

The Toon
Productions



The Toon Handbook

A Handbook of Information & Advice from Young People



Description

Alcohol can be described as a chemical substance found in drinks such as beer, wine, and liquor.

Information

Alcohol affects your body in a number of ways and can impact on your short and long term health. The more you drink, the greater the chance of developing alcohol-related problems.

Being sick or having a hangover are the two most obvious, immediate effects of alcohol but there are many other consequences. Alcohol can make you think that you are warm, however your vital organs aren't as warm as you think they are. Other impacts can be mood swings, taking risks (such as unprotected sex, drink-driving), appearance and weight gain, disrupted sleep, anti-social behaviour and crime.

It is against the law for anyone under the age of 18 to buy alcohol in a pub, off-licence, supermarket or online. Anyone over 18 can buy and drink alcohol legally in licensed premises in Britain, but a lot of shops operate a scheme called Challenge 21 where if you look under 21 (or 25 in some places) and don't have proof of your age they will refuse to sell you alcohol.

Young people are less well equipped than adults to cope with the effects of alcohol, physically and emotionally. The same amount of alcohol will have a much greater effect on the body of a child or young person than on an adult, because their bodies are still growing and developing. Additionally, young people do not have the life experience needed to deal with the effects of alcohol on their judgement and perception.

Support

For more information or support visit:

Talk To Frank - talktofrank.com

Alcohol & Drugs Partnership - <https://dghscp.co.uk>

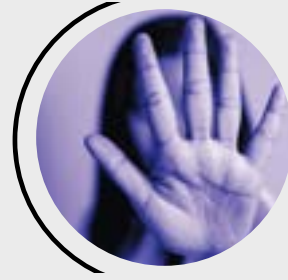
Alcohol

Information & Support



Bullying

& Getting Support



Description

Bullying and cyberbullying can mean lots of different things. It can happen anywhere including online, at school or at home. Bullying can include:

- Being called names, teased or humiliated.
- Posting, commenting on or liking nasty photos, videos or photos about you online.
- Being pushed, hit or hurt.
- Having money and other belongings stolen.
- Spreading rumours or starting group chats about you.
- Being ignored, left out, or made to feel like you are not wanted.
- Being threatened, intimidated or sent nasty messages.
- Trolling or commenting on your posts or pictures, saying nasty things.
- Someone revealing personal details without your permission.
- Targetting you over and over again.

Information

Bullying can happen to anyone at any age, but it is never your fault. Nobody has the right to hurt you or make you feel down.

It can be difficult to know where to start helping someone who is being bullied, but just a few words of support and showing you care can make a massive difference. Letting them know you are there for them, helping them get support, helping distract them and supporting them to talk to someone are all ways you can help.

If you are being bullied, you don't have to deal with it alone. Telling someone how you feel can be tough, but it can really help. Speak to someone about what you are going through or reach out to us through our free online Chat Service at youthenquiryservice.org.

Support

For more information or support visit:

Childline - childline.org.uk | 0800 111

Youth Enquiry Service - youthenquiryservice.com

Description

Child Sexual Exploitation (CSE) is a type of sexual abuse. When a child or young person is exploited they are given things like gifts, drugs, money, status, affection or somewhere to stay in exchange for performing sexual activities.

Children and young people are often tricked into believing they're in a loving and consensual relationship. This is called grooming. They may trust their abuser and not understand they're being abused. The young person may think that their abuser is their friend or partner (boyfriend / girlfriend), but they will put them into dangerous situations forcing the young person to do things they don't want to do. The abuser may physically or verbally threaten the young person or be violent towards them. They will control and manipulate them and try to isolate them from friends and family.

Information

Young people from any background can be exploited. People often have the misconception that sexual exploitation only happens to girls or children from disadvantaged backgrounds, but it can happen to anyone.

Abusers are very clever in the way they manipulate and take advantage of the young people they abuse. Any young person can be taken in by their lies and deception no matter where they come from or what their background is.

The grooming or abuse can happen in person or online and although most abusers are adults, some victims are exploited by people the same age as them.

Support

If you or someone you know thinks you may be experiencing CSE it is important you tell someone. Talk to a Youth Worker, Social Worker, Teacher or report it directly to the Police.

For more information or support visit NSPCC - [nspcc.org.uk](https://www.nspcc.org.uk).

