enables students to acquire a broad general knowledge of and respect for public institutions and services in England
* further tolerance and harmony between different cultural traditions by enabling students to acquire an appreciation for and respect for their own and other cultures
* encourage respect for other people, and
* Encourages respect for democracy and support for participation in the democratic processes, including respect for the basis on which the law is made and applied in England.
* Encourages respect for other people, paying particular regard to the protected characteristics set out in the Equality Act 2010.

 **Keeping Safe**

To get the most from your course, it is important that you never feel threatened, unsafe or unable to cope in any way.

The Engineering College have a responsibility for you. We make sure your learning environment and work placement is safe and that you have access to any assistance or extra support you need.

During the induction for your course you will have met the safeguarding officer(s). If you ever feel worried about something that happens during the time on your programme, you should not hesitate to speak to them, or somebody else you trust like a tutor or family member.

**Support for breaking habits**

If you need help to overcome any challenges or to kick bad habits such as drinking, smoking or drugs, we at The Engineering College will give whatever support we can, and if required will put you in touch with external agencies who can support you. Don’t think you are the only one, The Engineering College have an excellent track record in offering welfare support.

**Being aware of security risks**

Being a good citizen in the UK is being aware of the heightened security risk we all face due to extremism, radicalisation and the terror threat. If you ever think anybody on your course has been affected by this, or if anybody has tried to influence your thinking or actions in such a way, make sure you discuss it with the safeguarding officer at the college.

**Sexual Exploitation**

This happens when somebody, normally older than you, wants to use you or your body for their own benefit. This could be to gain money, power or status. Be very aware of anybody asking you for images or sexual favours of any kind, whether online, by mobile phone or in person. You have the choice to say no and never accept payment whether money, drugs, alcohol or any other kind of ‘reward’ on offer. These situations will not end well, you could end up being the victim of violence or intimidation. **See Appendix 1**

**Staying safe on line**

When using social media remember that people can create fake accounts pretending to be somebody they are not. Check your privacy settings and never arrange to meet anybody. Keep your passwords strong and don’t share them. If somebody starts hassling you online visit the help centre for whatever platform you are on or speak to a responsible adult or your safeguarding officer. Also think about your own behaviour and never send anything you would not like to receive yourself. See Our Stay Safe On Line Section. **See Appendix 2**

**Travel**

The chance of you being robbed or attacked is thankfully pretty small. However, there are steps you can take to help ensure that you are safe.

## Here are 5 Top Tips:

### Safety in numbers: Whenever it's possible, try and walk with someone else or a group of friends. You're less likely to be attacked or mugged if there's more than one person.

### Stay alert: You should always keep alert and aware of what's going on around you. You may be tired but if you fall asleep on public transport, you're more likely to have your bag or coat stolen. It's also not always a good idea to listen to music through your headphones or go on your phone when walking alone. As well as being distracting to you, it is showing that you have something worth stealing.

### Avoid isolated areas: If you have to walk home alone at night, make sure you stay on roads that are well lit and are relatively busy. This will make it easier to see anyone who may be approaching you. If you do think you're being followed, cross the road or go into a shop. If you think the person who was following you is waiting outside, tell the person working in the shop. They can check to see if there's anyone hanging around or let you use their telephone to call somebody to come and collect you.

### Watch your belongings: It's a lot easier to steal your wallet or purse out of a back pocket, so always carry it in a front one. If you're carrying a bag, try to have it around your front with your hand over the fastening to make it easier to tell if someone is attempting to snatch it.

When you're not using your phone, it might help to make sure it is hidden away in your front pocket or inside your bag. If you have a bike, invest in a reliable lock and mark it with an ultraviolet marker so that you can identify it if it’s stolen. You can also ask the police for a recorded cycle form which can match it to you via a national database.

### Use public transport

If you are travelling by yourself and you know how to get home, using public transport is much safer than walking.

The bus: If you can, try catch a bus at a stop that has other people waiting there, as it's less scary than waiting by yourself. Once you’re on the bus, try to sit downstairs as it's easier to alert the driver if something does happen that makes you uncomfortable. If you can, sit in a seat next to the aisle so you can move seats easily if you want to.

The train: Wait in an area of the platform with plenty of light where you can see if anyone is approaching you. You may also want to stand near a platform attendant for extra safety. When your train arrives, choose a carriage with people already in it and look out for where the emergency alarms are.

**Getting help**

The following is a list of local and national organisations who provide help and support to **children and young people**. If you need help with something that is not listed please ask you tutor or another member of staff.

[**Bully Busters**](http://www.bullybusters.org.uk/%20) run a confidential Freephone helpline for young people across Merseyside who are affected by bullying. The team listen, support, advice and offer other services to help you become happier and free from bullies. You can call them for free on **0800 169 6928**. They are open Monday to Friday from 9am to 7pm.

