



## CHAT HEALTH IN STAFFORDSHIRE AND STOKE

Use the link below to the youtube clip that explains more. Another way of getting advice.

<https://www.youtube.com/watch?v=FSIpOCVFKdU>



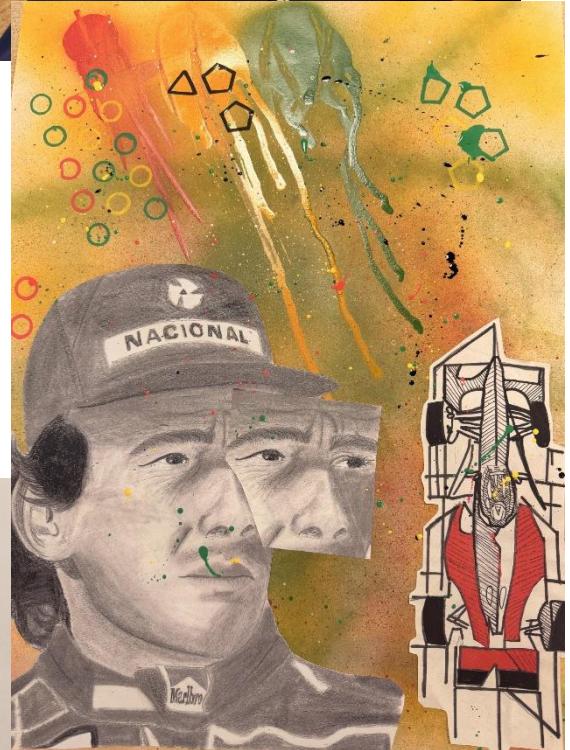
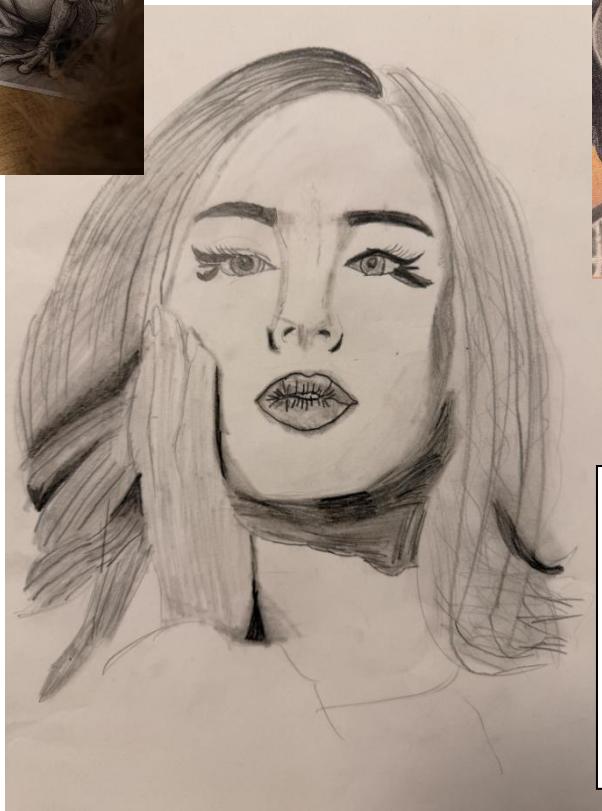
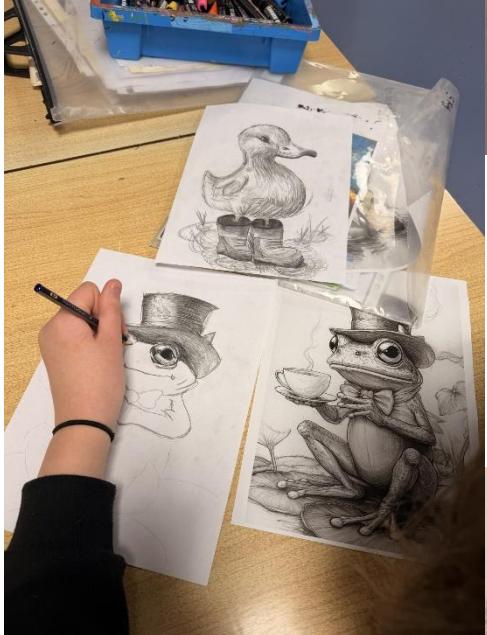
Students have been learning about how to get appropriate health care advice in PSHE.

NHS online, school nurse, chemist/pharmacy, GP/doctor's surgery or in an emergency, Accident and Emergency.

- A&E and Urgent Care: Treatment at Accident and Emergency departments, walk-in centres, or minor injury units is free.
- GP Consultations: Registering with a General Practitioner and seeing a doctor or nurse is free for all.
- Sexual & Public Health: Testing and treatment for STIs, HIV, and most infectious diseases are free.
- Family Planning: Contraceptive services and advice are free (this does not include infertility treatment).

If anyone needs information or wants to be signposted for support, please contact the school.

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More beautiful artwork from our talented students at Kettlebrook – remember Art Club on Thursdays from 2.00pm – 3.00pm.

