

## REFERENCES

<http://www.healthinfo.ie/alcohol/about-alcohol>

<http://www.healthinfo.ie/alcohol/alcohol-and-young-people/what-the-law-says/>

<http://www.spunout.ie/health/Healthy-mind>

Beat Bullying Activities Supplement by Gina Halpin

On My Own Two Feet

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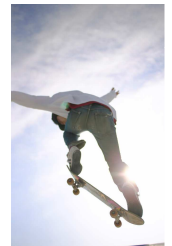
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## Leitrim Youth Project of North Connaught Youth Services



# Lifestyle Tips for Young People



## INTRODUCTION

*I have compiled this information booklet of lifestyle tips to help young people make informed choices at a challenging time in their lives.*

*This booklet is complementary to the "Finding Your Way" Orienteering event.*

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## DRUGS

### **What are harmful drugs?**

Any substance, which damages some aspect or part of a person, when the damage is greater than the possible help given, is a harmful drug. The damage might be physical to part or parts of the body, it might be mental and/or emotional and change behaviour, or it might be social, harming those close to us and around us, or how we relate to them.

Harmful drugs include-Ecstasy, Cannabis, Solvents, LSD, Heroin, Magic Mushrooms, Nicotine, Alcohol, Cocaine and many more.  
(On My Own Two Feet – Understanding Influences)

Drug abuse- the risks

Dependence

Disturbed relationships

Altered behaviour/lifestyle

Infections

Poorer physical health

Diseases

Crime

Mental/Emotional disturbance

Contamination (mixed drugs)

Accidents/Injury to self (others)

Mental/Emotional disturbance

(On My Own Two Feet – Understanding Influences)

**FACT!** Cannabis can produce physical dependence. Recent research in animals has shown the existence of physical withdrawal symptoms, when the drug is suddenly stopped. Psychological dependence also occurs and may affect up to half of those using cannabis regularly. Regular use may lead to a need to escape from reality. As a result, some young people do not learn to cope with reality, slowing the maturing processes and damaging relationships with family and friends.

(On My Own Two Feet – Consequences)

# BULLYING

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### What is Bullying?

Bullying can consist of any action that is used to hurt another young person repeatedly and without cause (Olweus 1993). This can be physical, verbal, or even emotional torment.

### Different types of Bullying

Type	Example
Direct Bullying	Physical and verbal bullying
Indirect Bullying	Intimidation or isolation
Verbal Bullying	Slandering, name calling or using a person as the butt of jokes
Physical Bullying	Assaults or threats against a person or their property
Gesture Bullying	Non verbal gestures or threatening behaviour
E-Bullying	Intimidation through web pages, email or texting
Relational Bullying	Exclusion, isolation. Gossip or rumour - more prevalent amongst girls

(Beat Bullying Activities Supplement by Gina Halpin)

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## ALCOHOL

Alcohol is a drug that is absorbed from the stomach into the bloodstream. A drug changes the way the body works; it affects the mind, the body and the emotions. Alcoholic drinks come in several different forms - beer, cider, wine, spirits, liqueurs and alcopops.

Alcohol affects the central nervous system. This means it affects our breathing and heart rate, as well as how we think, feel, perceive things and behave.

Because alcohol can make us more carefree or excitable, many people think alcohol is actually a stimulant drug, it isn't. Alcohol is a depressant. The more you drink the clearer this becomes - you might become sleepy or drowsy or more emotional, for example.

<http://www.healthinfo.ie/alcohol/about-alcohol/>

Alcohol the effects— Addiction, unusual behaviour, loss of inhibitions, unplanned pregnancy, depression, accidents, aggressive behaviour and many more.

(On my own two feet-understanding influences)

### What the law says

It is against the law for a young person under 18 to:

- buy alcohol;
- drink alcohol in a public place;
- pretend to be over 18 in order to buy alcohol;
- be in a pub after:
  - 9pm from 1 October to 30 April,
  - 10pm from 1 May to 30 September; or
  - Be on licensed premises during an exemption.

<http://www.healthinfo.ie/alcohol/alcohol-and-young-people/what-the-law-says/>

## MENTAL HEALTH

**Mental health is a way to describe the state of your mind, feelings, emotions and nerves.**

Mental health is the balance between all aspects of life - social, physical, spiritual and emotional. It impacts on how we manage our surroundings and make choices in our lives - clearly it is an integral part of our overall health. Mental health is far more than the absence of mental illness and has to do with many aspects of our lives including:

- How we feel about ourselves.
- How we feel about others.
- How we are able to meet the demands of life.

<http://www.spunout.ie/health/Healthy-mind>

**Maintaining mental health involves:**

**Attention to lifestyle** - if we are doing too much or too little in our lives, mental health can suffer. We need a good balance between work or study and leisure pursuits.

**Social contact** - having contact with others whose company we enjoy, whether at school, work, at home or as a member of a club, helps to develop social interaction.

**Reviewing our lives from time to time** - this involves considering what our aims and goals in life are and whether we are taking steps to achieve them. Problems can arise when we feel that life is not satisfying and fulfilling.

**Awareness of how mind and body interact** - just as our state of mental health can affect our physical health, the reverse is also true. If diet, sleep and exercise are neglected and inadequate, not only our bodies will suffer but also our minds.

**Having people in our lives we trust** - it is important to have someone to go to with our problems and worries, such as friends, teachers or family members.

**Awareness of what can go wrong** - just be conscious of what can go wrong. Realise that tiredness and irritability, if ignored, might lead to more serious stress - related problems.

**Taking steps to resolve problems** - be aware of problems and seek help if necessary. <http://www.spunout.ie/health/Healthy-mind/Good-mental-health>