

# OX14 Partnership

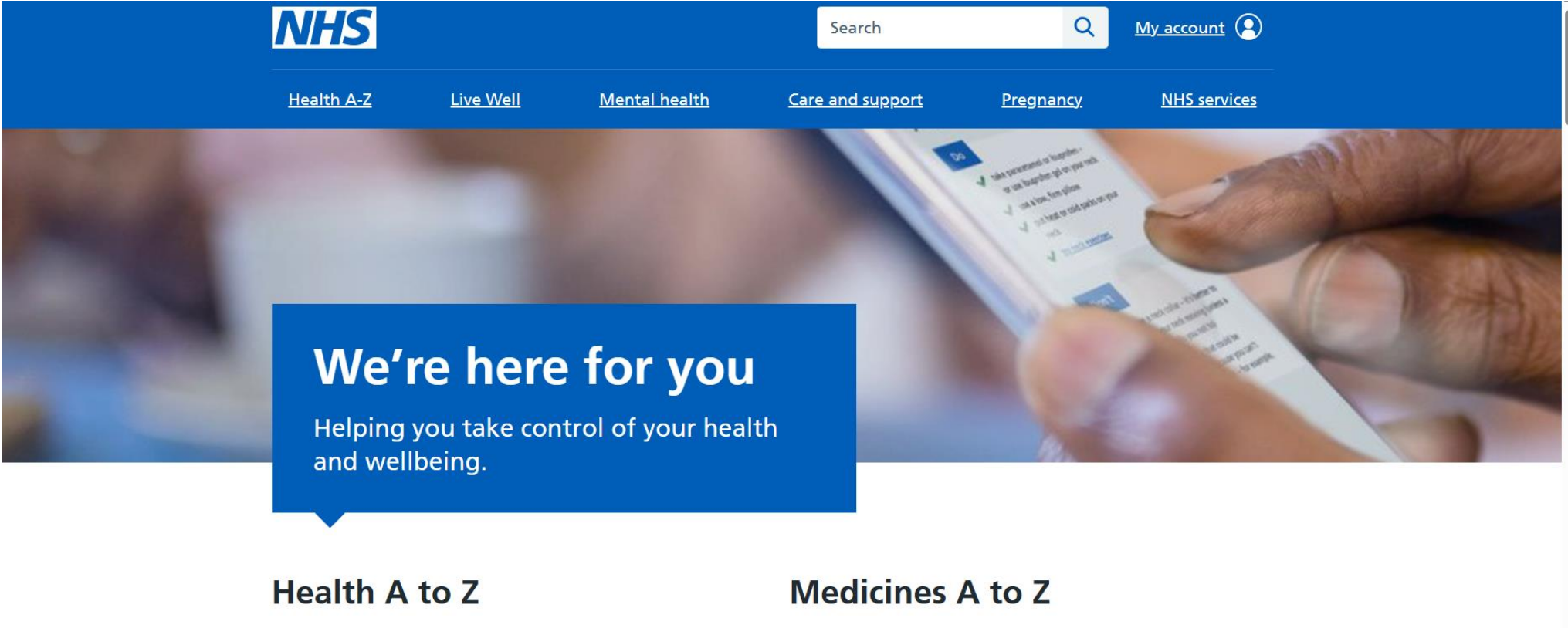


Here are some of the resources we spoke about at your Parent RSHE session...

Zoe Shuttleworth



[www.nhs.com](http://www.nhs.com) ( mental health/physical health/alcohol)

A screenshot of the NHS website homepage. The top navigation bar is blue and contains the NHS logo, a search bar, and a "My account" link with a user icon. Below the navigation bar are several menu items: "Health A-Z", "Live Well", "Mental health", "Care and support", "Pregnancy", and "NHS services". The main content area features a large image of a hand holding a smartphone displaying a checklist. A blue callout box with white text reads "We're here for you" and "Helping you take control of your health and wellbeing." Below the image are two buttons: "Health A to Z" and "Medicines A to Z".

