



*May 2020*

Young in South Tyneside

A magazine developed by young people , for young people.

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# Face



1

## Cleanse

Wash your face twice a day, use warm never hot water, rub the cleanser around your face in circular motions for around 1 minute to remove dirt, makeup and dead skin.

2

## Moisturise

Apply a pea-sized amount of moisturiser to clean, slightly damp skin. Apply to cheeks first using circular motions, then to the forehead and rest of the face. Use light, gentle upward strokes, especially on the neck.

3

## Suncream

You can get moisturisers containing SPF, but if not then use a regular sun cream - at least factor 30 - EVERYDAY. Your older self will thank you!

### Top Products



Garnier Micellar Cleansing Water - B&Ms £1.00



Simple Moisturising Facial Wash - B&Ms £1.79



Skin Techniques Cleansing Water - B&Ms £1.00



Simple Moisturiser - Superdrug £1.50



Savers - £1.49

### Simple

rich moisture sheet mask - Little Mix Edition

*"The facemask was very nice, I would recommend washing your face before and after. It made my skin so soft!"*

★★★★★ 5/5

## Facemask

## Homemade Facemask

### Ingredients

- 1 Tablespoon of oats
- 1 Teaspoon of honey
- 1/2 Teaspoon of water

Mash all ingredients together in a bowl, smooth a thin layer over clean skin, leave for 10 minutes and then rinse off.

### 7th Heaven

Cucumber Peel Off

*"I really liked this facemask, it was a bit hard to put on but it was nice to peel off. Left my skin feeling very smooth!"*

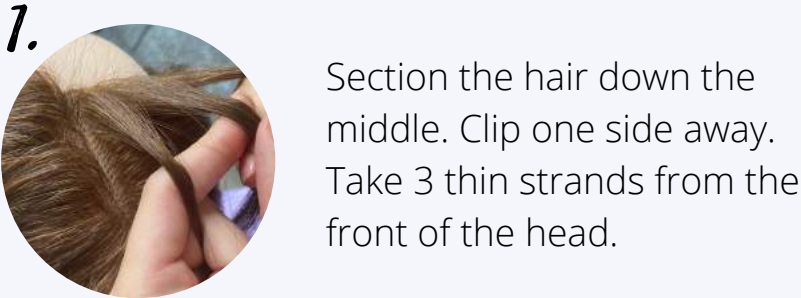
★★★★★ 4/5



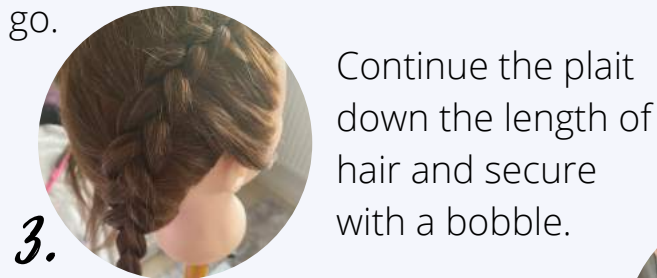
# Hair

GOOD  
HAIR  
DAY

## HOW TO FRENCH PLAIT:



Start by hooking the strand furthest away from the parting, under the middle strand. And then over the strand closest to the parting - so this strand is now in the middle. Repeat this process from the outside strand, gathering hair from both sides as you go.



Continue the plait down the length of hair and secure with a bobble.

## Homemade Hair Mask

### Ingredients

- 1 Banana
- 1 Tablespoon of olive oil

Mash all ingredients together until they're a paste, if it's too runny, add a dash of flour.

Separate your hair into sections, massage into roots and ends.

Put hair into a bun, put on shower cap, and leave for 30 minutes, rinse out.



Rotate the straighteners forward half a circle. Pull the straighteners down to the end of the hair.



