

SHELTER

Shelter provides free, professional and independent advice to anyone with a housing problem.

Shelterline:..... **0800 800 4444**

Mon - Fri (8am - 8pm), Weekends (8am - 5pm), 365 days a year

Website:..... **www.shelter.org.uk**

PRINCES TRUST

Provides courses and grants to young people aged 13 to 30 who struggle at school, are unemployed, have been in trouble with the law or are in care-free, professional and independent advice to anyone with a housing problem.

Tel:..... **0800 842 284**

Text 'call me to' **07983 385 418**

They will return your call within 24 hours

Website:..... **www.princes-trust.org.uk**



YOUNGMINDS

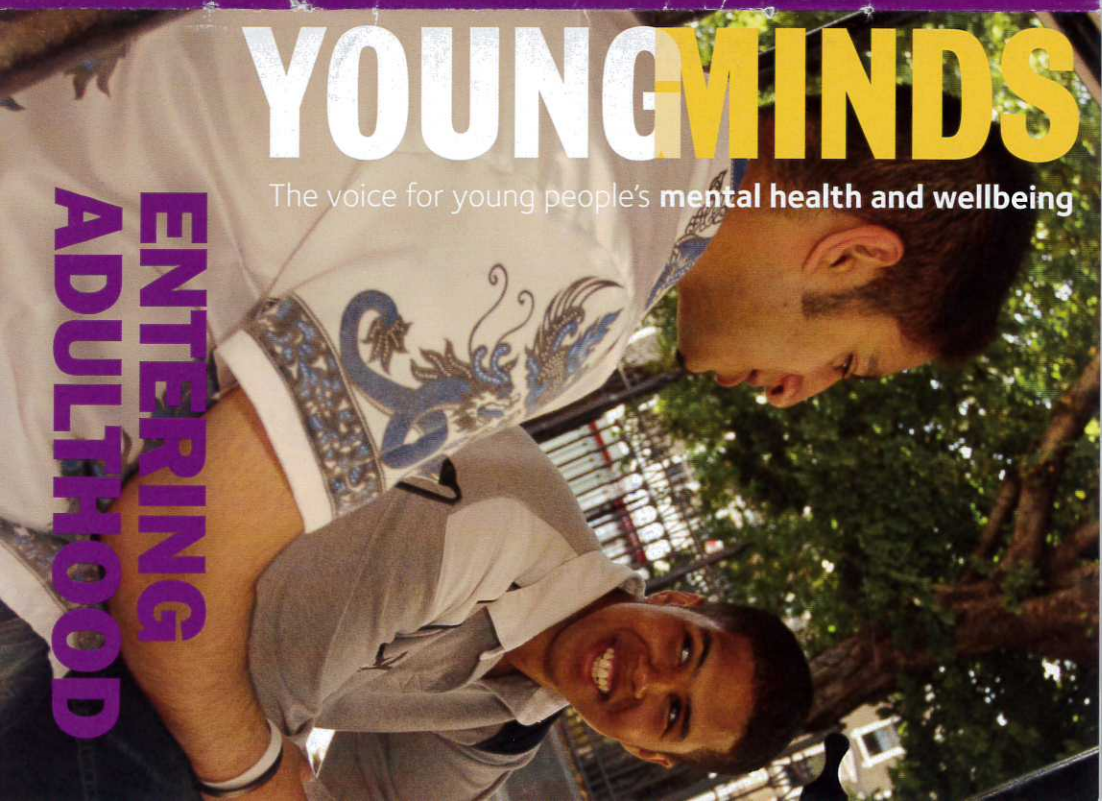
The voice for young people's mental health and wellbeing

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YOUNGMINDS

The voice for young people's mental health and wellbeing

ENTERING ADULTHOOD



ABOUT THIS BOOKLET

If you are 16-18 years old, this booklet aims to help you understand more about what you are going through as you leave childhood and make your way to becoming an adult. It is designed to help you understand what you might be feeling and thinking about yourself and people around you.