She's not perfect—you aren't either, and the two of you may never be perfect together but if she can make you laugh, cause you to think twice, and admit to being human and making mistakes, hold onto her and give her the most you can. She may not be thinking about you every second of the day, but she will give you a part of her that she knows you can break—her heart. So don't hurt her, don't change her, don't analyse and don't expect more than she can give. Smile when she makes you happy, let her know when she makes you mad, and miss her when she's not there."

**Bob Marley**



## The Legend of St Valentine

Valentines Day is named after Saint Valentine, a 3rd-century Roman priest who was martyred (executed) during the reign of Emperor Claudius II.

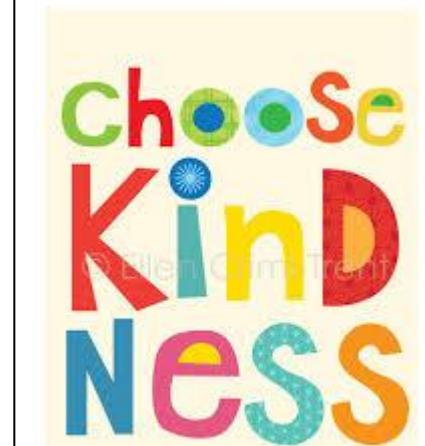
**Secret Marriages:** The Emperor had banned marriage for young men, believing single men made better soldiers. Valentine defied this law and performed secret Christian weddings for people in love.

**The First "Valentine":** While in prison, legend says he healed his jailer's blind daughter. Before his execution on 14 February, he reportedly sent her a farewell note signed "From your Valentine".

If you love someone – tell them – the rest of us don't need to know! Love doesn't have to be all over your socials!

Valentine's Day isn't just for romantic love. It is a time to appreciate and love your nan, your mum, your dad, your brothers and sisters and friends too.

Love is love – avoid judging the love of others – let people be.



## What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

**WHAT ARE THE RISKS?**

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

**EASE OF ACCESS**

The relatively lax age verification process of many dating apps makes them incredibly accessible to children who really shouldn't be using them. This carries the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.

**CONTACT AND CONDUCT RISKS**

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DM's' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.

**SCAMS AND SEXUAL EXPLOITATION**

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).

**UNVERIFIED ACCOUNTS**

As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A TikTok trend has advised young people to set their age limit to 80 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.

**PEER PRESSURE**

The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.

**SKewed PERSPECTIVES**

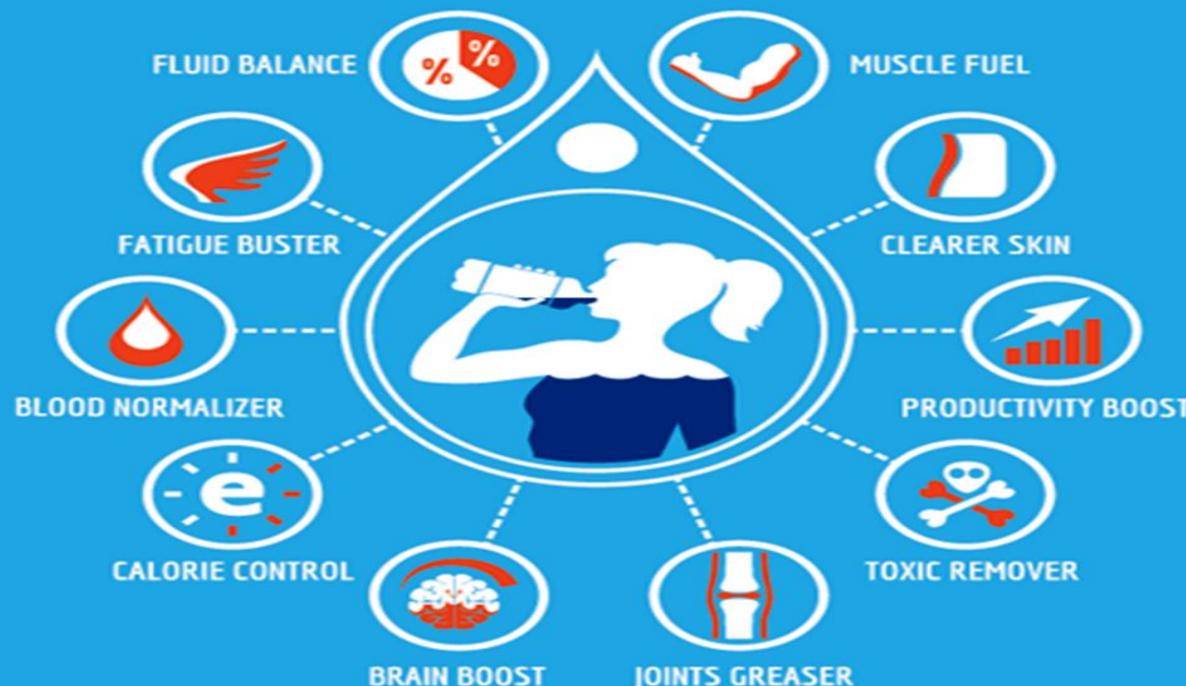
Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, all you see on these apps are pictures (with no insight into someone's personality), and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.

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## Mr. Hall's Health & Fitness

### BENEFITS OF STAYING HYDRATED



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