

YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

NHS

Provides lots of information, advice and support

THE MIX

Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Smoking



All about smoking

Smoking is highly addictive and there are multiple effects that it can have on your health.

You must be over the age of 18 to buy cigarettes in the UK and if you are under the age of 16 the police can confiscate any cigarettes that you have in your possession.

If you start smoking when you are young it can lead you to a habit that will last your whole life.

At times, young people can feel pressured into smoking by friends and peers. It can be hard to say no and sometimes you can feel like you want to fit in with people if all of your friends smoke.

Electronic cigarettes

E-cigarettes are made of plastic or metal and contain liquid which usually contains nicotine.

As e-cigarettes contain nicotine they can be highly addictive.

E-cigarettes are illegal to buy if you are under the age of 18.

It is not yet known how safe e-cigarettes are as this is still being researched.

What are the risks of smoking

- Teenage smokers suffer from shortness of breath almost three times as often as those who don't smoke

- smoking at an early age increases the risk of lung cancer

- 90% of lung cancer is caused by smoking

- risk of asthma and if you already have it, smoking makes it worse

- not being able to get or sustain an erection

- heart disease

What can I do to quit smoking?

If you do smoke then there are things that you can do to cut down and try to stop altogether

Visiting your GP can help you look at different ways.

- nicotine patches
- gum
- sprays

Talk to someone who you trust about quitting such as a school staff member/family/carer

What other support is there?

Remember you are not alone.
There is lots of support out there

kooth

On Kooth you can



Chat to our friendly counsellors



Read articles written by young people



Get support from the Kooth community



Write in a diary journal

Helpline, web chat, email support

Text mermaids to 85258

Lots of support and advice

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you

24/7

Chat online

Call free