



# Young Person's Wellbeing Update

## Summer term

### SCHOOL NURSE

### DROP-IN

Aged between 11 and 19? You can access confidential NHS advice about your health and emotional wellbeing.

To find out when your school drop-in is, speak to student support or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

[Key Topics \(SEND\) | Humber ISPHN](#)

### Healthy Relationships

Relationships are an important part of growing up. There are lots of things that build a healthy relationship.

[Healthy and unhealthy relationships | Childline](#)

### Unhealthy Relationships

Sometimes relationships can be confusing and occasionally they can be unhealthy. These relationships can be with various people, including family and friends.

### CHAT HEALTH

TEXT 07507 332891

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be signposted to local services if they choose to share their details.



## Relationships and Consent

It is perfectly normal to have questions about sex. You should never feel pressured to have sex and it is important to remember that people are not always honest about their sexual experience. It is okay to wait until the right time for you. Before you have sex it is important to find out about contraception and consent so you can make decisions that feel right for you.

For more information around sexual relationships and consent, please click on the links below.

[Tea Consent \(Clean\) - YouTube](#)

[Sex and consent | Childline](#)

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

**You have the right to feel safe in any relationship. Saying no in a relationship or ending a relationship can be scary but it can keep you safe and feel like a relief.**

### **Advice on ending a relationship:**

- Pick a neutral place, bring someone with you if possible. Message the person, if this feels safer.
- Plan what you want to say and what to do if they take it badly.
- Don't make promises you can't keep, such as staying friends.
- Get support if you feel unsafe. Talk to people you trust or contact Childline telephone- [0800 1111](tel:08001111)  
Online- [Get Support | Childline](#).
- If you feel unsafe, making a safety plan can help- [Making a safety plan | Childline](#)
- In an emergency call 999

**Struggling from a relationship break up ? Find some useful tips to help here-** [Relationships | Childline](#)



The time following a break-up is the best time to figure out who you really are.

-unknown-



### **Useful Links & Numbers**

[Home - Thirteen](#) Thirteen Me

[Young People - Conifer Sex Health](#)

[Get Support | Childline](#)

[Relationships | Health for Teens](#)

CAMHS Crisis 01482 301701—24/7

Text SHOUT to 85258—24/7

**Thank you** for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website



[humberisphn.nhs.uk](http://humberisphn.nhs.uk)



Caring, Learning  
& Growing Together