Child Sexual Exploitation

Information & Support



Consent

Information & Support

Description

In Scotland, consent to sex means free agreement; so if sex happens without consent (without someone freely agreeing to do it) then it is classed as rape.

The Sexual Offences Act (Scotland) 2009 states the following examples of situations where consent cannot be given:

- Under the influence of drugs or alcohol.
- When asleep or unconscious.
- When someone agrees because they are unlawfully detained (kept against their will).
- When someone agrees because of violence or threats of violence.
- When one person agrees, but the other person is pretending to be someone else (catfishing).
- When someone agrees on someone's behalf.
- When someone agrees to have sex because they have been lied to about what is going to happen.

Information

In any situation, consent can be withdrawn at any time, even during sexual activity. If the other person does not acknowledge this and continues, this is sexual assault / rape.

Consent to one form of sex does not mean consent to other types of sex.

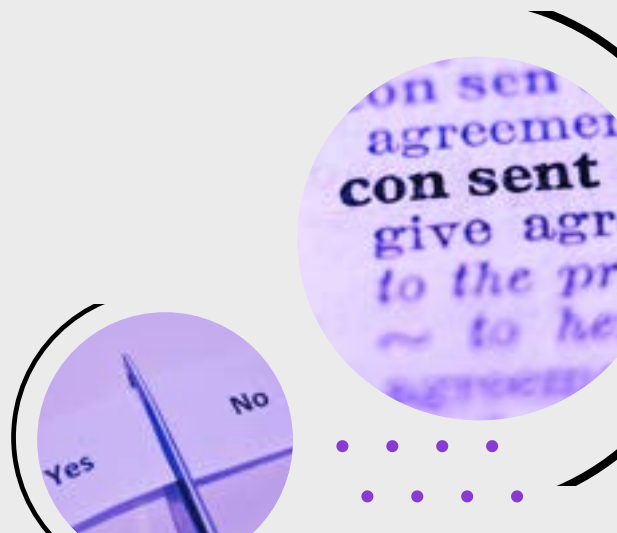
No means NO!

Support

For more information or support visit:

South West Rape Crisis & Sexual Abuse Centre
01387 253113 or 01776 889331
www.rapecrisisscotland.org.uk

Police (Non-Emergency): 101
www.scotland.police.uk



Description

Domestic Abuse is defined as an incident or pattern of incidents of controlling, coercive, threatening, degrading or violent behaviour by a partner or ex-partner which causes physical, sexual or emotional harm. It involves one person consistently and persistently controlling, manipulating and humiliating the other. It can come in many different forms. These include:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence.)
- Physical and or sexual abuse.
- Financial or economic abuse (controlling someone's access to money limiting their freedom and independence).
- Harassment and stalking.
- Online or digital abuse (checking texts, locations, social media or sharing intimate photographs online without consent.)
- Psychological or emotional abuse (putting you down, embarrassing you, name calling, ignoring you, stopping you seeing your friends etc.)

Information

Domestic abuse can impact anyone in any type of relationship at any time, however it disproportionately affects women with 1 in 4 women experiencing domestic abuse over the course of their lifetime.

It is important if you or someone you know is experiencing domestic abuse that you know it is not your fault, and there is support available. Your partner may tell you that nobody will believe or help you, but that is not the case. You are not alone.

Support

For more information or support visit:
Dumfriesshire & Stewartry Women's Aid - 07710 152 772
www.dumfriesshireandstewartrywomensaid.co.uk
Wigtownshire Women's Aid - 07738 997 914
www.wigtownshirewomensaid.co.uk

In an emergency call 999.



Domestic Abuse

Information & Support

Drugs

Information & Advice

Ecstasy

Ecstasy are tablets of different shapes, sizes and colours that can have a design or logo stamped onto them. Sometimes they are given nicknames after the design on the tablet. It can also come in crystal or powder form called by its chemical name MDMA.

Physical side effects of this drug can include dilated pupils, a tingling feeling, tightening of the jaw muscles, raised body temperature and increased heart rate.

Evidence suggests that long term users of the drug can suffer memory problems and may develop depression and anxiety. Ecstasy has also been linked to liver, kidney and brain damage. There are no safe amounts or levels. You will not be able to tell whether it is actually harmful and potentially toxic substances.

Risks increase further when you mix different types of drugs together or when mixed with alcohol. It is a class A drug which means it is illegal to possess, give away or sell. Possessing it can lead to a prison sentence or an unlimited fine, or both. Supplying could lead to a life sentence.

