

HAMPSHIRE SCHOOL NURSING KEEPING SAFE SUMMER NEWSLETTER: FOR YOUNG PEOPLE OF SECONDARY-SCHOOL AGE

The summer holidays are here and COVID restrictions are lifting so it's important that you look after your health and keep safe.

Sun Safety:

Apply high factor sunscreen 30 minutes before going outside.

Reapply every 2 hours or more if going in the pool.

Stay in the shade between 11am and 3pm.

Wear sunglasses to prevent damage to your eye's and a hat when you are out in the sun

Stay hydrated by drinking plenty of water.

7 reasons why you need to stay hydrated: [Health For Teens](#)

Click here for more advice on sun safety Sunscreen and sun safety - [NHS \(www.nhs.uk\)](http://www.nhs.uk)

HEALTH FOR TEENS

Love your body, love yourself, #lovehealth



**HEALTH FOR
YOUNG PEOPLE**
Living in Dorset, Hampshire and the Isle of Wight

Young Person: Healthier Together
(What0-18.nhs.uk)

Keeping safe this summer

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.



[Visit: Cycle Safety – THINK!](#)

Tick bites

Ticks are small spider like creatures that are 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 by a tick remove it as soon as possible using fine tipped tweezers or a tick removal tool.

Click on the link for more information and a video on how to remove a tick:

[Healthier Together \(what0-18.nhs.uk\)](http://Healthier Together (what0-18.nhs.uk))



Pools- Top Tips

Never swim alone if there is no lifeguard.

Avoid breath holding games

Don't jump in the water to save a friend, call for help

Enter the water feet first

Stay away from pool drains

Always follow the rules laid out by your local pool

Do not run alongside the pool.



Swimming in cold water includes;

sea, lakes, canals, rivers, reservoirs and quarries

Cold water swimming is becoming very popular.

Cold water shock can cause symptoms such as; finding it hard to breathe, gasping for air, muscles may cramp, finding it difficult to think and you may suffer heart pain as your heart works harder when cold.

Never cold water swim alone.

Be mindful that calm water may have strong currents and unknown depths of water

LIFESTYLE AND HEALTH ADVICE

Sexual Health

We appreciate that the subject of sexual health may feel a little bit awkward to broach for some people but it doesn't need to be and it is important that you stay safe and informed.

There is lots of information on the Hampshire Healthy families website- [Sexual Health](#) | [Health for Teens](#) this includes contraception advice, safe sex and information on sexually transmitted diseases.

On the website you can also find out what services are available in your local area.

Alternatively you can always contact your school nurse via our chat health service (07507 332 160)

Let's Talk about It (letstalkaboutit.nhs.uk)

Smoking and Vaping

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 these links to access support Smokefree Hampshire:

[Smoke Free Hampshire](#)

[Health for Teens - Tobacco](#) [E-Cigarettes](#)

Relationships

The COVID restrictions for the last 18 months has affected everything from education to our social lives. One of the biggest impacts has been on our friendships and relationships.

Click on link for further information.

[Good Relationships](#) | [Relationships](#) | [Health for Teens](#)

We have also increased the amount of screen time in a day, so it's important that you are staying safe online. A lack of face to face contact may lead to risk taking behaviours.

Health for teens has lots of information and advice

for 11-18 year olds.

[Online Safety](#) | [Growing Up](#) | [Health for Teens](#)

Alcohol & Drugs

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. Look up the 9 real life risks of drinking too much alcohol.

[Alcohol](#) | [Lifestyle](#) | [Health for Teens](#)

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.

[Guidance on alcohol & young people](#) | [Drinkaware](#)

Illegal drugs have serious effects of our physical and mental health. They can damage our bodies and impact on our ability to think clearly and make good decisions.

[Drugs](#) | [Lifestyle](#) | [Health for Teens](#)

Are you affected by drugs or alcohol?

Get 24/7 support from [Hampshire 24/7 \(Substance Misuse Support\) - Catch22 \(catch-22.org.uk\)](#)

Energy Drinks

Energy drinks are becoming increasingly popular with young people as they are marketed to improve concentration and reduce tiredness.

Evidence demonstrates that the consumption of energy drinks is damaging to your physical and mental wellbeing, as well as encouraging other risky behaviours such as alcohol use.

The physical effects from over consumption are related to the caffeine resulting in:

[Increased blood pressure](#)

[Sleep disturbance](#)

[Headaches & stomach aches as well as self reported injury due to hyperactivity.](#)

Energy drinks can also increase your risk of fatal heart arrhythmias for those who may have an undiagnosed heart problem.

How to contact your school nursing team

Either via our chat health text in service Mon-Fri 09:00 – 16:30

ChatHealth Parents (5-19): **07507 332 417**

ChatHealth Young People: **07507 332 160**

Or by using the link below for the Hampshire Healthy families website

[Health for Teens](#)

"Hampshire County Council have launched a public consultation which proposes changes to a number of public health services that they commission. This includes services for people aged 0-19 which are delivered by Southern Health NHS Foundation Trust. "

"The Trust will be providing a response to the consultation, and we encourage anyone who may be affected by the proposed changes to have their say. You can read the full consultation and submit your responses here: www.hants.gov.uk/aboutthecouncil/haveyoursay/consultations/public-health-consultation"

[School Nursing Support Petition: https://petition.parliament.uk/petitions/590825](https://petition.parliament.uk/petitions/590825)

[Health Visiting Support Petition: https://petition.parliament.uk/petitions/589522](https://petition.parliament.uk/petitions/589522)