**NHS** Search [My account](#)

[Health A-Z](#) [Live Well](#) [Mental health](#) [Care and support](#) [Pregnancy](#) [NHS services](#)

**We're here for you**  
Helping you take control of your health and wellbeing.

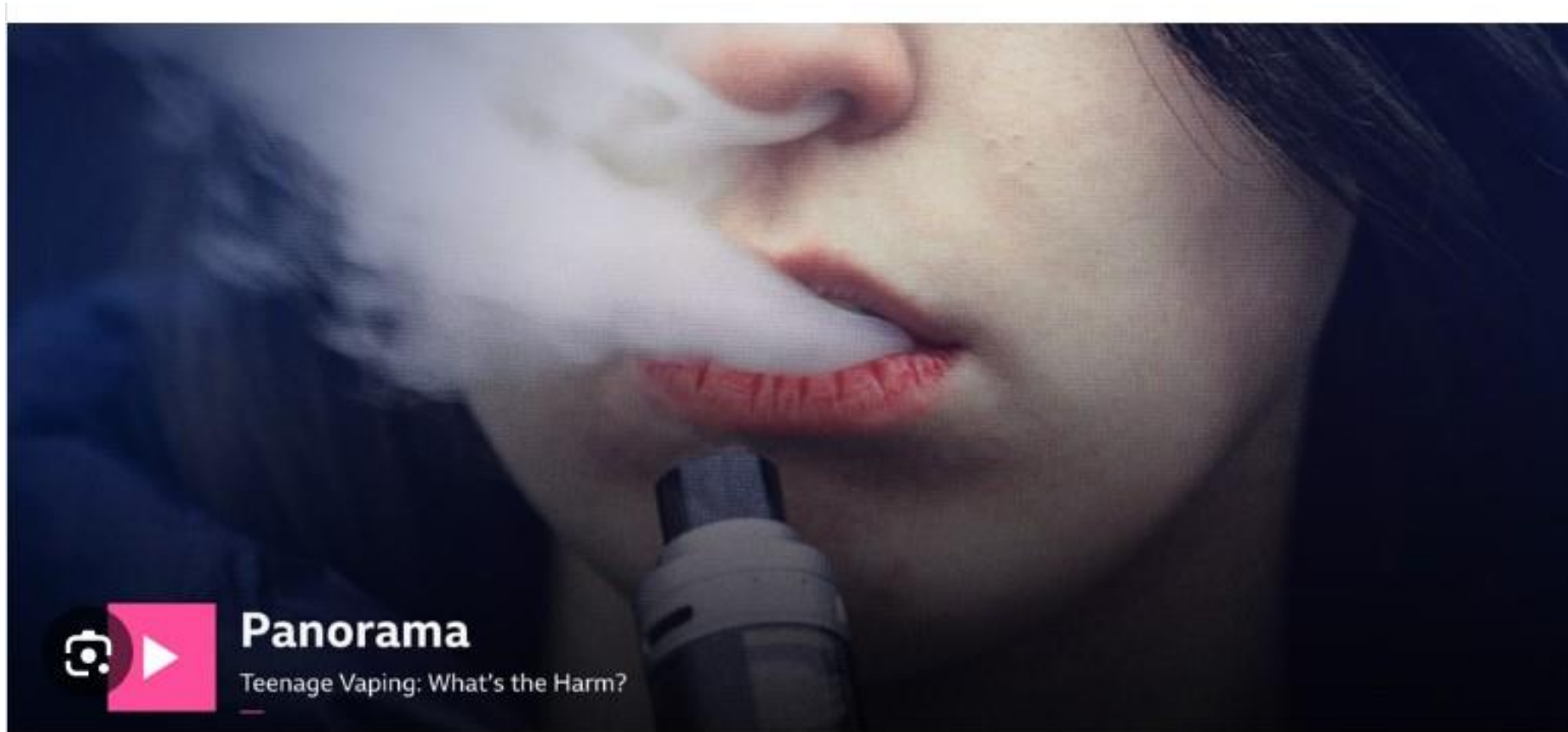
[Health A to Z](#) [Medicines A to Z](#)

# Most likely to be spiked at a house party



Research from the Alcohol Education Trust

# Panorama's Teen Vaping on BBC iPlayer



## We want more RSE at home

We asked

“What do you feel would have improved your RSE from parents or carers?”

