

**Young Peoples Resource
Catalogue
February 2011**



THS

N O r t h u m b e r l a n d

T e e n a g e h e a l t h s e r v i c e s

Northumberland



Care Trust

You're Welcome – quality criteria for making health services young people friendly

The *You're Welcome* quality criteria are based on examples of effective practice working with young people aged 11-19, and are designed to be applied to all health services – both young people specific and generic. Ensuring services meet the *You're Welcome* quality criteria is the responsibility of all those working with young people.

In section 2 - Publicity the service needs to show how the following criteria are applied

- The service provides leaflets/publicity materials for young people.
- The content and style of leaflets/publicity materials are appropriate for the 11-19 age range or there is more than one leaflet / publicity item available.
- **Disability:** Service publicity material...
 - can be made available in forms that can be easily understood by young people with learning disabilities
 - can be provided in appropriate formats for young people with physical disabilities/ sensory impairments.
- **Languages:** Where there is a need, service publicity material is available in languages used by local young people or arrangements are in place with the PCT to ensure availability.
- All information provided by the service is accurate and is updated annually or to reflect significant service change.
- Mechanisms are in place to ensure information is accurate.

It is good practice to ensure young people have had input into the development of the publicity materials (either through the service or as part of development of resources by other sources)

The publicity materials in this Young Persons section of the resource catalogue have been screened by a group of young people and approved by them.

LEAFLETS

L09AZ

GUIDE TO GIVING UP SMOKING

Illustrated booklet for people with learning disabilities

L09D

GUIDE TO EXAMINING YOUR TESTICLES

How to check your testicles (or balls) regularly for early signs of cancer. For clients with learning disabilities

L09E

GUIDE TO EXAMINING YOUR BREASTS

How to check your breasts regularly for early signs of cancer. For clients with learning disabilities

L09F

GUIDE TO HAVING A PERIOD

Having a period and what you need to know and do. For clients with learning disabilities

L09G

GUIDE TO HAVING A HEALTHY HEART

The best ways to keep your heart healthy. For clients with learning disabilities

L09H

MAN'S GUIDE TO KEEPING CLEAN

The best way to keep your body clean. For clients with learning disabilities

L09HZ

GUIDE TO HAVING A SMEAR TEST

Advice for people with learning disabilities

L09I

GUIDE TO A HEALTHY MOUTH

How to keep your teeth and gums healthy. For clients with learning disabilities

L09J

WOMAN'S GUIDE TO KEEPING CLEAN

The best ways to keep your body clean. For clients with learning disability

Personal Relationships/Sex Ed

L11A

ALL CHANGE BOYS

Puberty for boys

L11B

LOVE STINGS

A beginner's guide to sexually transmitted infections

L11C**LOVE SEX RELATIONSHIPS**

A comprehensive booklet for young people about love, sex and relationships together with important contact details

L11G**ALL CHANGE GIRLS**

Puberty for girls

L11GS**GROWING UP 4 YOU SNAPPERS**

Paper sheet quiz game for young people about growing up and experiencing puberty

L11I**PERIODS - WHAT YOU NEED TO KNOW**

Advice for girls on what to do when they start having periods

L11J**4 YOU**

Growing up - what's it all about - for both boys and girls

L11O**4 GIRLS**

Comprehensive guide for girls about the physical development of the female body

L11OS**GROWING UP 4 GIRLS SNAPPERS**

Growing up for girls quiz sheets

L11P**4 BOYS**

Comprehensive guide for boys about physical development below the waist. Information about testicular cancer, masturbation, safer sex and STD's.

