



Drinking alcohol or smoking

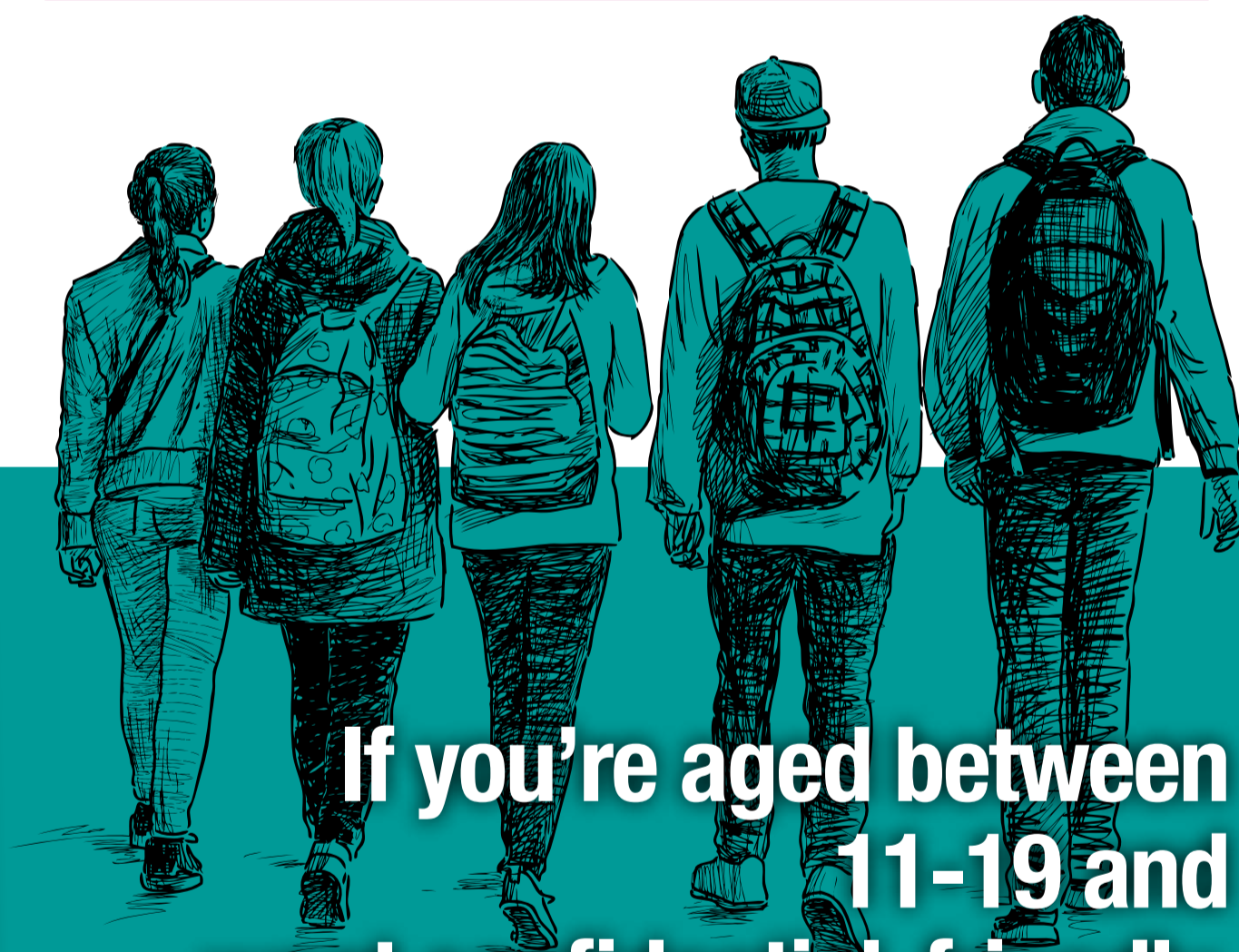
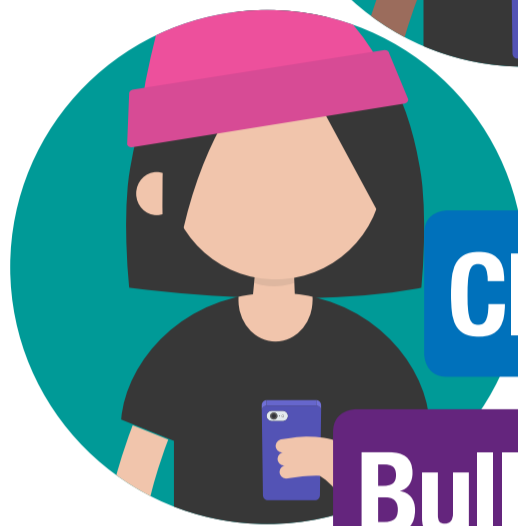
Problems with friends or family

Changes to your body

Relationships

Bullying

If you are feeling sad or angry



If you're aged between
11-19 and
want confidential, friendly,
helpful advice, text
a school nurse on
07507 333 351