It has information on:

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GET CONNECTED

Connects young people to organisations that can help them, whatever the problem, including family concerns and support for young carers.

Freephone: 0808 808 4994 (7 days a week, 1pm-11.00pm)
Website: www.getconnected.org.uk

NHS CHOICES

Gives advice and information on any health issue and medication, and can tell you where you can register with a GP and dentist.

Tel: 0845 46 47 (24 hours)
Website: www.nhs.uk

BROOK

Provides free confidential sexual health advice, contraception, pregnancy testing and counselling to young people under 25.

Ask Brook (text and webchat)..... 07717 989 023

Mon - Fri, 9am to 3pm, (except bank holidays).

Website: www.brook.org.uk
 (click on 'find a service' to find your nearest Brook service)

SAMARITANS

Confidential emotional support service for any person in distress, crisis or at risk of suicide. If you email them they will aim to email you back within 24 hours.

Helpline: 08457 90 90 90 (24 hours)
Republic of Ireland helpline: 15 116 123
Email: jo@samaritans.org
Website: www.samaritans.org
Write to: Freepost RSRB-KKBY-CVJK, Chris, PO Box 9090, Stirling, FK8 2SA

CORAM CHILDRENS LEGAL CENTRE

Provides free legal information, advice and representation to children, young people, their families, carers and professionals.

Website: www.childrenslegalcentre.com

WHO CAN HELP?

THESITE.ORG

Information and emotional support for 16 – 25 year olds on a range of issues including mental health, relationships, housing, work and lifestyle.

Website: www.thesite.org

YOUTH ACCESS

Provides information and advice on counselling services throughout the UK for young people aged 12–25 years. Can give details of appropriate local agencies for young people. Go to the 'find your local service' section of the website.

Website: www.youthaccess.org.uk

NATIONAL CAREERS SERVICE

Provides information, advice and guidance to help you make decisions on learning, training and work opportunities. Includes online email service, webchat and details of personal advisers in your area.

Tel: 0800 100 900 (7 days a week, 8.00am – 10pm)

Website: www.nationalcareersservice.direct.gov.uk

FRANK

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

Freephone: 0300 123 6600 (24 hour)

Email: frank@talktofrank.com

Website: www.talktofrank.com

Text a question 82111

HEADMEDS

Provides young people with access to reliable information about mental health medication, potential side effects and when you should go and get help.

Website: www.headmeds.org.uk



WHAT'S SO SPECIAL ABOUT BEING 16 - 18?

Alongside all these new responsibilities and freedoms, you're still growing – physically and mentally. You are still exploring what your body does and what you can do with it. You're becoming much more aware of your abilities. At the same time, your mind knows more and it takes things in more sharply and quickly.

You become more questioning, more critical and you may find your relationships with family and peers are changing or you see them in a new light.

Growing up can be fun because it's all about finding out and trying out new things in the world. You don't have to know everything right away – but it's great to find out more about things that interest you.

It may be things like a:

- football team, song, pop star, film
- boyfriend, girlfriend, new friend/s

It may be about learning a new job.

Maybe it's finding out about a course you'd like to study or a place you'd like to visit.

Whatever it is, finding out and learning more should be exciting.

Learning new things is about exploring and trying out. It's about experimenting.

You never know what might come up next, or what you will find.

WHAT'S NEW ABOUT BEING 16-18

At 16 you are legally on the road to becoming an adult. The law will let you do all sorts of things that you weren't allowed to do when you were younger.