## HOW TO CURL WITH STRAIGHTENERS:

1. Section the hair. Place the straighteners at the top of the section with the hair in between.



3. Release the hair from the straighteners. Repeat on small sections around the rest of your hair.

## Top Products



Detangle Hair Brush -  
Wilkinson £1.75

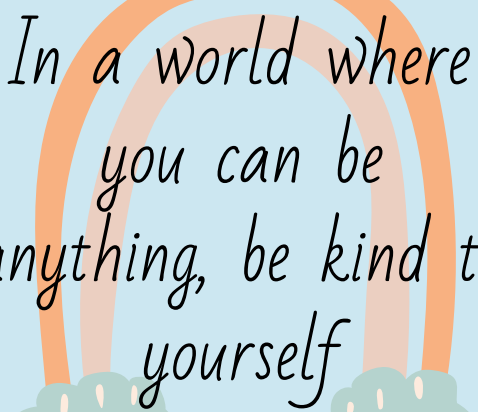


Bastille Dry Shampoo -  
B&Ms £1.99



Argan Oil Hair Mask -  
B&Ms £1.00

# Mind



*In a world where  
you can be  
anything, be kind to  
yourself*

## 4 Simple Meditation Steps:

1. Sit down comfortably
2. Set a timer for 5 minutes and close your eyes
3. Focus on your breath. What does it feel like? Notice how your chest rises and falls with your breath.
4. When you notice your thoughts wandering away, gently bring them back to your breath. Do this until your timer goes off.

*It's OK not to be OK!*

Young Minds - Text YM to  
85258 for free mental health  
crisis support 24/7

Childline - 0800 1111 for 24 hr support

Kooth.com - free online support for  
young people

TheMix.org - free online  
support for young  
people

## Self Care Tips

Talk to friends - give them a  
call or chat online

Do some exercise - follow  
Carla's routine and videos

Get some sleep - young  
people need 8-10 hours

Take a relaxing bath

Watch your favourite TV  
show or film

Listen to music

# BODY

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A little  
progress  
each day  
adds up to big  
results

Local Fitness Instructor  
Carla Graham has set a  
family friendly  
home workout.

**30 seconds on each exercise – how many can you do?**

- High knees
- Mountain climbers
- Star Jumps
- Frog jump
- Plank
- Burpees
- Get ups
- Squat thrusts
- Fast feet
- Punch outs

**For demonstrations on each exercise please visit our  
Facebook page**

# RECOMMENDATIONS

## NETFLIX

1. The Big Bang Theory (12yr+)
2. RuPaul's Drag Race (12yr+)
3. The Umbrella Academy (15yr+)
4. On My Block (15yr+)
5. Atypical (12yr+)
6. Meteor Garden (15yr+)
7. Star Wars Movies (12yr+)
8. Pirates of the Caribbean (12yr+)
9. Glee (12yr+)
10. The Suite Life on Deck (all ages)

Suitable for ages stated above



1. Dance Monkey - Tones and I
2. Lonley - Joel Correy
3. Best Song Ever - One Direction
4. Everything I Wanted - Billie Eilish
5. Come on Eileen - Dexy's Midnight Runners
6. The Jetset Life is Gonna Kill You - MCR
7. Filter - BTS
8. Boyfriend - Mabel
9. Blinging Lights - The Weekend
10. Physical - Dua Lipa

1. To all the Boys I've Loved Before - Jenny Han
2. The Kissing Booth - Beth Reekles
3. The Twits - Roald Dahl
4. The Hate U Give - Angie Thomas
5. The Beautiful Dead - Eden Maguire
6. Harry Potter - J.K. Rowling
7. Dreams Come to Life - Adrienne Kress
8. Divergent - Roth
9. The Mountain Between Us - Martin
10. Diary of a Wimpy Kid - Jeff Kinney



# All things PERIODS

*Can I exercise on my period?*

Of course! Gentle exercise can help reduce cramps

*Can I go swimming on my period?*

Yes you can, but wear a tampon or menstrual cup, not a pad

*Can my contraceptive affect my period?*

Yes it can make them heavier, lighter or stop all together.

*Can I have a bath on my period?*

Yes, you may notice a small amount of blood but it will dilute and wash away

*Can everyone tell I'm on my period?*

No, no one can tell. But the more we talk about them, the better it is for everyone

*Why has my period stopped?*

Pregnancy, stress, poor health, medical conditions, contraceptive, body weight and drugs all affect periods

*What is discharge?*

It's just mucus produced by the cervix. It's normal clear, white, watery or gloopy.

