

BOYS CHANGE




INTRO

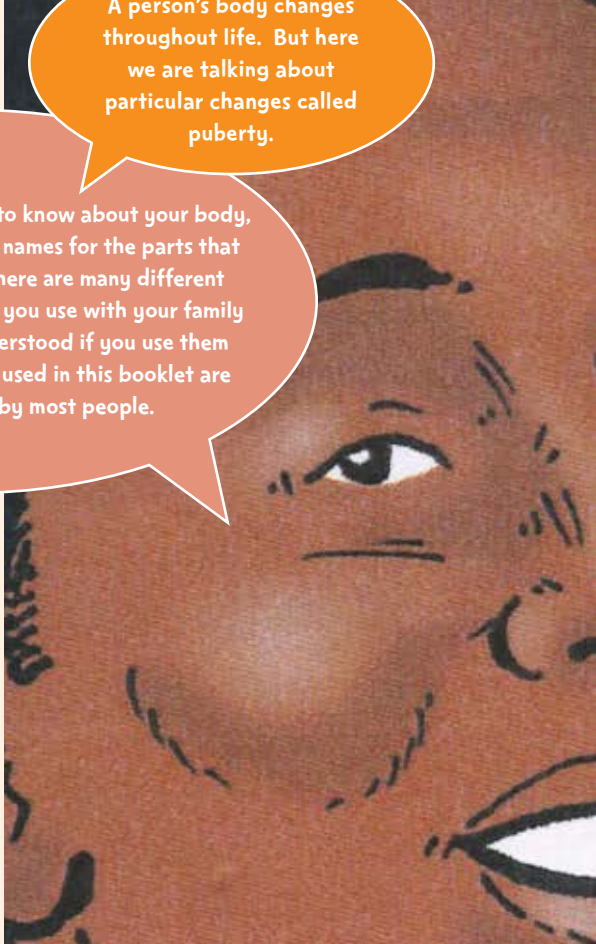
This booklet is intended to answer some of the questions you may have about growing up; what will happen to your body, and what feelings will you have, as you go through puberty?

Hopefully the information you read will be helpful to you. If there is anything which sounds confusing, or you don't understand, it may be helpful to discuss it with your parents, carer, friend or teacher. Remember, every adult you know has been through puberty themselves.

Understanding what is happening can really help the way you react to the changes. The important thing is to take things at your own pace and do what feels right for you.



A person's body changes throughout life. But here we are talking about particular changes called puberty.



A word about words. It's good to know about your body, and it's important to know the names for the parts that you are learning about. But there are many different words, and not all of the words you use with your family or friends will be liked or understood if you use them with other people. The words used in this booklet are generally understood by most people.




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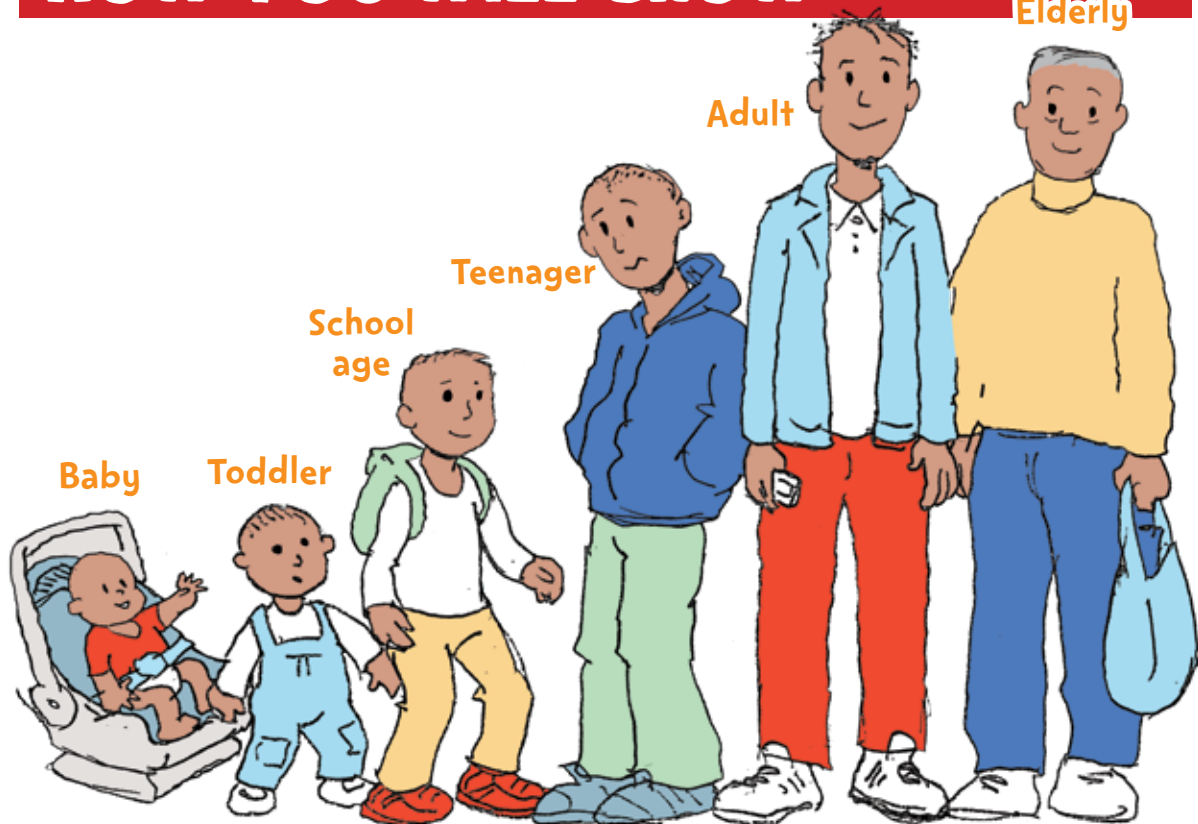


Puberty is the word used to describe all the changes that begin to happen when a child turns into an adult. The changes you go through are preparing your body for reproduction (having children). Your body changes and the way you look at the world will likely change as well. Puberty is a gradual thing and everyone goes through it.

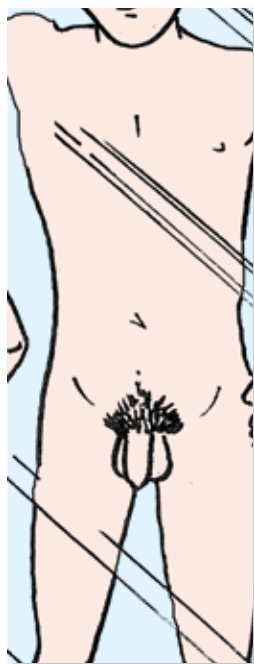
Sometimes when you're in the midst of changes during puberty, it might feel as if there is no one to talk to. But, although it can be difficult to believe, parents/carers often understand more than you think they do. Remember, they went through puberty too! If you don't want to talk to your parents/carers, you could try talking to a trusted relative, friend or teacher. Saying things out loud can be a good way of getting things clear in your mind.