You can:

- Leave school
- Work full-time if you have left school, although there are some restrictions on the work you can do, e.g. you can't work in a betting shop or in a bar during opening hours
- Buy lottery tickets and bet on the football pools
- Get married if your parents say you can (if your parents are married to each other, both must agree; if not married, you only need your mother's consent, unless your father has parental responsibility for you; if parental consent is refused a court may authorise the marriage)

**YOU WILL HAVE MANY
IDEAS, DREAMS
AND ABILITIES**
(EVEN THOUGH YOU MAY THINK YOU HAVE NONE!)

**IT'S NOT SURPRISING THAT YOU MAY
NOT BE TOO SURE ABOUT
WHERE YOU ARE GOING.**

**TAKE YOUR TIME. DON'T PANIC,
JUST BECAUSE YOU DON'T KNOW YET.**

One thing you could do is make a list of the things at school, and outside of school, that you:

- Like
- Think you are good at
- Know other people think you are good at

Try and put them in order – write down which are the most important. It may also be helpful to talk to your friends; they will probably be going through something similar. Talk to your parents and other adults – like relatives and teachers, and listen to their advice (you don't have to take it, but it may be helpful). At the back of this leaflet there are details of organisations that can help you with a range of problems and worries as well as put you in touch with opportunities.

YOUR FUTURE

The big questions for 16-18 year olds are:

- What will my future look like?
- What do I want to do, where am I going?
- What am I going to do to get there?
- How will I become financially independent?
- Where am I going to live?
- Should I go to university?
- Will I ever feel comfortable in my own skin?
- How am I going to make a difference?
- What will happen if I don't get good exam results?

These are hard questions – more so for some than others. You might know early on what you want to do. Or you might not be so sure, and you need as much guidance and help as you can get. Many of you might say, “I don't know what I am going to do...”, which is completely normal.

- Have sex
- Buy cigarettes, cigars, loose tobacco and cigarette papers
- Join the armed forces if a parent gives their permission

At 17 you can also hold a licence to drive a car, motorcycle, scooter or tractor.

At 18 you can:

- Get married even if your parents say they don't want you to
- Vote in general and local elections
- Serve on a jury
- Make a will
- Hold a credit card
- Enter a betting shop and work in one, and place a bet
- Join the armed forces even if your parents don't want you to
- Buy and drink alcohol in a bar
- Buy fireworks
- Apply for a passport without a parent's consent
- Open a bank account
- Own land, buy a house or flat, be a tenant, and apply for a mortgage

WHAT'S THE DOWNSIDE -

There's always a downside, somewhere – there has to be. It's true that some people always look really confident – but don't be fooled by appearances. Everyone struggles with growing up – there are just too many things to be unsure about, too many 'what ifs?'

WHAT

MY EXAMS? - FANCIES ME?

➔ I FAIL MY EXAMS, OR FANCIES ME, OR FANCIES SEXUALITY?

NO-ONE LIKES ME ANYMORE

... I'M UNSURE IF I'M NOT READY TO STUDY FOR...

... I'M NOT READY TO GET A JOB? ... GOING CRAZY?

OR TO GET IT?
OR TO GOING CRAZY?
FEEL LIKE I'M GOING CRAZY?
FEEL LIKE I'M GOING CRAZY?

I FEEL LIKE I AM DIFFERENT TO OTHER KIDS AND DAD?

↑ I'M DIFFERENT FROM MY MUM AND DAD!
I HATE MY MUM AND DAD!
I HATE MY MUM AND DAD!
I HATE MY MUM AND DAD!

↑ I HATE MY...
↑ MY FAMILY WANT TO GET...
↑ MY FAMILY OR NOWHERE

➔ MY FAMILY HAS NO MONEY, OR NO MONEY AT ALL

➔ I HAVE NO MONEY, OR NO MONEY AT ALL

↑ I HAVE... I MUST DON'T KNOW...

entirely new

100

[illegible]

You may ask:

Who am I?

→ What am I good at...what am I not so good at?

→ What do I like about me...what don't I like?

→ How well do I stand up for myself?

→ How am I different to other people...or how am I the same?

→ How do I affect other people?

→ How well do I know my strengths and weaknesses?

→ Do I try to see other people's points of view?

→ Do I try to help my friends when they need it?

➔ What could people trust me with?

→ Am I clear what I want to achieve?



WHAT DOES IT TAKE TO BE AN ADULT

Adult means simply 'grown up'. But the question is – how grown up? If you are to face all the responsibilities of standing on your own two feet and having others be dependent on you – like children, employees or friends and family – you have to develop in a lot of different ways and this will take time. The more you know yourself, the easier it is to be 'grown up'. It might help to ask yourself some questions as you go along. Don't worry if you don't know the answers to all these questions – most of us don't, but they are useful to think about.