*I haven't started my period yet?*

Some people start as young as 8 or 9 and as old as 15 or 16, so don't worry if you haven't started yet

*How much blood do you lose?*

It may seem like a lot, but most people lose just 1-2 egg cupful's each period



# PMS

## *Pre-Menstrual Syndrome*

Everyone experiences periods differently, but you might notice these common symptoms before or during;

Bloating	Backache
Cramps	Headache
Mood swings	Tender breast
Tiredness	Acne

Not everyone feels like themselves on their period, but please visit a doctor if you feel really low or anxious on every period.

# Products

There is such a huge range of products out there, it might take a little while to find what is best for your body.

## *Pads*



Pads are a popular sanitary product and stick to the inside of your underwear. Some have wings which fold and stick under, and some don't.

Pads have different absorbencies, look out for the raindrops on the packaging.

You may want to choose a lighter absorbency for during the day, and a heavier one at night.

It will depend on your flow and the absorbency of the pad you're using, but you should change your pad every 4-6 hours.

Don't flush your pad down the toilet as it could cause a blockage. Instead wrap it in some toilet roll and pop it in a bin.

There are many different brands available, and the popular brands may not always be the best. Supermarket own brands are often just as good, use whichever works for you.

# Tampons



Tampons are another popular sanitary product, worn inside your body.

They too have different absorbency levels, you should use the lowest absorbency if it's your first time using one.

Some have plastic applicators, cardboard applicators, or no applicators at all, again it comes down to which ever works best for you, but it may be easier to insert with an applicator.

To insert a tampon, follow the instructions included in the box, try to relax and not tense up. When your tampon is inside, you shouldn't be able to feel it at all! If you do, it's not in far enough. Don't worry though, you can use your finger to push it in further, or take it out and try again with a new one.

You should change your tampon every 4-6 hours, if you're changing it more often you may need the next level of absorbency, but you shouldn't leave it in for more than 8 hours. You may want to use a pad overnight instead.

It's not advised to flush your tampon, instead wrap it in toilet roll and bin it.

Tampax.co.uk have some excellent information around tampon use.

## Menstrual Cup, Reusable Pads and Period Pants



A menstrual cup is a reusable sanitary product. It's made of rubber and sits inside of you. You can use them for up to 12 hours, before removing, emptying and inserting back in. They are an eco-friendly alternative, and may be better for your body as they don't contain chemicals.



Reusable pads are another form of sanitary products, like regular pads they are worn in your underwear and clip underneath. Once used, place them in the pouch and they can be placed in the wash. They are eco-friendly and a could save you money.



Period pads are leakproof underwear made from a special material that will absorb liquid. They are worn like regular underwear, no need for any other sanitary product. They also go in the wash once used, and are eco-friendly and a good investment.

# Learn a phrase in sign language...



Happy



Feel



Stay safe 🚫



Stay positive 😊



Stay home 🏠

A huge thankyou to Kay Mackie for these images. Check out her page - Kay's Signed Songs BSL for more words and phrases.

# ONLINE SAFETY

Are you SMART online?

**S**AFFE

Don't give out your personal information such as full name, email address, phone number, home address or school, to people you're chatting to online.

**M**EETING

Meeting someone who you have been chatting to online is very dangerous. Even if they are a friend of a friend! Tell a trusted adult if someone is asking to meet up with you.

**A**CCEPTING

Don't accept people on social media who you don't know in person. Accepting requests, messages, pictures or links from people you do not know can lead to all sorts of problems.

**R**ELIABLE

Information you find on the internet is not always true. Someone may be lying about who they are, their age, where they live etc. Be wary of who you trust online.

**T**ELL

Tell a parent, carer or a trusted adult if someone makes you feel uncomfortable or worried online. Also tell someone if they're asking you to do things you don't want to, things that are illegal, or asking you to meet up with them.

# Activity

Put a tick next to the statement if you think it is fine for Sarah to post online, and a cross if you don't. Have a think about the reason for your answer.