HOW YOU WILL GROW

Elderly

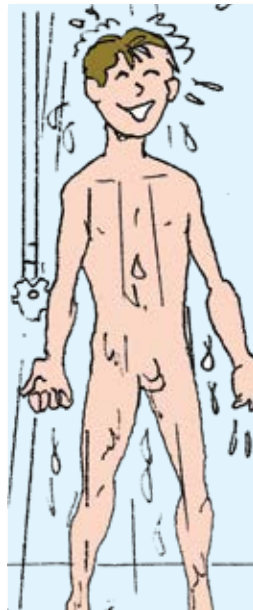


During puberty a boy's body starts to change shape. He grows taller and more muscular, his shoulders widen, and his genitals (penis and testicles) get bigger.



The reproductive organs inside a boy's body start to develop and millions of spermatozoa (or sperm for short) will begin to be produced.

The body starts to sweat more and the sweat is smellier, so teenage boys need to wash more frequently.

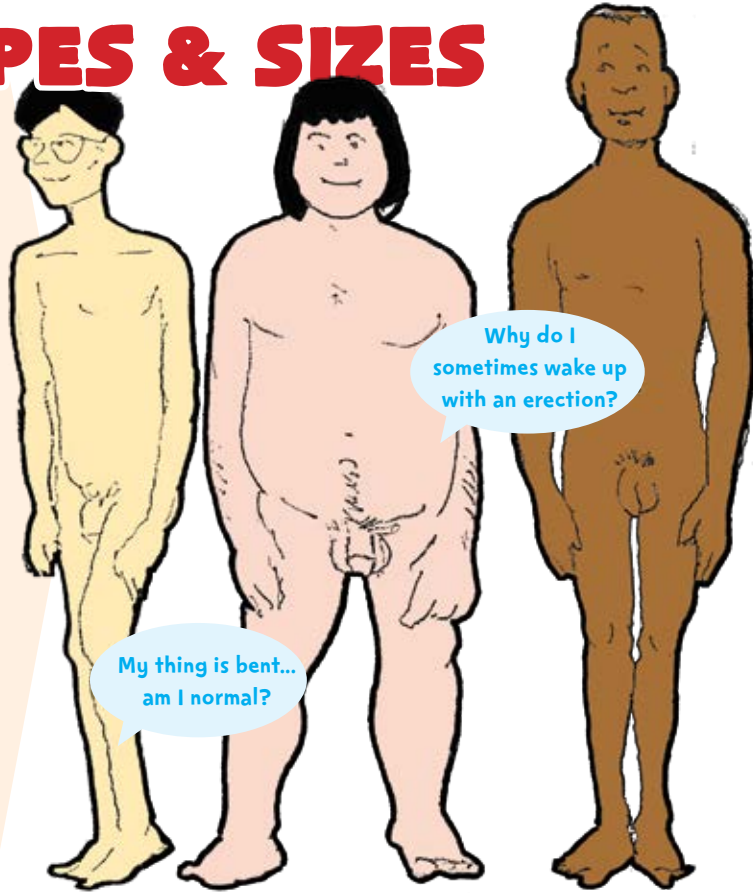


Hair grows on different parts of a boy's body, such as genitals, armpits, face and chest.

BODY SHAPES & SIZES

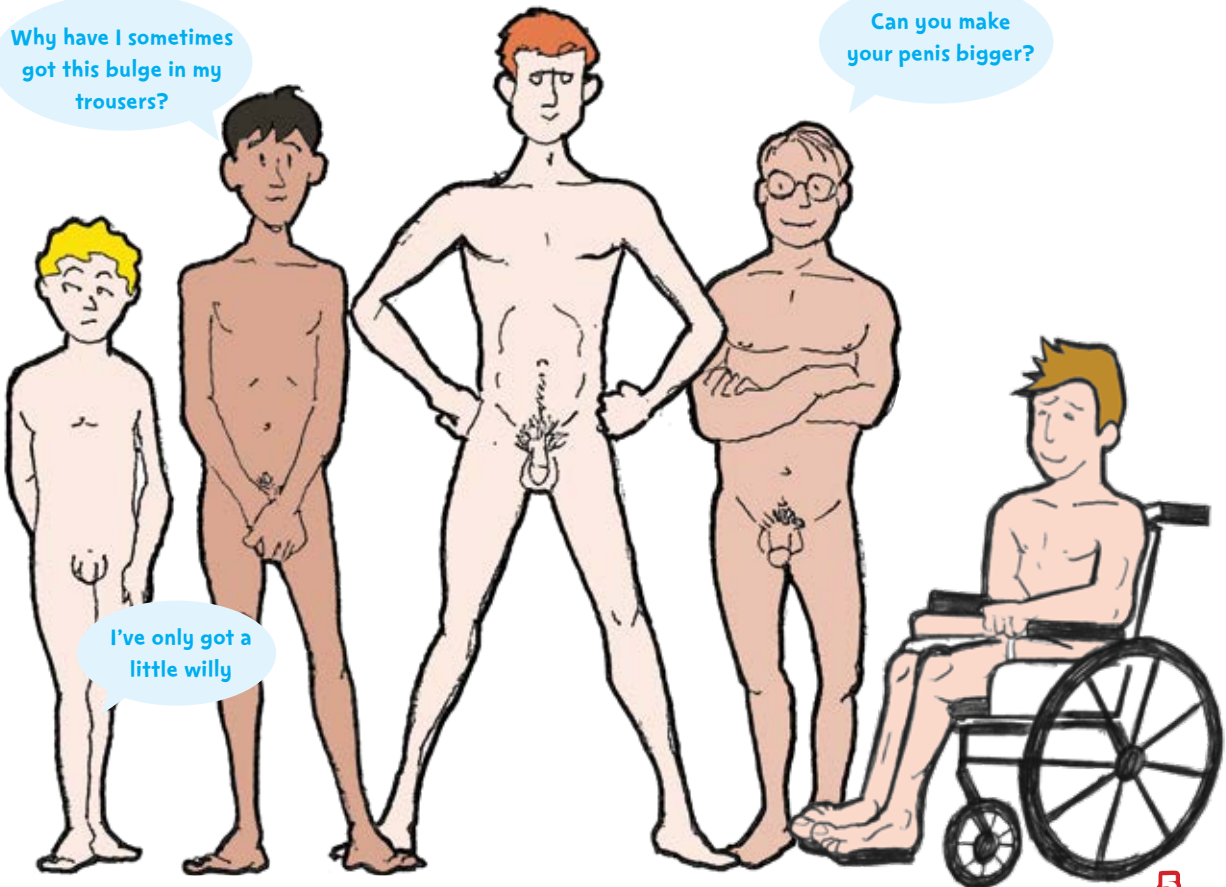
Puberty happens because your body begins to produce sex hormones. While your body adjusts to this, your voice may sound a little strange at times - this is normal and won't last long. As your body has a growth spurt, sometimes joints may feel painful. As new hormones whizz around your body, spots and blackheads may appear on your face, back and chest.