Young people said...



## Young Peoples Poll (Feb 2022)

<https://www.sexeducationforum.org.uk/sites/default/files/field/attachment/Young%20Peoples%20RSE%20Poll%202021%20-%20SEF%201%20Feb%202022.pdf>

# Download What3Words

---



what3words

# Personal Safety Apps that might be helpful – these are all free

---



- **WalkSafe+** - map-based personal safety app. Alerts you to surroundings and updates emergency contacts with your location. If you don't make your ETA, sends your location to emergency contacts and allows you to notify them with a tap if you don't feel safe.
- **One Scream** – recognises your scream or panic word and will send text/automated call to nominated contacts with location. Can cancel alarm within 20 seconds of scream.
- **Holly Guard** – allow people to follow your journey, easy to raise an alert, as many emergency contacts as you wish
- **Callie: Personal Safety** – share your location and status with chosen contacts. If you want to get out of a bad situation, you can trigger a 'fake call' with a simple tap or send an alert to a chosen contact with just one tap.

<https://yourbestfriend.org.uk>



[Home](#) [About us](#) [Time to step in](#) [Peer Supporters](#) [Podcast](#) [Grants](#) [#FriendsCanTell](#)

## You've seen something worrying in a friend's relationship? But *now what?*

We know that it can be intimidating treading the fine line between opening a friend's eyes and being worried about damaging your friendship. Self-doubt and fear are totally common when want to do the right thing to help someone you care about.








- [Brook – Healthy lives for young people](#)
- Information about health and wellbeing for young people, including sexual health. A useful source of information for parents.

# Honest information about drugs



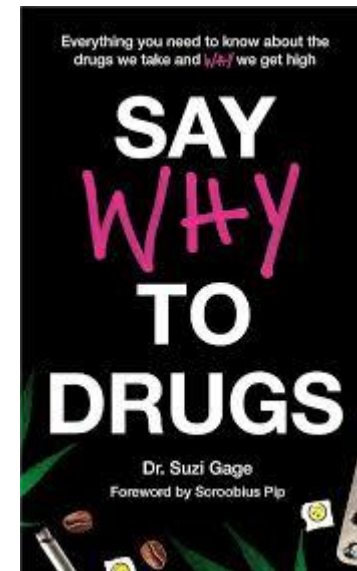
**Search for any drug...**

[Or go to the drugs A-Z list](#) →

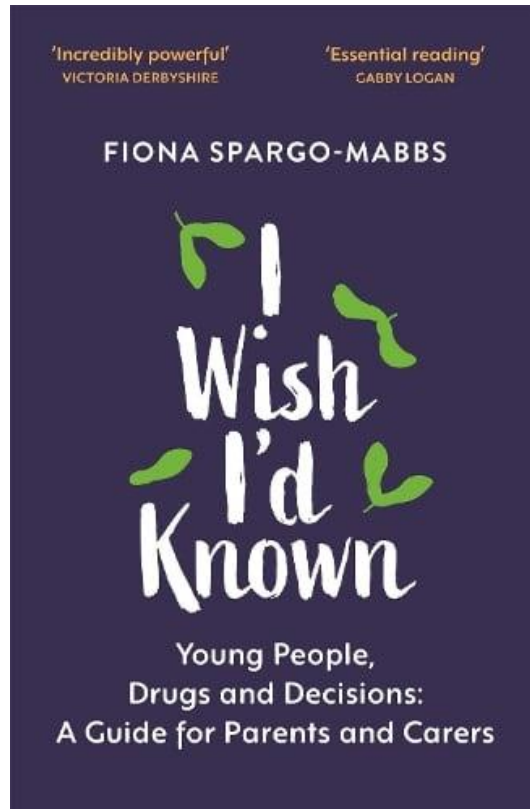
Dr Suzi Gage  
Say Why to Drugs (podcast & book)

---



# I Wish I'd Known

---



# Thank you...

Our philosophy is to encourage young people to:



Seek out accurate information



Make informed choices



Be critical thinkers



Question everything



Be brave



Ask for help