L11PS**GROWING UP 4 BOYS SNAPPERS**

Quiz sheets for boys

L11QB**GROWING UP 4 YOU QUIZ BOOK**

Quiz sheets about growing up for young people experiencing puberty

Birth Control**L12A****IS EVERYBODY DOING IT?**

A guide to contraception for young people

L12C**YOUR SEXUAL HEALTH**

This booklet gives information about family planning services and where to go for help and advice

L12G

ABORTION

A comprehensive booklet on unplanned pregnancy and abortion in a format suitable for young people

L12J

BODYWORKS

A rough guide to eggs, sperm and conception

L12O

YOUR GUIDE TO CONTRACEPTION

Provides information on available methods of contraception, how they work, reliability, advantages and disadvantages. Explains where to obtain contraception and provides lots of information to facilitate choice

Pregnancy & Birth

L13D

PREGNANCY

Who, why, what, when, where and how it all works. A young person's guide

Cardiovascular disease/stroke

L14II

HEARTZCARD

Advice card for young people on how best to beat heart disease

Childcare and Development

L15YF

FATHERS HAVE FEELINGS TOO

All aspects of fatherhood aimed at young men

Infant nutrition

L16BB

FROM BUMP TO BREASTFEEDING

A DVD about breastfeeding

Nutrition

L17A

PACKING A HEALTHY LUNCH

Ideas for packed lunches which supply all the goodness the body needs for energy and growth

L17CF

CHANGE 4 LIFE - TOP TIPS FOR TOP KIDS

Eat well, move more, live longer. Fun, free and easy ways to get your kids happy and healthy

L17CK

GREAT SWAPATHON RECIPE CARDS

Change for life recipe cards

Foundation Trust NB max order for schools = 25 copies

L17EE

LITTLE BOOK OF SALT

Information on salt content of different foods and advice on how to reduce your salt intake

L17F

SMALL CHANGES BIG BENEFITS

You can make a big difference to your fat and calorie intake just by making small changes to your eating habits

L17FF

FAT SPREAD IT THIN

Easy read advice on how to cut down on consumption of fats

L17J

GOOD HEART FOOD

Food to help your heart. Advice for young people

L17M

EATING FOR HEALTH (CARDS)

L17NP

BALANCED

Encourages having a more balanced, healthy diet and to be more active

L17RC

COOK 4 LIFE RECIPES

Healthy recipes booklet produced by Dieticians from Northumberland Care Trust

L17S

JUST EAT MORE FRUIT AND VEG LEAFLET

Encourages people to eat more fruit and vegetables to help reduce the risk of the two main killers in this country - heart disease and some cancers

L17SA

SNACK ATTACK DEBATE CARDS

L17SF

SATURATED FAT MADE SIMPLE

Basic information about which foods are high in saturated fat

L17SS

SNACK SWAPPER

3 different information wheels, one for snacks and 2 bonus wheels for breakfast and pudding

L17TT

HEALTHY LUNCHBOX

Advice for a healthy, balanced packed lunch

L17V

EATWELL PLATE

The plate illustrates how to get the balance right. It shows how much of what you eat should come from each food group

L17YG

YOUR GUIDE TO THE EATWELL PLATE

Helping you eat a healthier diet

L17YX

GOOD GRUB!

Comic style nutrition advice ideal for schools

L17XR

JUNK LEAFLET WITH X RAY SPECS

Junk food and alternatives plus X – Ray specs!

L17ZZ

SUGAR NOT SO SWEET

Easy read advice on how to cut down on the amount of sugar consumed

L17ZA

SALT SHAKE THE HABIT

Help on reducing salt intake

Men's Health

L18A

TESTICULAR CANCER

Information about testicular cancer, warning signs and how to check yourself

L18E

SIZE MATTERS

Easy read comic style booklet for men to inform how best to reduce weight concentrating on nutrition but also includes advice on exercise.

L18TS

KEEP AHEAD OF THE GAME

A guide to testicular self examination

Personal Health

L21A

SOME OF YOUR BITS AIN'T NICE

Your guide to personal hygiene

Physical Health & Exercise

L22D

HASSLE FREE EXERCISE

Building more activity into your daily life is an easy way to keep healthy

L22LG

LET'S GET PHYSICAL

Pocket play pack ideal for schools

L22FW

CHANGE 4 LIFE FUN WHEEL

Activities for the family in a fun format

L22 MW

MANAGING YOUR WEIGHT IT'S A QUESTION OF BALANCE

Focus on your food and activity. Ideas to help reach your balance Milton Keynes

L22SF

SWIM FIT

Advice on the health benefits of swimming

L22W

WALK FIT!