Puberty in boys usually starts later than in girls; it often begins around 13 or 14 but can happen any time from about the age of 9 onwards and carry on into late teens and even early twenties. It makes no difference when you start - it doesn't affect what you will be like as an adult. We all grow at different rates and it's perfectly normal. The changes that happen to your body will happen at a time when it's right for you. Whether you are an early developer or whether you mature slowly or quickly, body changes continue until you are fully developed.

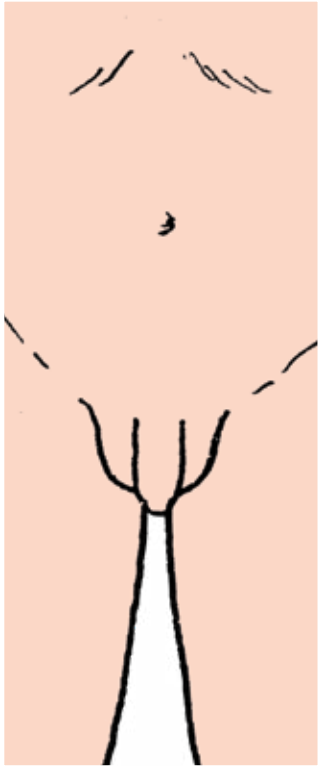


Why have I sometimes got this bulge in my trousers?

Can you make your penis bigger?



YOUR PENIS



Pubic hair

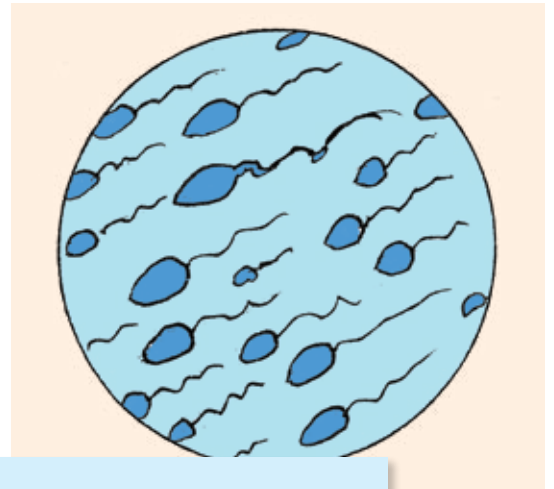
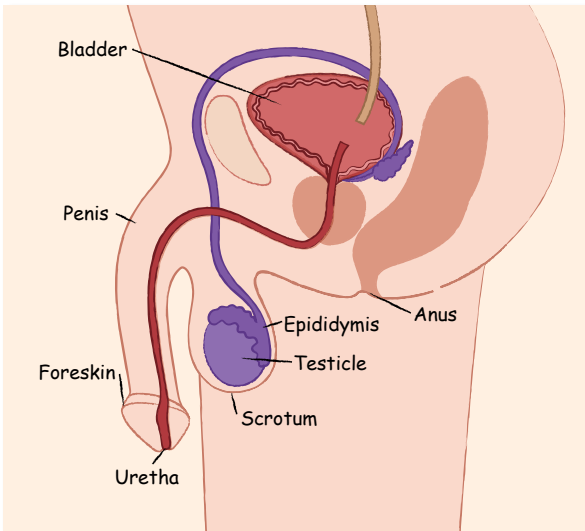
Penis

Opening

Scrotum

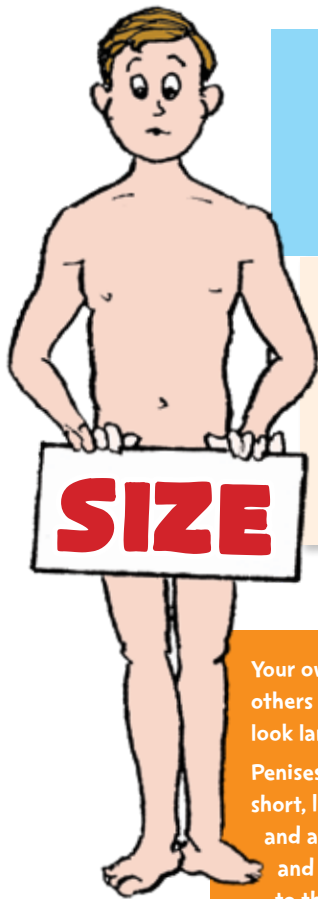
The penis has two main parts, a head (or glans) and a shaft. The head of the penis – particularly the rim – is much more sensitive than the shaft.

A penis is used for two jobs, urinating and sex. When your penis is erect you can't pee easily because a muscle closes the bladder off. It usually curves upwards slightly, and may point to one side. Erections (sometimes called hard-ons, boners or stiffies) occur in males of all ages, including babies and old men.

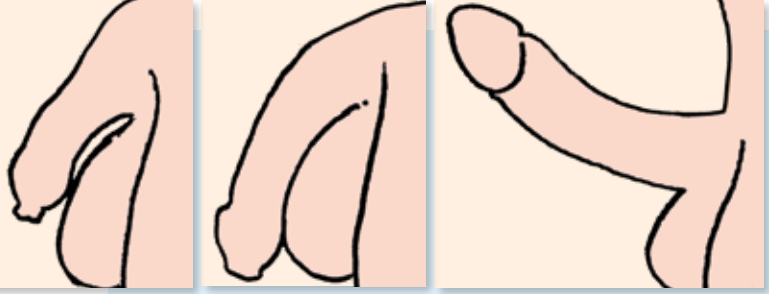


SCROTUM

Testicles or balls hang in a soft bag of skin called the scrotum. The scrotum hangs outside the body because sperm need to be kept cooler than your internal body temperature of 37° celsius to be able to fertilise an egg. Sperm can be badly damaged or killed by heat. Testosterone is produced in the testicles.