[**kooth.com**](http://www.kooth.com/%20) offer young people aged between 11 and 25 a free confidential online advice and counselling service and can help with any worries you may have.

If you need help or advice about bullying you can call **ChildLine (0800 1111)** or visit their website. ChildLine is the UK’s free, confidential helpline for children and young people. They are there for advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they’ll be there.

[**Child Exploitation and Online Protection centre**](http://www.thinkuknow.co.uk/) (CEOP) offers help and advice on cyberbullying, and maintains a special website for young people about staying safe online.

**Drugs and Alcohol**

Response is an agency for young people (13 to 19) which offers a wide range of support including Drugs & Alcohol, Counselling, Housing, Lifestyle and other general support – someone at Response can help and advise you. You can call in and have a general chat about your needs or make an appointment with one of the dedicated workers. You can phone them on **0151 666 4123** and you’ll find them at **19 Argyle Street, Birkenhead** CH41 1AD.

Response opening hours are:

Monday          –           10am to 3pm

Tuesday         –           10am to 8.30pm

Wednesday   –           10am to 8.30pm

Thursday       –           10am to 4pm

Friday             –           10am to 3pm

At Response, there are specialist substance misuse workers who offer a range of services to help young people who have problems with drug or alcohol use.

**Talk to Frank** drugs advice: Call **0800 77 66 00** for help and advice about drugs or visit the [**talk to frank**](http://www.talktofrank.com/) website.

**Sexual Health**

**Sexual Health Wirral** is a new service bringing together local NHS organisations and Brook to make it easier to access support, information and services to people across Wirral. The service provides free and confidential information advice and treatments for people living in Wirral regardless of age, ethnicity, gender or sexuality. **Tel. 0151 514 6464**or visit the website [**Sexual Health Wirral**](http://www.sexualhealthwirral.nhs.uk/)

**Child Sexual Exploitation**

**If you are a victim of sexual exploitation**you can phone the local authorities Central Advice and Duty Team for help on **0151 606 2008**. Alternatively phone ChildLine for confidential advice on **08001111.**

**Abusive Relationships**

If you are a victim of domestic abuse in your relationshipyou can phone the local authorities Central Advice and Duty Team for help on **0151 606 2008**. Alternatively phone ChildLine for confidential advice on **08001111.**

**Always dial 999 if you are worried about your immediate safety.**

**Teenwirral**is a website for young people (aimed at 13+) from Wirral Council which contains a wealth of information including what’s on, activities to be involved in plus advice and guidance and useful links. Their website is www.teenwirral.com

**Catch22** provide the missing from home and care, and Child Sexual Exploitation service for young people in Wirral. The service runs a dedicated helpline **0808 168 9698** and provides support to young people who have run away or need advice as well as family and friends who are concerned about runaways

**ChildLine** **(0800 1111)** is the UK’s free, confidential helpline for children and young people. They are there for advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they’ll be there.

If you are feeling unsafe or at risk of harm talk to an adult you trust – could be a parent/carer, tutor or Training Officer or one of our Safeguarding Officer’s. You can also speak to children’s social care by ringing **0151 6062008** or by phoning the Police on **101**. In an emergency always dial **999.**

**APPRENDIX 1**

**Child Sexual Exploitation**

**Listen To My Story (CSE)**

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**What is Listen to My Story?**

Listen to my Story aims to raise awareness of the signs and vulnerabilities of Child Sexual Exploitation. Listen to My Story is a Merseyside wide campaign to raise awareness of child sexual exploitation (CSE) and to educate our communities about the signs and vulnerabilities of CSE. The campaign has its own website which includes helpful advice and information and real stories from children and young people who have been victims.

**The link to the website is:**[**http://www.listentomystory.co.uk/**](http://www.listentomystory.co.uk/)

Child Sexual Exploitation involves someone manipulating a young person into doing sexual acts for the benefit or enjoyment of others.

CSE can happen to boys and girls and is a form of child abuse which is against the law. Trust is gained through persuasion, making a young person feel they have to do something in return.

For example, someone may try and get a young person to do sexual things by:

• Buying expensive presents, food or clothes

• Giving money

• Saying I love you and lavishing attention upon them

• Offering them a place to stay

• Taking them out to places

• Threatening to hurt them or their family

• Requesting naked photographs, then threatening to send them to their family or post the images on the internet

• Take part in things they may feel uncomfortable with e.g. drugs taking or stealing to prove ‘love’ and loyalty

Sometimes it can be difficult to spot the signs of CSE, but if you or someone you know has been asked to do sexual things in return for something then they may have been sexually exploited, even if the person who did it was a friend, boyfriend or girlfriend.

You may not be facing these pressures, but may know someone who may be.