Advice on the health benefits of walking and suggestions on how to incorporate walking into your daily routine
Comic Company

Mental Health

L23AZ

FEELING ANGRY?

Information about anger for young people

L23B

DO YOU EVER FEEL DEPRESSED?

Advice for children if they feel unhappy or depressed

L23BM

BULLYING WHY IT MATTERS

Explains what bullying is and how to prevent it happening

L23BZ

SO MANY FEELINGS....

What's it like to be a teenager

L23C

IN SCHOOL STAY COOL

A practical, reassuring and easy to read booklet to help people to troubleshoot a whole range of school related problems

L23CZ

WORRIED ABOUT EATING PROBLEMS AND DISORDERS?

Information for young people

L23DD

R U SAD?

A guide for young people to what they can do when they are sad

L23EE

WHEN SOMEONE DIES

A young people's guide on how to cope when someone dear to you is gone

L23KK

R U FRIENDS ?

A young people's guide to making, keeping and helping friends

L23L

WHAT EVERYONE SHOULD KNOW ABOUT STRESS

What stress is, what causes it, and how to deal with it

L23M

R U WORRIED?

A young people's guide to what you can do when you're feeling worried.

L23O

WORRIED ABOUT SELF-INJURY?

Information about self-injury and how to find support

L23PP

HAPPY ?

Emotional wellbeing in young people

L23Q

COOL HEADS

Booklet designed for Teenagers on a wide range of topics and traumas likely to stress out young people

L23SM

SEE ME I'M A PERSON JUST LIKE YOU

Stopping the stigma of mental ill health

L23TD

TEENAGE DEPRESSION HOW DO YOU FEEL?

Information for teenagers on why we get depressed, what are the signs of it, and little ways to help yourself. Useful web links are provided

L23TT

TEENAGERS...WHEN THE GOING GETS TOUGH...TRY TALKING! HELP IS AT HAND!

Advice, information and useful contacts

Specific Diseases

L25FA

ASTHMA

General info for Asthma sufferers and their families

L25GG

YOU WOULD WOULDN'T YOU?

Practical ways to reduce the risk of cancer

L25I

UNDERSTANDING DIABETES

A comprehensive booklet about diabetes

L25JJ

MENINGITIS DON'T IGNORE THE SIGNS

Aimed at young people

L25T0

IN CONTROL ? TYPE 1 DIABETES

A young person friendly booklet produced by young people from Northumberland and Tyne and Wear working with the teenage Health Demonstration Site and the Newcastle RVI Diabetes team explaining how young people can fully control their diabetes and insulin

L25UD

EATING WELL WITH DIABETES

Advice on how to eat well for people with diabetes

L25WW

SUN SAFE PROTECTION TIPS

Sun safety advice

Immunisation / infectious Diseases

L26HP

HPV JAB BEATING CERVICAL CANCER

All you need to know about the new HPV vaccine that protects against the commonest causes of cervical cancer

L26I

IMMUNISATION FOR YOUNG PEOPLE IN SCHOOLS

Information about immunization for young people in school years 8 to 13.

L26TS

TRAVEL SAFE

Reducing the risk of getting a blood-borne infection when you are abroad

Alcohol

L27AA

ALCOHOL UNIT CALCULATOR WHEEL

Drink aware calculator wheel

L27B

BIG BLUE BOOK OF BOOZE

Hard hitting "street level" information aimed at clients with alcohol problems

L27C

CHEERS YOUR HEALTH

Alcohol advice for young people

L27CS

CHEERS YOUR HEALTH SNAPPER SHEETS

Quiz game on alcohol for young people

L27CZ

UNITS AND YOU

Information on the number of units of alcohol in different drinks. Explains the effect of alcohol on your health and on your social, home and work life

L27D

SURVIVAL GUIDE TO DRINKING

Aimed at young people. How to have a good night out without too much pain the morning after

L27GD

HOW TO GO OUT DRINKING WITHOUT GETTING BEATEN UP

Advice on dealing with a range of situations that could lead to violence

L27I

PREGNANCY & ALCOHOL HOW MUCH IS TOO MUCH WHEN YOU'RE HAVING A BABY?