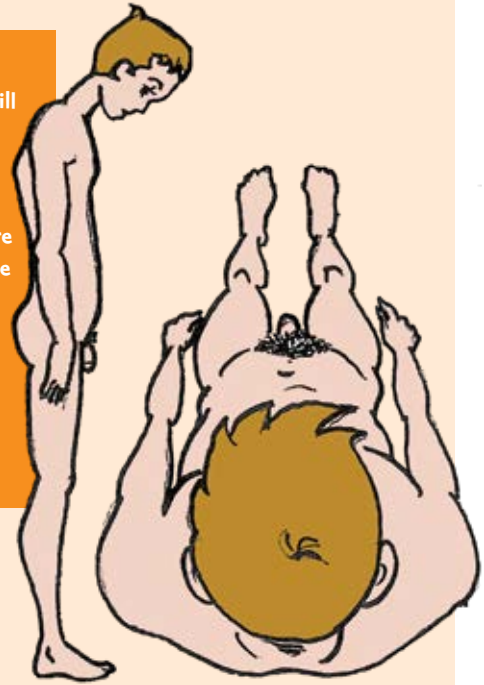
Many young men think their penis is smaller than anyone else's. This is unlikely. Adult penis sizes do vary, but not as much as you might think. The soft penis usually shrinks when it is cold or when the man is anxious. As a rough rule, the larger a penis is when soft, the less it grows when it is hard. If it is small when soft, it will probably grow more when hard.



Your own penis will look smaller to you than to others because you are looking down at it. It will look larger in a full-length mirror.

Penises can vary greatly in size; they can be short, long, slim, thick, curved or quite straight and any variable in between! Even temperature and how you're feeling can make a difference to the size. People develop at different ages and, for most, the penis will reach its full size by the age of 18.

When penises are erect they are very similar in size for all men. Nothing will make a penis any larger or smaller.



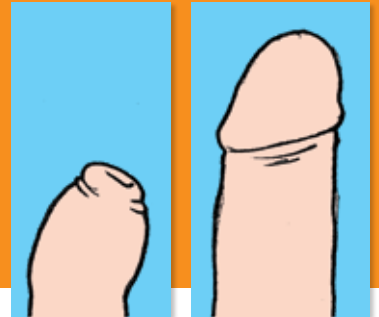
WHAT IS AN ERECTION?

An erection is a hardening of the penis that occurs when sponge-like tissue inside the penis fills up with blood. Usually, an erection causes the penis to enlarge and stand away from the body.



FORESKIN

The foreskin is a sleeve of skin that surrounds the head of the penis. When you get an erection, the foreskin stretches. The head of the penis is then completely exposed.



WET DREAMS

When ejaculation happens at night, during sleep, it is called a wet dream. Wet dreams are completely natural. Not everyone notices that they have them. It may be embarrassing to mess the sheets, but it's completely normal.

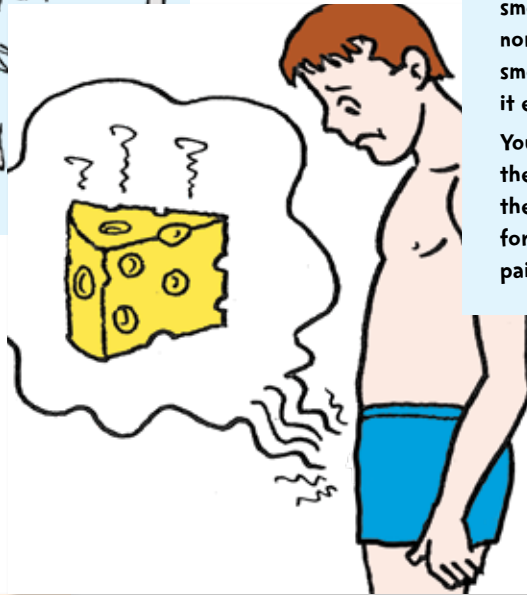
KEEPING CLEAN AND HEALTHY

It is important to wash yourself every day. Remember to wash under your arms and around your genitals.



If you don't wash under the foreskin, a yellowish-white creamy substance called smegma builds up. This is normal, but if you don't want to smell like a mouldy cheese, wash it every day.

You should be able to pull the foreskin back to expose the head of the penis. A tight foreskin can make erections painful.



You may want to use an anti-perspirant deodorant to stay fresh



Change your underwear and socks every day



Clean your teeth at least twice a day

Hair will develop on your face and you may want to begin shaving as part of your hygiene routine



TIGHT FORESKIN

If you have a tight foreskin, you could try to ease it back.

While you are soaking in the bath, gently pull the foreskin away from you.



Pull it back and hold it in a stretched position, briefly.



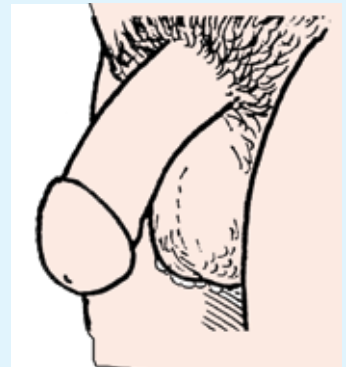
This may gradually stretch the foreskin. If there seems to be a problem, talk to your doctor.

CIRCUMCISION

Circumcision is the complete removal of the foreskin. Some men in the world today are circumcised, usually for religious or health reasons. For example, most Jewish and Muslim boys are circumcised in childhood. It makes no difference to a man's ability to urinate or ejaculate (cum or come).



Un-circumcised



Circumcised

MASTURBATION

Most boys and men rub themselves to get an erection and to have an orgasm (cum or come). Masturbation (sometimes called wanking or jerking off) can start at any age, though it can't lead to ejaculation until sexual development has taken place.

It's completely harmless, no matter how you do it, or how often. Several times a day is not unusual, nor is less often. It helps you to know your body better, and what you like and don't like. But you don't have to do it.

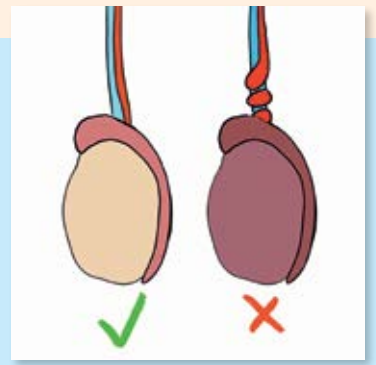
Masturbation is a private activity so it is important to do it in a private and safe place, such as your bedroom.

EJACULATION

is when a small amount of semen is squirted out of the erect penis. When a man ejaculates (sometimes described as comes or cums), he squirts out, on average, a teaspoonful of semen containing millions of sperm. Sperm can only be seen under a microscope.

WHAT IS TESTICULAR TORSION?

Torsion is a medical term meaning 'twist'. Testicular torsion occurs when the cord (called the 'spermatic cord') which carries blood to the testicle becomes twisted. The twisting cuts off the blood supply to the testicle which causes pain and swelling. Testicular torsion is therefore a condition which needs emergency treatment.