Cocaine

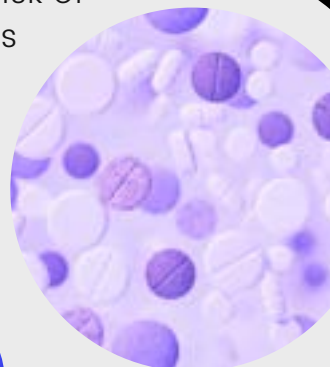
Cocaine Powder (also known as Coke, Freebase and Crack) are all forms of Cocaine. They are all powerful stimulants with short lived effect which means that they temporarily speed up the way your mind and body work, but the effect are short lived.

All types of Cocaine are addictive. Cocaine users have died from overdoses. High doses can raise the body's temperature, cause convulsions, a heart attack and heart failure.

Risk of overdosing increases if cocaine is mixed with other drugs or alcohol. Using Cocaine with alcohol or other drugs can substantially increase the risk of side effects. Alcohol and Cocaine together can be particularly dangerous as they mix together in the body to produce a toxic chemical called cocaethylene.

Over time, snorting Cocaine will seriously damage the cartilage in your nose that separates the nostrils.

Using Cocaine a lot makes people feel depressed and run down. It can lead to serious problems with anxiety, paranoia, and panic attacks.



Ketamine

Ketamine is sold as a grainy white or light brown powder and looks similar to Cocaine but it is a very different drug.

Taking Ketamine can alter your perception of time and space and make you hallucinate (see or hear things that aren't there). It also stop you from feeling pain, putting you at risk of hurting yourself without realising. If you take too much Ketamine you may lose the ability to move and go into a 'K-Hole'. This feels like your mind and body have separated and you can't do anything about it - which can be a very scary experience.

Regular Ketamine use can also cause:

- Agitation.
- Panic Attacks.
- Damages to short and long term memory.
- Depression.

Risks increase further when you mix different types of drugs together or when it is mixed with alcohol.

Ketamine is a Class B Dru which means it is illegal to posses, give away or sell. Possessing it can lead to a prison sentence or an unlimited fine or both. Supplying could lead to a life sentence.

Cannabis

Cannabis can be smoked, eaten or vaped and comes in different forms depending on the type of Cannabis such as Weed, Skunk or Hash.

Cannabis is classed as a hallucinogenic and sedative drug that can make people more aware of their senses and feel more relaxed (stoned). Cannabis can also make you feel very hungry or make you vomit. Other effects of Cannabis can be feeling giggly, happy, paranoid, anxious or faint.

Using Cannabis long term can have other effects such as mood swings, paranoia, anxiousness, aggressiveness and can increase your chances of developing a mental illness such as schizophrenia. Cannabis can be addictive and heavy user can get cravings and find it hard not to take the drug.

Support

For more information visit:
www.talktofrank.com

Or for support see:
www.dghscp.co.uk/issu18/



Drugs

Information & Support

Hate Crime

Information & Support

Description

A hate crime is defined as “Any criminal offence which is perceived by the victim or any other person, to be motivated by hostility or prejudice based on a person’s race, religion, sexual orientation, disability, transgender identity.”

You are legally protected from discrimination by the Equality Act 2010. It is therefore against the Law to discriminate against anyone because of their:

- Race.
- Religion.
- Disability.
- Sexual Orientation.
- Transgender Identity.

Information

If you or someone you know has experienced a Hate Crime it is important you know where to report it and get support from.

If it is an emergency and the crime is still taking place, call 999 and ask for the police.

If the hate crime has already happened, you can report it at your local police station or you can visit a Third Party Reporting Centre which is a safe location within the community for you to report without having to contact the police directly. For a list of Third Party Reporting Centre’s near you, visit:

<https://www.scotland.police.uk/contact-us/reporting-hate-crime/third-party-reporting-centres/>

Alternatively, you can also report it completely anonymously to Fearless.Org.