*A selfie with her best friend happy and laughing*

**'I have had the worst day ever, can't believe this has happened to me' on her status**

**A video she made at a party after some of her mates had been drinking**

A funny picture of a girl from school edited to make her look really ugly

**INFO ABOUT THE TV SHOWS SHE LIKES TO WATCH**

A VIDEO OF HER FAVOURITE BAND

A SELFIE WITH HER ON HER OWN, POSING IN JUST HER UNDERWEAR

Info on her friend's profile about how to report abuse after she noticed nasty comments

**Info about a gig she is going to at the weekend**

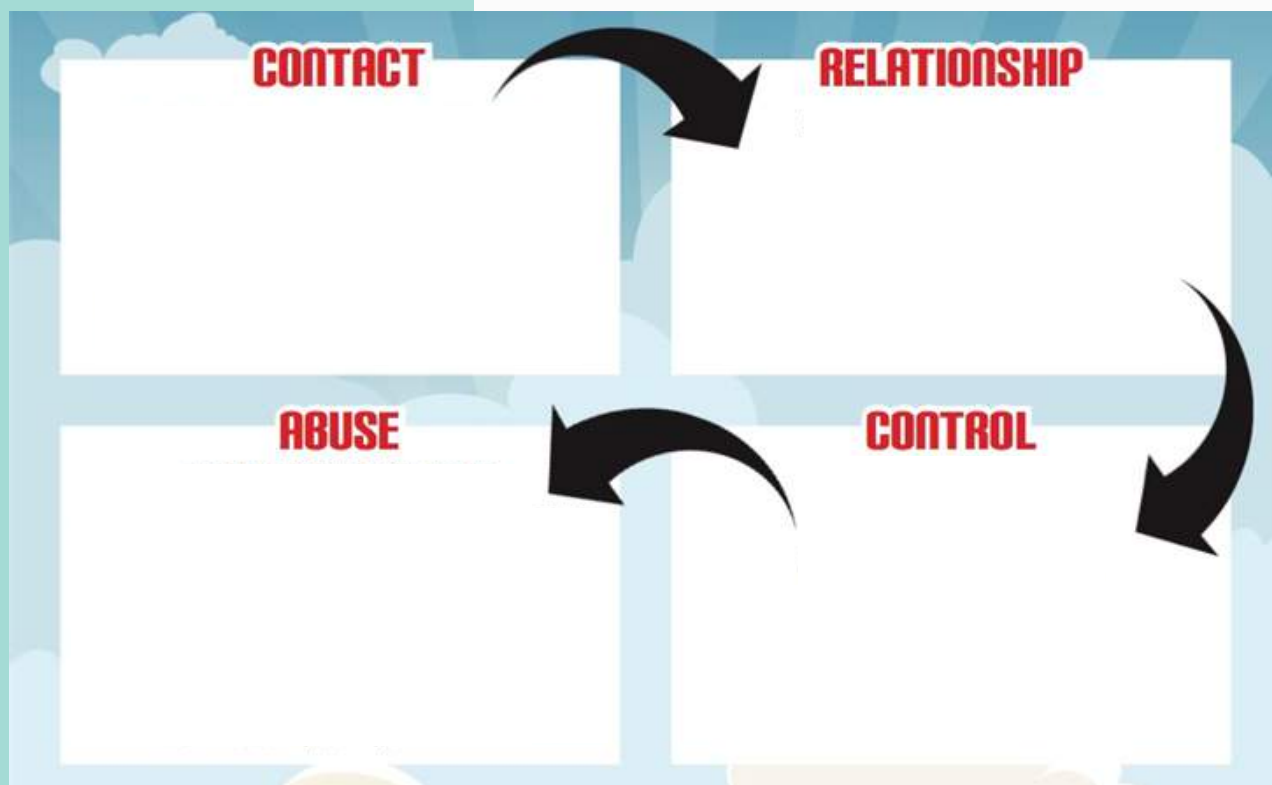
A picture of her boyfriend in bed



Write down a few reasons for your answers

# Grooming

"Grooming is when someone makes you or your family think they're a safe person to get you involved in sexual and/or illegal activity."



Above is a template of the 'grooming cycle' - these are steps often taken by someone who might be trying to groom a young person. They begin by contacting and building a relationship, they then may introduce controlling behaviour which can lead onto abuse.

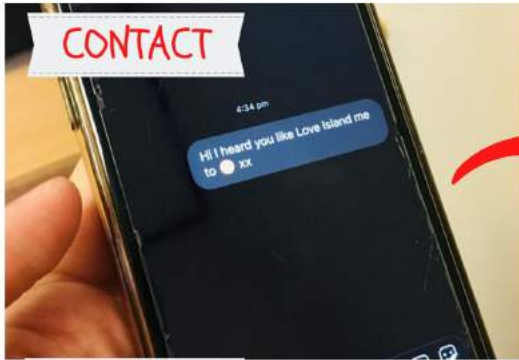
Contacting and building a relationship with someone is how we form normal relationships in our lives, but when there is an element of CONTROL then these relationships become UNHEALTHY.