Symptoms of Testicular torsion – SAVE

Testicular torsion symptoms can include one or more of these symptoms:



What should I do if I have any of these symptoms?

If you feel pain, don't panic! It may not be torsion, but to be safe, read below and take the appropriate course of action...

If you have testicular pain and any of the other symptoms and the pain is severe

Tell a responsible adult



If however the pain in your testicle is not that severe

Tell a responsible adult

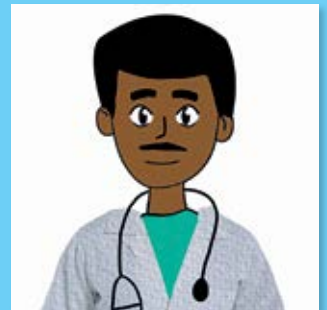


Take a note of the time

If the pain is still continuing 1 hour later, visit a hospital A&E department immediately

If the pain goes away within the hour and was severe or worrying

Make an appointment to see your family doctor



This video explains what testicular torsion is, what the symptoms are and when you should seek emergency help

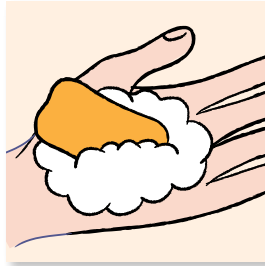
- Testicular Torsion www.testicularhealth.info

CHECKING YOUR BALLS!

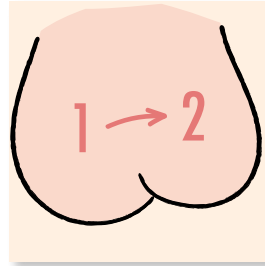
A common cancer for men aged 15 to 45 is cancer of the balls (testicles). It is good practice to check your balls at least once a month for lumps or swellings. Cancer of the balls is easier to treat if you find it early.



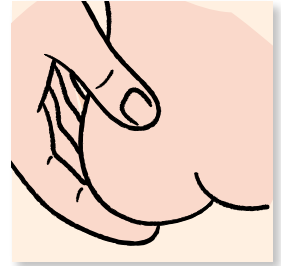
Perform your check in the shower



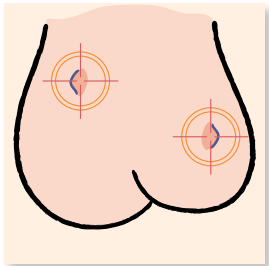
Soap yourself up



Check one testicle at a time



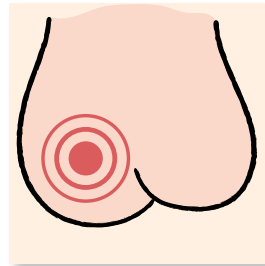
Gently roll it between the fingers



Look for hard lumps, smooth or rounded bumps



Look for changes in size or shape



Feel for any painful areas

Testicularcanceruk.com/how-to-check-testicles

BREAST CANCER IN MEN

Breast cancer is often thought of as something that only affects women, but men can get it in rare cases. It grows in the small amount of breast tissue men have behind their nipples.

It usually happens in men over 60, but can very occasionally affect younger men.

The symptoms of breast cancer in men include:

- a lump in the breast – this is usually hard, painless and does not move around within the breast
- the nipple turning inwards
- fluid oozing from the nipple (nipple discharge), which may be streaked with blood
- a sore or rash around the nipple that does not go away
- the nipple or surrounding skin becoming hard, red or swollen
- small bumps in the armpit (swollen glands)

If you have any of these symptoms or are worried about breast cancer, speak to a trusted adult or make a doctor's appointment.

It's very unlikely you have cancer, but it's best to get your symptoms checked.

CHOICES & RESPONSIBILITIES

Sometimes it might seem like sex is everywhere and everyone's doing it... you hear sex talked about on TV and social media, in songs and conversations. You see magazines and advertisements showing sexy people. You hear jokes about sex, or people calling out horrible things.

Fancying people is part of growing up. You may get exciting feelings when you think about them – and may imagine yourself kissing or being close to them. These are called sexual feelings.

Sometimes you fancy people you know. Sometimes you fancy someone famous. They may be the opposite sex to you or the same sex.

But you can be good friends with lots of people without fancying them. Sometimes you may not fancy anyone at all.

Everyone is curious about the world when growing up and it's natural to want to try things out. One day, when you are grown up, you will probably want to have sex but this should be when you and your partner are both ready.

Putting pressure on someone to have sex could ruin what could have been a great relationship. And you don't have to have sex with everyone you go out with.

When people talk about having sex, they are often talking about sexual intercourse – when a man's penis enters the woman's vagina. This can lead to the woman becoming pregnant. It only takes one sperm to fertilise a woman's egg and create a baby. And a girl can get pregnant even before her first period.

It's against the law for anyone to have sex with someone who is under 16, but of course many people wait until they are older. Young people who've had sex early often wish they'd waited. If you have any doubts, or think that you will regret it, then wait.

Being grown-up about sex is treating yourself and other people with respect, and not being afraid to ask for help if you need it or if you don't understand something. Sometimes you'll hear things about sex that you're really not sure about. So you need to check out these things, and asking friends your own age isn't always the best way. It's great if you can talk to a parent or your carer, but sometimes you can't. Other family members may be really helpful – older brothers or sisters, uncles, aunts or grandparents. There are other people too, such as a teacher or an older friend you trust.

Growing up and sex are normal everyday parts of life that happen to everyone.

WHO CAN HELP YOU?

