

2 wards

wellbeing tips

eating habits

Do not let other people online decide your food choices for you

vaping

If a child or friend vapes try talking to them and make them aware of the risks. Try to convince them to quit or get the help and support they need

addiction

Say no! One puff of your friend's vape could lead to a lifetime of struggles with drugs

cyberbullying

Research shows that 41% of people have experienced cyberbullying. If this happens to you, the first thing to do is to tell a trusted adult or friend

beauty standard

Everyone is beautiful in their own way- so do not change for anyone

phone addiction

Do not use your phone before bed as this causes mood swings and affects sleep which will ruin your tomorrow

mental health

Phones negatively impact your dopamine levels. This can affect teens mental health, motivation and school work. You can monitor screen time, set up phone free areas and not use your phone before bed