Tell a trusted adult if you experience controlling behaviour in any friendship or relationship.

With help from the example on the next page, try filling in the grooming cycle with your own ideas of this behaviour.



# THE GROOMING CYCLE



By Lara O. Geom

The Geometric Friends Series



# THE GROOMING CYCLE



## CONTACT

Snapchat      Tick Tok  
 Instagram    Facebook  
 Party    Park  
 Friend of  
 a friend      School

## ABUSE

Physical                      Emotional  
 Sexual  
 Mental  
 Financial

## RELATIONSHIP

Giving you gifts                      Giving you alcohol or drugs  
 Making you feel special              Gaining your trust  
 Being your bestfriend

## CONTROL

Telling you who you can spend time with              Asking you to send inappropriate images  
 Telling you what to wear                      Making you feel guilty  
 Telling you who to be friends with

By Lara O. Geom

The Geometric Friends Series



# A-Z Of Healthy Relationships

A - Admire

B - Beautiful

C - Consent

D - Don't Lie

E - Exciting

F - Friends

G - Good

H - Honest

I - Integrity

J - Jokes

K - Kindness

L - Love

M - Mindful

N - Nice

O - Open

P - Positive

Q - Quality Time

R - Remember

S - Strong

T - Truthful

U - Understanding

V - Very Kind

W - Worthy

X - Kisses

Y - You Too

Z - Zen





# A-Z Of Unhealthy Relationships

A - Abuse

B - Bruises

C - Cheating

D - Divorce

E - Eggshells

F - Forcing

G - Gaslighting

H - Hateful

I - Isolated

J - Judging

K - Kill

L - Lonely

M - Moody

N - Narcissistic

O - Obsessive

P - Poison

Q - Questions

R - Rules

S - Suffocating

T - Torture

U - Unreliable

V - Violence

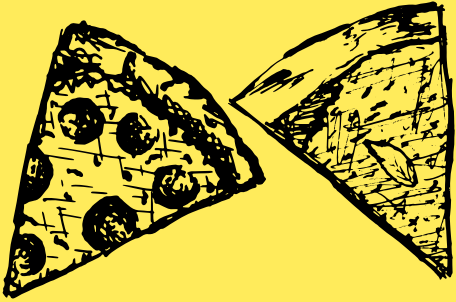
W - Worried

X - 'Xtra' Info

Y - Yelling

Z - Zurrar (to thrash)

# Let's get cooking!



You will need:

- Tortilla
- Oil
- Tomato Puree
- Toppings of choice

1. Pre-heat the oven to 220°/gas mark 8
2. Grease baking tray with oil and put tortilla on the tray
3. Drizzle some oil over tortilla and squeeze tomato puree on top. Smooth out with a spoon
4. Add your toppings, as many as you want!
5. Put your tortilla pizza in the oven for 4-6 minutes or until the cheese has melted
6. Carefully take it out the oven, let it cool and enjoy!

# Let's get cooking!



You will need:

- 2 tablespoons of flour
- 1 1/2 tablespoon of sugar
- 2 teaspoon coco powder
- 1/4 teaspoon baking powder
- 2 tablespoons of milk
- 1 teaspoon of oil
- Pinch of salt
- A mug

1. Rub some oil inside your mug

2. Add the flour, sugar, coco powder, baking powder and salt to the mug, whisk until there are no lumps.

3. Stir in the milk and oil until smooth

4. Cook in the microwave on high for 30-35 seconds

5. Cool for 3-5 minutes

6. Enjoy your mug cake!

Find out some facts about these famous women in history, and then colour them in!