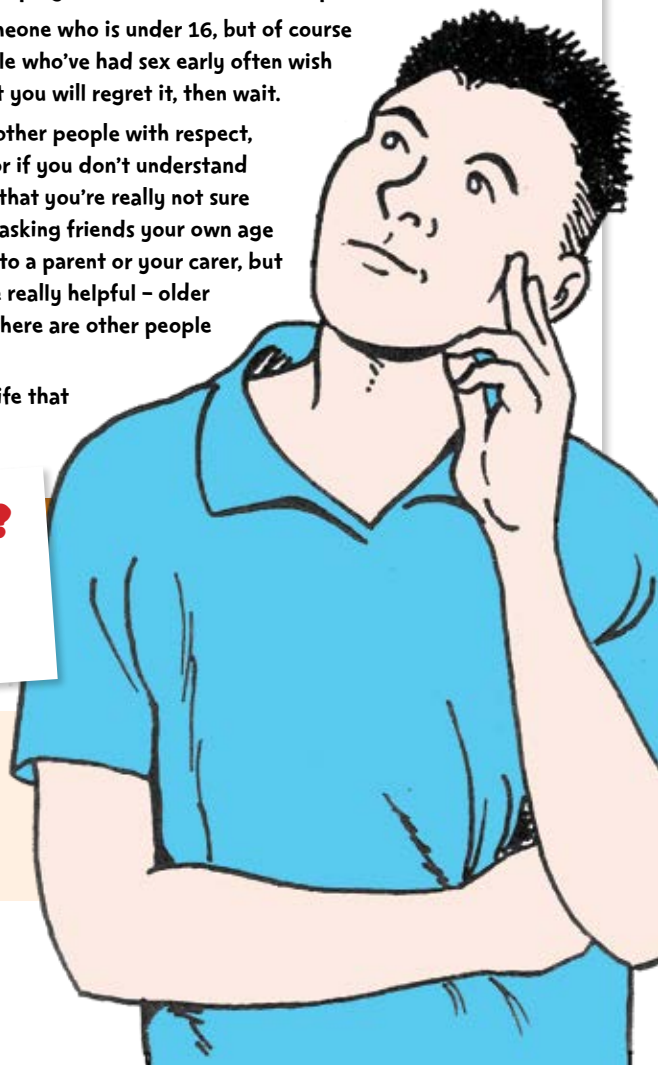
Parents or carers

School nurse

Trusted adult

Teacher

Childline – [Childline.org.uk](https://www.childline.org.uk), 0800 1111, they also have puberty message boards where you can ask questions <https://www.childline.org.uk/get-support/message-boards/>



PROBLEM PAGE

With all these worries and concerns, the best advice is to talk to someone you trust.

Q. What is an S.T.I.?

A. There are many types of Sexually Transmitted Infections (STI) including Chlamydia, Gonorrhoea and HIV (the virus that leads to AIDS). Anyone who has sex can have a sexually transmitted infection – it isn't true that only people who are dirty or sleep around get infections.

Q. Why have some of my friends got girlfriends or boyfriends and I haven't?

A. Lots of people feel this way – there is no rush! Try and talk to your friends or someone you can trust about this. Don't try too hard – just be yourself.

Q. One ball hangs down lower than the other – am I weird?

A. This is normal – often the left one hangs down lower than the other. This is so they do not bash into each other when you run.

Q. I noticed when I was changing for swimming lessons that my friend's penis was different at the end. Is there something wrong with me?

A. Some boys have their foreskin removed for medical or cultural reasons (they have been circumcised - see page 9). This does not affect the use of the penis in any way. All boys' penises are different sizes. They can even be affected by temperature and shrink in the cold! Size does not matter and if yours is working well it's not something you need to worry about.

Q. I have noticed that I am attracted to both boys and girls. Is this normal?

A. Someone who is attracted to, or has romantic feelings for, both a boy and a girl is called bisexual. There are many different sexualities, and these feelings may change too! This is ok, and do not feel that you need to change or make a decision as to being gay or straight. You may find talking about these feelings with a trusted adult or friend will help you.

Q. Masturbation – Is it bad for me?

A. Most boys and men rub themselves to get an erection and to have an orgasm (cum or come). Masturbation (sometimes called wanking or jerking off) can start at any age, though it can't lead to ejaculation until sexual development has taken place.

It's completely harmless, no matter how you do it, or how often. It won't make you go blind or mad, and you won't get hairs on the palms of your hand; these are stories you sometimes hear! Several times a day is not unusual, nor is less often. It helps you to know your body better, and what you like and don't like. But you don't have to do it... there is no right or wrong!

Q. I am not happy with my body; I think I am too fat. Although my family tell me I am fine, some people at school think I should try to stay really slim. Help! I don't know what to eat.

A. As we have said before, puberty is a special time when your body is doing a lot of growing and changing. It is not a good idea to deprive it of food at this time as you are likely to make yourself unwell. Unfortunately lots of images in magazines and on television show attractive people as only being thin. **THIS IS ABSOLUTELY NOT TRUE!** What makes a person attractive is the way they treat others. Kindness is attractive, so is consideration. We are designed to be all different shapes and sizes. You are fine as you are - celebrate YOU!

Q. I am feeling unsure about how my body is changing...

A. You are not alone! For some people, body changes which take place during puberty can feel strange or difficult, particularly as your body begins to feel and look different. If you are struggling with these challenges, find someone to talk this through with. Your thoughts and feelings matter and talking with someone may help you understand why you feel this way. If you don't feel you can talk to your family, friends or teacher about this, there are some helpful websites that have chat forums and message boards which are confidential and are a good way to anonymously get support and answers to any queries you may have. For more information, see the websites page in this booklet.

ONLINE SAFETY

It's very important to be careful about what you're sharing online. Everything you post contributes to your 'digital footprint'. This means even things you think you're just sharing privately with your friend could potentially be seen by anyone, like other pupils at your school or complete strangers.

Before you post or share your next photo or video, ask yourself:

What do I look like?

If you didn't know you, what would you think about the photo or video? What would you think about the person who posted it?

Things we might share with friends as a joke can look very different to someone else, and that might be someone you're trying to impress.

Is this permanent?

When you share something online, you can lose control of it. Even if you delete a photo or take down a post, you can't be sure it hasn't already been copied.

Think about how many people you're sharing with and whether they will take care of what you share. It's easy for other people to copy what you post online, change it and share it without you knowing.

Am I giving away too much?

The more you share, the more people can learn about you. Could they use your post against you?

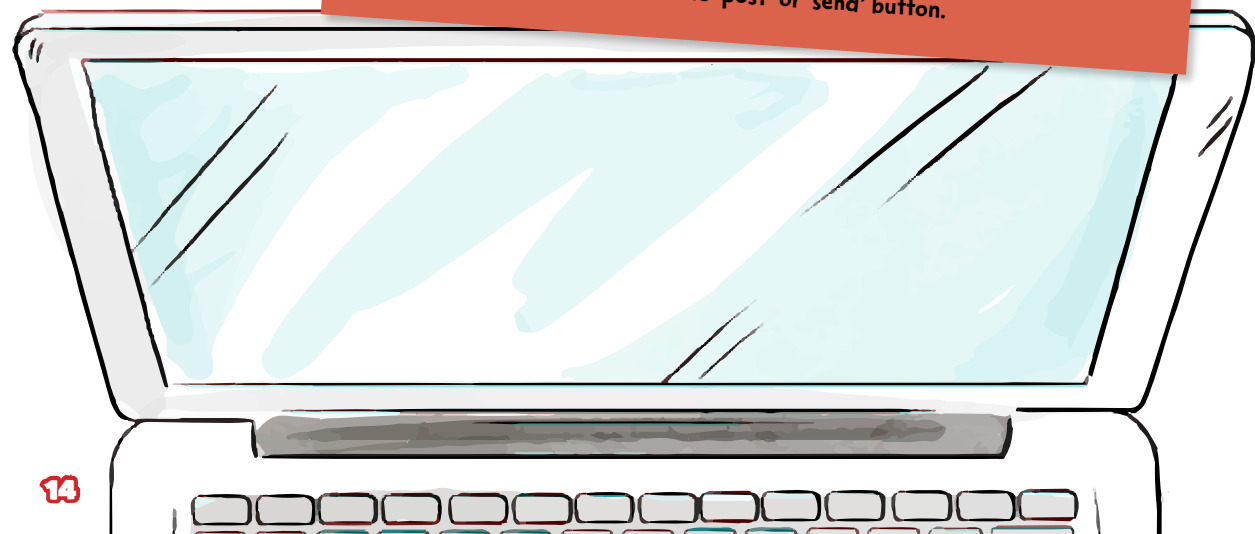
If someone saw your content, would it hurt their feelings? Would you want other people you didn't know to see it? What if your family saw it?