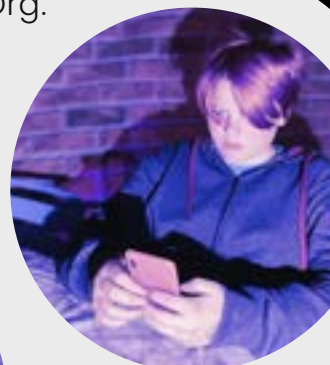
Support

For more information or support visit:

Fearless - www.fearless.org



hate



Description

Gambling is risking money or something of material value i.e. jewellery on something with an uncertain outcome in the hope of winning additional money or something else of more material value. It can come in many different forms such as placing bets, playing online games (bingo), taking part in the lottery, raffles and many more.

Information

Gambling is a common activity among young people. Almost half (48%) of 11-16 year olds have gambled at some point in their lives despite many forms of gambling carrying an age restriction under UK law.

Coin pushers, teddy grabbers, private / non-commercial gambling, and some lower stake fruit machines in family entertainment centres and amusement arcades have no minimum age. Adult gaming centres, betting shops, bingo halls, bookmakers, casino's, national lottery and scratch cards, racetracks and online gambling all have a minimum age of 18 years old. Football pools, and some non-commercial gambling or low stakes and prize gambling have a minimum age of 16 years old.

Gambling is a risk-taking behaviour - it carries a risk of harm for the person who gambles, for the people who are close to that person and for the community that they live in. For each person experiencing gambling, it is estimated 6 people close to them are affected.

It can negatively impact people's physical and mental health, their relationships, their work and many other aspects of their life. No gambling activity is without risk of this harm.

Support

For more information or support visit:

www.fastforward.org.uk

www.begambleaware.org



Gambling
Information, Advice & Support

Knife Crime

Information & Advice

Description

Knife crime is any offence where a sharp instrument is used or carried. It includes:

- Carrying a knife.
- Trying to buy a knife if you are under 18.
- Threatening someone with a knife.
- Using a knife as an offensive weapon.

Information

If you get caught up in knife crime, it doesn't matter if it is for your own protection or you are carrying it for someone else, just carrying a knife can get you sent to prison for up to four years even if you don't use it.

Knife crime can have serious and life-long consequences for everyone involved: you, your family or loved ones and your friends. It can seriously impact on your future; your ability to get a job, go to university or college and travel abroad, with countries like America, Australia and Canada refusing Visa's to people with Knife Crime on their Criminal Record.

By carrying a knife you are much more likely to get stabbed yourself or stab someone as situations become out of control. If you stab someone and they die, you will face a life sentence and serve a minimum of 25 years in prison. Even if it is not you who does it but someone is injured or killed in your presence, you could be sent to prison for murder for attempted murder or what is referred to as 'joint enterprise'.

Support

For more information or support visit:

No Knives Better Lives - www.noknivesbetterlives.co.uk

Or report a crime anonymously to Fearless - www.fearless.org

In an emergency call 999.



Description

In many ways, mental health (sometimes called emotional health) is just like physical health; everybody has it and we need to take care of it.

Good mental health means being able to think, feel and react in the ways that you need and want to live your life. But, if you go through a period of poor mental health, you might find the ways you are thinking, feeling or reacting become difficult, or even, impossible to cope with.

Mental health problems affect around one in four people in any given year. There are lots of different types of mental health problems and they affect people differently and last for different lengths of time.

Experiencing a mental health problem can be isolating, but it is important if you or someone you know is struggling with their mental health, you know you / they are not alone and you can reach out for support!

Information

Asking for help with your mental health can be hard, but you are not alone. Sometimes things can seem overwhelming, and it can feel like you can't cope or it is too difficult to manage how you are feeling. You might have had a bad day, or may have an ongoing mental health problem, but the important thing is to try not to cope on your own. Don't be afraid to ask for help, as there are lots of people there to provide support!

Support

If you need support with your mental health you can speak to your GP, or self-refer to our Mental Health Project through youthenquiryservice.org.

If you are experiencing a mental health crisis and need to speak to someone urgently, call Samaritans on 116123 or Breathing Space on 0800 83 85 87.

In an emergency call 999.

Mental Health

Information & Support



Poverty

Information & Support



POVERTY

Description

Poverty means not being able to make ends meet, not being able to heat your home, pay your rent or buy essentials. It means waking up every day facing insecurity, uncertainty and impossible decisions about money.

Information

Poverty can affect anyone of any age, gender and employment status. Unemployment, un-secure employment, low wages and the cost of living crisis can all cause people to face poverty.

It can result in children going without the things they need like school uniform, adults afford bills or having to choose between feeding their family or heating their home and can lead to people becoming socially excluded where they are unable to participate in aspects of society such as school trips or social activities with friends.