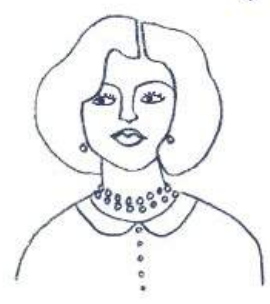
# STRONG GIRLS CLUB



Amelia Earhart



Elizabeth I



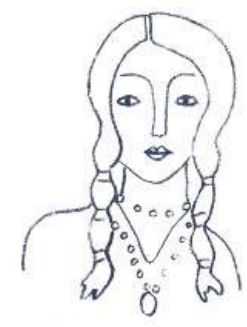
Michelle Obama



Katherine Johnson



Marie Curie



Sacagawea



Boudicca



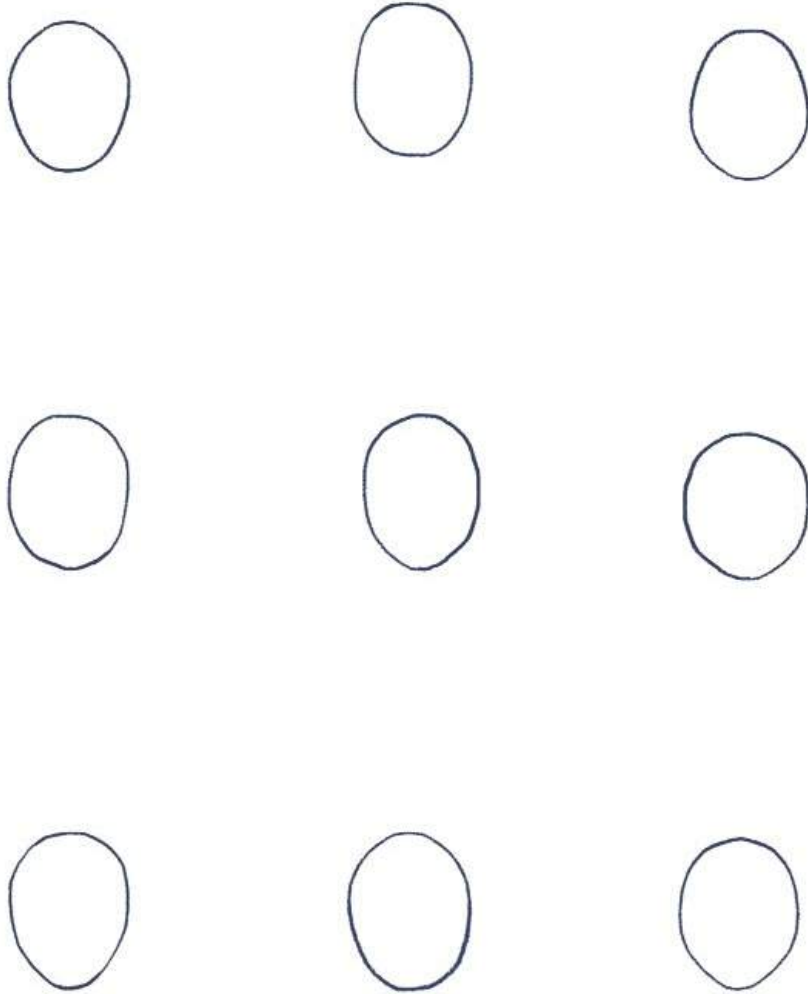
Aretha Franklin



Florence Nightingale

Now have a go at designing your own club! Think about family, friends and people you look up to. Don't forget to include yourself!

STRONG GIRLS CLUB

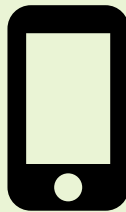
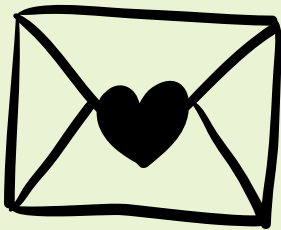


YOU ARE THE CLUB.

# I got one less, one less problem...

If you feel lonely or would like to talk to someone, you can write to Bright Futures and share your problem. We we will act as an agony aunt and reply with a solution. Remember to include your name, age, school and contact details so we can get back to you.

You can also send us a message on social media



*We may need to tell an adult if we're worried about you*



## Contact Us:

If you would like to get in touch please see our contact details below -

[www.brightfuturesne.co.uk](http://www.brightfuturesne.co.uk)

[brightfutures@live.co.uk](mailto:brightfutures@live.co.uk)

0191 455 1196



[bright\\_futures\\_1](https://www.instagram.com/bright_futures_1)



Bright Futures Young Women's Project



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