Could someone find out where you live? Or your routine?

Would I like this shared about me?

It's important to think about the impact on others of what you post online. Do you have your friend's permission to share the picture you took of them from the weekend?

Ask yourself: Would you be happy to see your latest update plastered on a huge sign or on a shop window noticeboard for all your family, neighbours, sports club friends and school mates to see? If not, it's probably worth thinking twice before you click the 'post' or 'send' button.



HOW YOU FEEL ABOUT YOURSELF...

Am I normal?

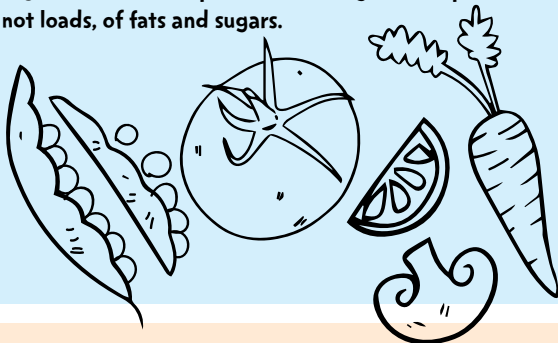
It's just human nature to compare ourselves with others. However, we are all different and unique and it's important to try not to compare yourself to others; you are you!

So, what is normal during puberty? Well, we all develop at different rates and at different times. The time your voice breaks, you start your period, your pubic hair grows, and how quickly you grow taller will vary from person to person. The important thing to remember is that everyone will get there in the end – and it's not a race!

Looking after your body during puberty

Eating a healthy balanced diet and being active are important at every stage of life, including puberty. Don't worry if you're not the sporty type – there are lots of different ways to stay active without being part of a sports team or gym, such as walking or cycling alone or with friends, swimming or dancing. Find the type of physical activity that you enjoy and you'll find that staying active is easy!

As your body is growing, you may be hungrier often, but a balanced diet is still important: lots of fruit & veg and carbs together with some protein and dairy foods – plus some, but not loads, of fats and sugars.



Puberty shopping list

What sort of things might you want to add to a shopping list which you will find useful during puberty?

Soap / shower gel / shampoo – puberty is a time when your body may start producing lots more sweat, especially after being physically active, so you may want to have a wash or jump in the shower or bath a bit more often than you did before. Washing under the armpits and around the genitals is especially important.

Deodorant / antiperspirant – these help to deal with body odour. Deodorants, as the name suggests, 'deodorise' which means that they help to protect against smelly sweat, whereas antiperspirants help to reduce sweat as well as deal with the odour. It's up to you which you use. Experiment to find out what's best for you.

More underwear – you should wear a fresh pair of pants and socks every day. However, if you are doing lots of sweaty exercise then you may also wish to have fresh underwear to put on after a wash or shower.

Shaver / mirror – when facial or body hair starts appearing you may want to consider shaving. Some people prefer to 'wet shave' whereas others prefer to use an electric shaver or other hair removal products. It might be a good idea to ask someone older than you (that you trust) to help when you first start shaving just to make sure that you're doing it properly.

How do you feel?

We can't help how we feel; emotions are a part of what makes us human. During puberty, boys' brains send a signal to the testes to tell them to begin making testosterone and sperm. Girls' brains send a signal to produce the hormones oestrogen and progesterone to trigger egg release and uterus lining within the menstrual cycle. Testosterone, oestrogen and progesterone are responsible for most of the changes that happen in our bodies during puberty. They can also affect our moods making us feel, for example, more frustrated, annoyed or angry. Sometimes it can feel like you're on a bit of a rollercoaster with your emotions. But don't worry, in time everything will settle down and the rollercoaster ride will end!



Positive body image

Body image is the way you think and feel about your body and looks. How you feel about your body affects how you feel about yourself. Many people feel unhappy with some part of their looks. But if you get too focused on what you don't like, it can bring down your self-esteem.

Movies, reality TV stars and social media can portray a certain perfect body image that males and females should have. It is important to remember that these images you see in social media are not the "norm". Many images are often enhanced and adapted using airbrushing and other filters.

You don't need a perfect body to have a good body image. You just need to accept the body you have. Focus more on what you like than what you don't. Take good care of your body. Doing these things will help you feel good about your body. And about yourself.

Can puberty affect body image?

Your body changes a lot during puberty. How you feel about your body might change too. It can take time to feel at ease in a body you're not used to.

And not everyone goes through puberty at the same time. It can feel awkward if you're the first one whose voice is changing or whose period is starting. It can be tough if you're one of the last to change too. But as you get used to it, you can feel good about your more mature body.

How can I have a better body image?

Want to feel better about your body? Here are some ideas:

- **Find things to like about your looks.** Focus on what you do like more than what you don't.
- **Focus on what your body can do.** Can you walk, swim, ride a bike, dance, draw, paint, play a musical instrument? Your body is more than it looks.
- **Be active every day.** Your body needs to move to be healthy and fit. Have fun. Let yourself feel glad about what your body can do. A good workout boosts your mood too.
- **Treat your body right.** To feel good about your body, take care of it. Don't smoke or do other things you know are harmful. Eat good foods. Get enough sleep. Keep your body clean.
- **Be yourself.** Your body is just one part of who you are. Focus on the qualities you have. Are you honest, kind, a good friend? Good at science, or writing? Animal lover? A reader, artist, musician? There's lots that's good about you - celebrate these!
- **Do things to help.** Use your body's strength, skill, or energy to help others. Did you know your body image can get a boost when you (gladly) do a chore that helps out? So, help your little sister with her homework, mow the lawn for a neighbour, or clean up the dishes. It feels good to help.



HEALTHY AND UNHEALTHY FRIENDSHIPS

With your body going through all these changes it is good to have support from caring friends. So it is important to make sure your friendships are healthy. Think about what makes a 'healthy friendship'.

Tick the boxes for the criteria that you think makes a healthy relationship.