Alcohol know your limits

L27KL

ALCOHOL KNOW YOUR LIMITS

Know the facts count the units

L27W

WASTED

Alcohol booklet for young people produced by young people in Northumberland as part of the "Your Welcome" project

Drugs

L28AA

CANNABIS AND TOBACCO

Comic strip style information for young people about cannabis & tobacco

L28AZ

BIG BLUE BOOK OF CANNABIS

Hard hitting "street level" information aimed at clients involved with cannabis.

L28CD

DAVID THE MAN WITH THE TRANSPARENT HEAD

Mental health and Cannabis - the story of David

L28CN

COCAINE

Advice for people taking cocaine or thinking about trying cocaine

L28E

CANNABIS FIND OUT THE FACTS

Young people's leaflet about cannabis

L28ET

TOO DAMN HOT!

Comic style info about the risks of death from heatstroke when taking ecstasy. Aimed at hard to reach clients

L28EZ

RAVING MAD MARTHA

Mental illness and Ecstasy - the story of Martha

L28GG

GASES GLUES AND AEROSOLS

Is your child at risk? What every parent needs to know

L28HH

HEALTHY HIGHS

Comic style information for young people for ideas of getting a healthier high than by using drugs

L28KK

JASON THE PSYCHONAUT

Mental illness alcohol and other drugs - the story of Jason

L28LL

THE TRUTH ABOUT DRUGS KNOW THE SCORE

A-Z booklet giving the lowdown on lots of the more commonly used legal and illegal drugs

L28MC

MCDERMOTT'S GUIDE TO COCAINE

Aimed at hard to reach clients usually those already involved with drugs. NB for older teens as some of the material may offend

L28O

BIG BLUE BOOK OF DRUGS

Hard hitting "street level" information aimed at clients involved with drugs

L28R

DO YOU NEED TO GET SORTED?

The SORTED helpline for advice and help on drugs and alcohol

L28SZ

A MAN CALLED GOD

Mental illness heroin and crack - the story of a man called God - in heaven and hell

Smoking

L29AA STOP

A young person-friendly stop smoking booklet produced by young people in Northumberland working with the Northumberland Teenage Health Demonstration Site

L29BB 50 TIPS TO HELP YOU QUIT

A colorful booklet giving advice on how to stop smoking

L29BS BLOKES WHO SMOKE

Men and smoking - fiction and facts

L29CD READY RECKONER INFO WHEEL

Your smoke free road to wealth and health

L29CE SMOKING KILLS YOUR LOOKS

Ten facts about tobacco & attractiveness + Quit Tip

L29DD BIG BLUE BOOK OF SMOKING

Hard hitting "street level" advice for at risk young people

L29E HANG IN THERE !

101 ways to resist the urge to smoke

L29FF FRIGHTENING FACTS ABOUT SMOKING

Hard hitting, easy read information about the effects of smoking

L29H SECONDHAND SMOKING KILLS

Find out how to get some breathing space

L29T NORTHUMBERLAND STOP SMOKING SERVICE CARDS

Contact details to quit smoking

L29VV NO CHANCE GET LUCKY

Your guide to being footloose and smoke free

L29Y STOP SMOKING WITHOUT GAINING WEIGHT

Some practical tips to help you stop smoking AND maintain your weight

L29W

WHAT'S IN TOBACCO SMOKE?

Discover what chemicals are in tobacco smoke, where they come from and what damage they do.