IF
MAYBE YOU...

- HAVE FALLEN DEEPLY IN LOVE
- JUST CAN'T CONCENTRATE
- FEEL A FAILURE
- FEEL YOU'RE ADDICTED TO DRUGS
- THINK YOU'RE OFF THEM
- AND CAN'T GET OFF THEM
- FEEL SO ANGRY, YOU'RE SCARED OF
- WHAT YOU MIGHT DO NEXT



We all worry about some of these 'what ifs' and 'maybes' at some stage in our lives. It's good to talk them over with someone else that you can trust; then you've got a better chance of sorting them out and you might get other ideas – ideas you'd never have thought of yourself.

We can all get very scared or angry and not know who to turn to. It might be that we've had a hard time when we were younger. And now that we are faced with the task of growing up and making choices about the future, we can feel unsure of ourselves, and worry that we won't be able to cope.

These kinds of feelings can show themselves in different ways. Some young people may hit out, steal, be loud or they may begin to give up – avoid their friends, take drugs, get lost in their computers. They may become worried about their bodies or develop eating problems.

We all feel depressed sometimes. Life is full of disappointments, losses and frustrations but not everyone feels so low that they can't break out of it, that they can't study or work properly or enjoy friendships or get on with their lives. If you feel as bad as that, you may be suffering from clinical depression and you'll need support from someone trained to help, like a psychologist or counsellor.

→ **ARE YOU DOING YOUR HOMEWORK?**
→ **WHY SO LONG ON THE TELEPHONE - IT COSTS MONEY?**
→ **WHAT ARE YOU DOING ON THAT LAPTOP/ IPAD/ PHONE?**
→ **ARE YOU SURE THAT BOY ISN'T A DRUG DEALER?**
→ **WHY DID YOU COME IN SO LATE LAST NIGHT?**
→ **WHAT ARE YOU GOING TO DO FOR A LIVING?**

All of these questions just mean they care about you. Sometimes though, people have the opposite problem and feel no-one worries about them. If you feel like this, it's important to get some help from other people around you.



BETWEEN 16 AND 18 YOU MAY FEEL YOU'RE NEITHER A CHILD NOR FULLY AN ADULT.

WHO WORRIES ABOUT YOU?

Legally, you may be able to do adult things, but emotionally you may feel you have a long way to go. Or maybe it's the other way round? You feel grown up, but trapped because you don't have enough freedom.

Your parents, carers, teachers, mentors and friends are all a big part of your life and you are a part of their lives. You are still in the process of becoming more independent of them. You may feel you have to disagree with them, rebel against them or ignore them. As much as you may love them, you may have to make your point that you are, and feel, different. But you will most probably still need them for money and somewhere to live.

In many families with teenagers there is a fair bit of tension about. And you may feel annoyed that your parents and carers are worrying about you for nothing.

They may ask all sorts of questions:

There are many other kinds of mental health problems, some more severe than others, like psychosis*.

About one in ten young people suffer from some type of serious mental health problem while growing up that affects their behaviour, the way they eat or sleep, their ability to study and to get on with other people. These problems can last for months and prevent you from getting on with life.

In such cases specialist help should be sought from people such as psychologists, psychiatrists and psychotherapists. Your GP, school counsellor, social worker or personal adviser should be able to refer you to these specialist mental health professionals.

The person you see will want to help you – and won't think that you're stupid, mad or wasting their time. What you say to them will remain confidential, no-one else will know what you've talked about (the specialist will explain to you if they do have to tell someone else). They are used to talking to people who have all sorts of worries, even if you're not sure what to say or how to say it.

*Psychosis is a state of mind in which people lose contact with reality and their feelings and thoughts, and often become very confused. It affects people in different ways, but some of the most common symptoms are: hallucinations, delusions, loss of energy, mood swings. Remember, if someone experiences some of these symptoms, it doesn't always mean they are experiencing psychosis.