- Someone who can keep a secret if I ask them to
- Someone who says we must always agree on everything if we are friends
- Someone who always sticks up for me
- Someone who tells me the truth
- Someone who laughs at my mum's car
- Someone who always has the coolest new phone
- Someone who can tell if I am worried about something
- Someone who makes me do dares even when I say I would rather not
- Someone who says sorry
- Someone who won't tell on me
- Someone who always looks good
- Someone who talks to me on some days, but not on others
- Someone who shares any treats they have with me
- Someone who always spends time with me, even when they have a new boyfriend/girlfriend/partner
- Someone who makes me laugh

If you feel you have an unhealthy relationship with a friend or family member, speak to a trusted adult or friend about these feelings.

HEALTHY SELFIES

Selfies have become so common that you might not think twice before snapping and sharing your photos. Unfortunately, not all selfies are healthy and you need to know the difference between an innocent photo and a potentially dangerous situation.

Think Location, Location, Location

You should be careful not to reveal any private information, especially regarding location. Many social media platforms and apps have GPS features that tag photos with the sender's location. Avoid these apps altogether or, at a minimum, disable any GPS capabilities. Check your photos for other details that may reveal your location such as street signs and landmarks.

Zoom in On Reputation

Posting something online is like writing with a Sharpie—it's permanent. Selfies, of course, are no exception. The best selfies to post are those that express contentment and self-confidence.

It is never ok to send a revealing picture to anyone, even if it supposed to be kept private. Even Snapchats, which disappear within seconds, can be captured with a screen shot and shared with the whole world in an instant.

Everything is not as it appears

With a vast range of filters available on social media, remember that most photos and selfies you will see are not true to life. Filters can allow you to get rid of spots, get bigger lips and boobs, brighten your eyes, and many other things. Do not feel pressurised to try and look a certain way, as most images you see will have been altered. Everyone is unique and this should be embraced!

Dove clip on selfies -

<http://youtu.be/z2T-Rh838GA>

Online Friendships

It is very common now for us to have friends who we communicate with online via chat services, social media and online gaming. This is great as it can feel like we can contact our friends any time we need to talk, and it can help us to feel close to our friends. However, it is also very important to take care when making friends or chatting with friends online.

Remember, if someone asks you to do something online that makes you feel uncomfortable, don't do it, and tell a trusted adult.

Where to get more information?

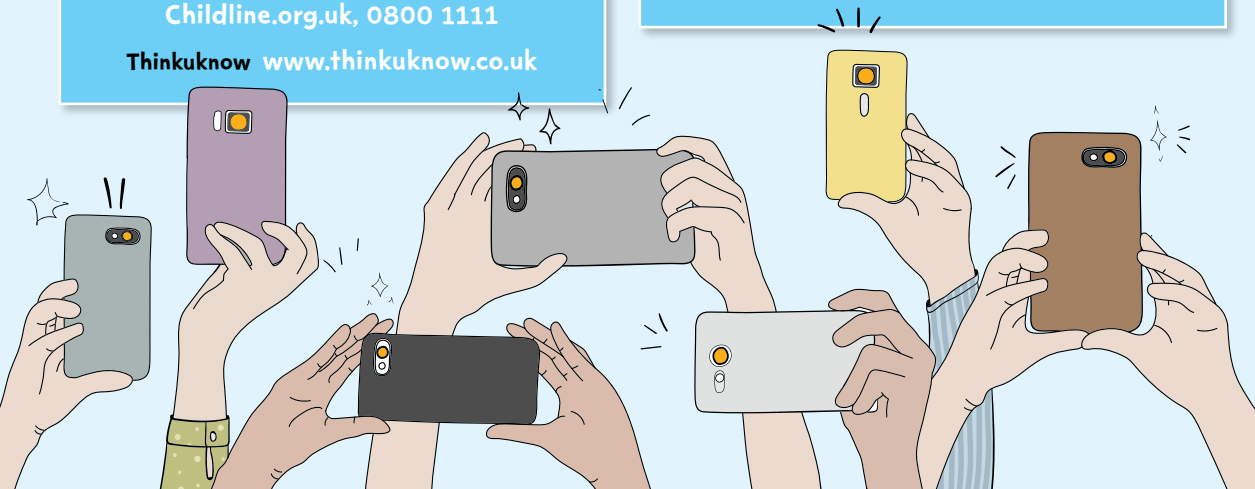
Childline - Staying Safe Online

Childline.org.uk, 0800 1111

Thinkuknow www.thinkuknow.co.uk

While social media can be a good way to stay in touch with our friends, it can also be unsafe. When people are online, they can hide who they really are. They might send you a photo or video they say is of themselves when it isn't actually them. So it's important to be really careful and not trust people online if you can't be sure who they are.

Never give out personal information (such as your full name, address or date of birth).



HELPFUL WEBSITES

General Puberty

Puberty information for girls - Always website -

<https://www.always.co.uk/en-gb/tips-and-advice-for-girls-and-parents/my-body/>

Puberty for girls - <https://bcove.video/2xGCIMT>

Puberty for boys - <https://bcove.video/2DLKlwb>

<https://www.childline.org.uk/info-advice/you-your-body/puberty/>

<https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-boys/>

Boys change too - <https://www.youtube.com/watch?v=nJtt7kOaiAA>

Testicles

Video on how to check your testicles

- <https://www.testicularcanceruk.com/how-to-check-testicles>

Periods

Always website has a free period calculator -

<https://www.always.co.uk/en-gb/period-calculator/>

Body form Period Tracker - <https://www.bodyform.co.uk/period-tracker/>

There are also a range of Period Tracker Apps that you can use.

<https://play.google.com/store/apps/details?id=com.period.tracker.lite&hl=en&gl=US>

Period information Always website -

<https://www.always.co.uk/en-gb/tips-and-advice-for-girls-and-parents/my-period/>

Breasts and Bras

This website has a video that demonstrates how to check your breasts, pecs or chest.

It also has a reminder tool to help you to remember to check your chest regularly:

<https://coppafeel.org/your-boobs/boob-check-101/>

Bra fitting guide

<https://www.bravissimo.com/bra-fitting-guide/>

<https://www.belle-lingerie.co.uk/guides/bra-fitting-guide>

<https://www.marksandspencer.com/c/lingerie/be-inspired/bra-fitting-tool#>

<https://www.littlewomen.com/pages/measuring-guide>

<https://www.littlewomen.com/pages/identifying-your-breast-shape>

Other helpful sites

Confidential help from a local healthcare professional - <https://chathealth.nhs.uk/>

Advice and support for your emotional wellbeing - <https://www.onyourmindglos.nhs.uk/>

Online safety - <https://www.thinkuknow.co.uk/>