If you have any concerns about CSE for yourself or for someone else speak to your tutor or Safeguarding Officer or you can call Merseyside Police by dialling **101.** You can also speak to Wirral children’s services by phoning **0151 606 2008**.

**APPENDIX 2**

**Staying Safe Online**

The internet is a fantastic resource – especially for help with that difficult bit of coursework – and a great place to access information, music, films, videos, social media, chat and everything who have ever wanted to know.

Unfortunately there are people on the internet who will use it, mainly through social media, gaming and chat sites to find young people and to convince them they are their friends, but really their aim is to groom them into sharing personal information and often pictures of themselves. In some cases young people will be convinced to go and meet people they don’t know possible to end up exploited, abused and harmed.

If you chat with people you don’t know online it is impossible to know if they are genuine or fake. They might not be who you think they are.

The government’s Child Exploitation and Online Protection centre (CEOP) publishes a lot of advice for young people. Here is [CEOP’S](http://www.thinkuknow.co.uk/) top five things to look out for while chatting online:

**Too good to be true?**

Do they like all the same things as you and give you loads of attention? Are they really nice about things you post like photos? We all like attention and it’s great to meet people who like similar things but remember some people use the internet to make friends with young people and then abuse their trust. If you think someone might not be who they say they are tell an adult you trust or report to CEOP.

**Giving presents and making promises**

Do they make promises or offer you gifts if you will do things for them? Giving gifts and making promises can be a way of putting pressure on you. If you feel under pressure to do something you don’t want to do, you might be chatting to someone unsafe and should talk to an adult you trust.

**Putting you under pressure**

Do they try to talk about things you’re not comfortable with, like sex? Do they ask for pictures of you that you wouldn’t share with your mum or your teacher? It’s wrong for anyone to put pressure on you to do things you’d be embarrassed about or don’t want to do. If anyone puts any pressure on you or makes you feel uncomfortable you should tell an adult you trust or report to CEOP.

**Leaving public places**

Have they asked to ‘private message’ or to add you on a social network or mobile app? Ask yourself, why do they need to chat in private? Games, chatrooms or forums are usually ‘public places’ where other people can see your conversations. Sometimes they will have ‘moderators’ who can look out for anything dodgy. You should keep your chat in a ‘public place’ to stop anyone from saying or doing anything weird. If you do private chat with people you meet online be very careful not to reveal any information which could help them identify you in the real world like your full name, photos or your email address.

**‘Just our little secret’**

Do they tell you to keep your chat secret? Do they say you’ll be in trouble if you don’t? If they ask you to keep secrets they might be trying to stop you from getting help if things get weird or you feel uncomfortable. You shouldn’t keep secrets for people you meet online. If a secret is making you worried or anxious tell an adult you trust or call **ChildLine on 0800 1111**.

**Tips to chat with confidence**

**What could they find out?**

If you post stuff online, think about how much people could find out about you from it. Have you posted about your favourite music or sports? Have you posted anything embarrassing you wouldn’t want your parents or a teacher to see? Remember, people do lie online and the more information they have about you the easier it is for them to try to trick you.

**Don’t say too much**

If you’re chatting to someone, don’t tell them anything which could help them find you in the real world – things like your full name, school, email address or even photos. Remember, even if you’ve been chatting for ages you still can’t be sure that they aren’t up to no good.

**Be careful on cam** It can be really unsafe to chat on webcam with people you meet online. If you do anything embarrassing – things you wouldn’t want your friends or family to see – it’s really easy for them to record it. Some people online will threaten to share an embarrassing video or picture with other people if you don’t do what they say. If anyone threatens you in this way they are breaking the law and you should report them to CEOP. Whatever has happened, you won’t be in trouble.

**Don’t meet up without an adult you trust** People do lie online so it’s always risky to meet up face to face with someone you’ve met online. If you do meet up with someone, make sure you do it in a busy public place and take an adult you trust with you. If you take a friend you could put them at risk as well. Tell the person you’re meeting you want to meet in a public place and that you’re bringing an adult with you. Anyone who genuinely wants to be friends should understand that you want to make sure you are safe.

**Block and report**

Most websites you can chat on will let you ‘block’ other people if don’t want to talk to them anymore. Learn how to do this on any sites and apps you use. If someone makes you feel uncomfortable or upset ‘block’ them.

**Know how to report**

No matter how long you’ve been chatting and whatever has happened it’s never too late to seek help if someone starts being weird with you, makes you feel uncomfortable, worried or frightened. If you don’t want to talk to your Safeguarding Officer or an adult you trust you can always phone ChildLine on 0800 1111 or report to CEOP. They will understand and be able to help. You won’t be in trouble.

**Worried about someone you’ve been chatting to online?**

Talk to an adult you trust, like a parent, Tutor or Training officer, Safeguarding Officer, carer, social worker or youth worker. If you don’t want to speak to someone you know there are organisations who can help. You won’t be in trouble.