Women's Health

L31A

CERVICAL SCREENING THE FACTS

Explains what cervical screening is and why all women should have the test

L31C

BREAST M8S KNOW AND LOVE YOUR BREASTS

A comprehensive booklet aimed at girls about their breasts by Breast Cancer Care

L31N

BREAST CANCER SPOT THE CHANGES EARLY

Why screening is important

L31R

PREVENTING CERVICAL CANCER

Why screening is important

Aids/HIV & Sexual Health

L32A

SPERM FACTS

Information about sperm

L32AZ

LUBRICATION FACTS

Max 20 copies per order

Information booklet including a sachet of lube

L32GA

SO GAY SO WHAT?

Addresses the issues around sexuality

L32HH

LOVE SEX LIFE

Love, sex, sexuality and relationships. Aimed at young adults - men, women, bisexual, gay, lesbian, straight, those who don't want to do it and those who have done it a lot / a little / not at all....you!

L32JJ

C CARD SCHEME - FREE CONDOMS ADVICE & SUPPORT

Condoms - confidential advice & support and contact details

L32LL

SEXUAL HEALTH FOR WOMEN

Up to date information and advice on a wide range of sexual health affecting women matters

L3200

SEXUAL HEALTH FOR MEN

Up to date information and advice on a wide range of sexual health matters affecting men

L32S

SYPHILIS IS BACK

Signs, symptoms, diagnosis, testing and prevention

L32OT

ONE IN TEN OF US HAS CHLAMYDIA

A selection of small, easy read booklets

L32SS

SEXUALLY TRANSMITTED INFECTIONS

Miscellaneous

L33A

PICK ME UP!

Contraception and sexual health information and advice for young people in Northumberland

L33P

DOMESTIC VIOLENCE

Dealing with physical, sexual or emotional abuse from those close to you

L33DZ

ENTERING ADULTHOOD?

A wide range of topics for 16 - 18 year olds e.g. sex, drugs, alcohol, mental & social health issues e.t.c.

L33S

FAMILY BREAK-UPS

A young people's guide on how to cope when parents split up

POSTERS

P03AA

55 TEENAGERS A WEEK WISH THEY'D GIVEN THE ROAD THEIR FULL ATTENTION

P03XX

IF YOU HAD ANOTHER CHANCE, WHAT WOULD YOU DO DIFFERENTLY? SEAT BELTS

P03J

SWITCH OFF BEFORE YOU DRIVE OFF – MOBILES PHONES

P17DD

PACK A HEALTHY LUNCHBOX

P17H
JUST EAT MORE FRUIT AND VEG POSTER

P18TC
KEEP AHEAD OF THE GAME GUIDE TO TESTICULAR SELF EXAMINATION

P22AA
DO YOU DO IT 5 TIMES A WEEK? EXERCISE!

P23H
BULLYING DAMAGES PEOPLE – DON'T BE A BULLY! LOOK AFTER EACH OTHERS MENTAL HEALTH

P23T
RACISM DIVIDES UNDERSTANDING UNITES

P25SW
FEMALE SUNBED POSTER

P25SM
MALE SUNBED POSTER

P25DD
DRINKING AND DIABETES

P25HY
DEALING WITH HYPOS DIABETES

P25DH
DEALING WITH HIGHS DIABETES

P25DL
POOR DIABETES CONTROL: LONG TERM EFFECTS

P25WW
SUN FACTS THE BURNING ISSUES

P26HP
HPV VACCINATIONS

P27C
POSTCARD FROM ALCOPOPSHIRE

P28A
THERE'S NO ECSTACY WHEN UR DEAD!!

P28C

ATTENTION! THE POINT IS HARD DRUGS KILLS!

P28D

GAS, GLUE AND SOLVENTS. LET ME CHILL YOU OUT FOR GOOD

P29JX

SMOKER'S TAR

P29RR

**POT POURRI OF PUFFING POISONS / WHAT'S IN CIGARETTE SMOKE – 2
COMPLEMENTARY POSTERS**

P32DD

C CARD POSTER – FREE CONDOMS WHERE YOU SEE THIS SIGN

P32KK

SERIOUS ABOUT FUN? – THEN MAKE IT SAFER – USING CONDOMS