WHAT ABOUT RELATIONSHIPS, SEX AND SEXUAL IDENTITY?

Relationships can be full of fun, romance, excitement and intense feelings, but they can also be confusing, painful and an emotional roller coaster. It usually takes practice and going out with or dating different people to find someone you might be compatible with. It also takes time to learn what you do and don't like in a relationship. Relationships don't always work out but it doesn't mean you are a failure – there is lots to learn from every relationship. Everyone is different and relationships develop over time as two people get to know each other. It's also fine not to be seeing anyone at all. It's just as important to spend time finding out about yourself and doing the things you like to do.

It's not unusual to be interested and excited about the possibilities of sex and curious about new experiences. You may be looking for warm, loving and good feelings, thrills and buzzes. The thought of new sexual experiences may make you feel excited, nervous, anxious or even feel put off.

Young people who may already have a mental health problem such as depression, may think that drinking or taking drugs seems to help, but in the end it only makes things worse. Some don't care, but most feel trapped and controlled by their addiction. They know that it is holding them back and that they are doing something they don't feel right with. They need help from specialist drug or alcohol treatment services which can be found by going to a GP. The places mentioned at the end of this booklet could also help.

The main risks of taking drugs are their effects on your body and brain, and the risk of getting into trouble with the law. The effects of the chemicals on the brain can be very serious and they exist, in varying degrees, in all drugs like cannabis, alcohol, cocaine, crack, ecstasy, solvents, heroin, LSD and tobacco.

You can also get into serious trouble with the law for having illegal drugs on you. Even if you mean to share them with someone else, the law may see this as drug dealing.

THE MAIN RISKS OF TAKING DRUGS ARE THEIR EFFECTS ON YOUR BODY AND BRAIN

WHAT ABOUT DRUGS AND ALCOHOL

The excitement and the dangers of taking drugs or drinking are different from having sex. But what they do have in common is the search for pleasure, for feeling good, for finding something new about yourself. There is nothing basically bad or abnormal about searching for these feelings.

But taking drugs and drinking does involve other people and does carry risks. People take drugs or drink for various reasons.

A growing number of young people try drugs at some point - usually cannabis. Most of them just try it once or twice. Some take drugs or drink more regularly, as part of their social life.

Some become addicted; this means they feel they can't cope without taking drugs or drinking excessively.

It is important that you take your time and don't do anything that you're not comfortable with, or are against the wishes of the other person. If you're in a relationship you may feel that physical intimacy brings you closer emotionally but it is important not to rush or feel pressurised. Sex can often feel most rewarding in a loving and committed relationship that is based on mutual respect and trust. A natural part of your sexual development and maturing into an adult is exploring your sexual identity/ orientation and which sex (boys or girls) you feel most attracted to. It's quite normal to think sexually about both the same sex and the opposite sex and to experiment with the same or opposite sex while exploring your own sexuality.

Some people know exactly who they fancy or feel sure about their sexual identity, while others may not be so sure. It may take time to figure out and make sense of whether you are:



It is important to feel comfortable with your feelings and know that you are not doing anything wrong. It can be hard to talk to others about your feelings and sexuality for fear of being discriminated against, particularly if you feel you may be gay, lesbian, bi or transgender – it may seem easier to keep quiet. This may be fine in the short term but you have every right to be comfortable with who you are and you may not want to or be able to hide an important part of your identity in the longer term.

Alongside the fun and excitement of developing relationships and having sex it is important to know there may be risks and consequences to having sex, such as pregnancy or sexually transmitted infections (STIs). Using a condom can protect you from an unwanted pregnancy and STIs such as, HIV, chlamydia, genital herpes, genital warts, gonorrhoea and syphilis.

Some STIs have no symptoms and if you don't know you're infected and don't get treatment you could develop serious long-term health problems. If you think you're at risk do contact a specialist agency and get tested. There are very good sources of specialist help listed at the end of this booklet that can give you free and confidential information and advice.