Experiencing poverty can make life difficult and stressful, having a negative impact on your mental health.

It is important if you or someone you know is struggling with the cost of living crisis or is experiencing poverty, you know that there is support available. There are various food banks throughout the region as well as organisations who are dedicated to providing information, advice and support.

Support

In Dumfries and Galloway, we have a Poverty and Inequalities Partnership which is made up of several organisations, charities, public bodies i.e. Dumfries and Galloway Council, The NHS etc, and individual. They aim to address some of the challenges people are facing due to the cost of living and tackle poverty.

For more information visit:

costofliving.dumgal.gov.uk

Description

Resettlement is where someone is forced to leave their home country and start their life again elsewhere because of circumstances that they cannot control that impact on their human rights and safety. It is not a choice and can happen to anyone of any age, gender or ethnicity in any country.

There are lots of reasons someone might find themselves in the position where they need to be resettled. These include:

- A conflict or war in their country.
- Feared abuse or persecution (religious / national / social / racial / political / gender or sexual orientation).
- Political Unrest or Corruption.
- Poverty.
- Climate Change / Natural Disaster.

Information

The experiences of many resettled people are made worse by the stigma and discrimination they experience from society. Young people have described resettlement as 'starting everything again', 'a change in their lives', 'scary, new and wrong'.

Our region participates in UK Government programmes to resettle people from Syria, Afghanistan and Ukraine as well as supporting many other nationalities who arrive for safety unexpectedly.

Support

If you or someone you know needs support in Dumfries and Galloway please email resettlementproject@dumgal.gov.uk.

For more information or support visit the Scottish Refugee Council's website:

<https://scottishrefugeecouncil.org.uk/>



Resettlement

Information & Advice



Sexual Health

Information & Support

Description

Sexual Health is about all of the bits of health and wellbeing that are linked with sexual thoughts, feelings, behaviours, physical relationships and how they affect people.

Often sexual health is only thought of in negative terms such as Sexually Transmitted Infections (STI's), unplanned pregnancy etc but sexual health is about much more than just these aspects. When thinking about sexual health, we should consider all aspects. Being healthy is about feeling good physically, mentally and emotionally - being sexually healthy is very similar.

Contraception

Contraception or birth control is a method of preventing a pregnancy and sexually transmitted infections. It is an important factor of sexual health and is one of the main considerations to think about when having sexual intercourse. Catching a sexually transmitted infection (STI) is a real risk that you take when engaging in sexual activity.

You don't necessarily have to be sleeping around to catch an STI. More and more young people are catching STI's simply because they don't prepare for sex, or think contraception isn't necessary.

Most STI's can be passed on to others during unprotected sex (not using a condom). This can be oral, anal or vaginal sex and can also happen if you use sex toys. STI's like lice and warts can be passed on with skin to skin contact.

Remember - sexual relationships should be safe, fulfilling and as mutually satisfying as it is possible for them to be.

Support

For more information or support visit:

Sexual Health Dumfries and Galloway

www.sexualhealthdg.co.uk

Helpline Number: 07736955219



Description

Young and novice drivers are more likely to be involved in road accidents than more experienced drivers. They are more likely to be involved in high-speed accidents in the dark, accidents when overtaking and when negotiating bends. They are also more likely to be at fault for accidents.

Research shows that the combination of youth and inexperience puts younger drivers at high risk. Their inexperience means they have less ability to spot hazards and their youth means they are more likely to take risks.

Although there are some hazards on the road which are easy to identify, there are other hazards that are not immediately obvious. It often takes experience to notice these, so young drivers may not notice and react to them in time.

Information

Drink Driving:

Scotland's Drink Driving Limit was reduced by law on the 05th of December 2014. The current limits are:

- 22mg of Alcohol in 100ml of breath.
- 50mg of Alcohol in 100ml of blood.
- 67mg of Alcohol in 100ml of urine.

Driving or attempting to drive whilst above the limit will result in:

- Loss of license - automatic 12 month driving ban.
- Being fined up to £5,000.
- Criminal record for a minimum of 20 years.
- An offence which stays on your license for 11 years.
- Risk of being imprisoned for up to 6 months.
- Risk of losing your car to be crushed or sold.

Support

For more information or support visit:
<https://www.scotland.police.uk/>

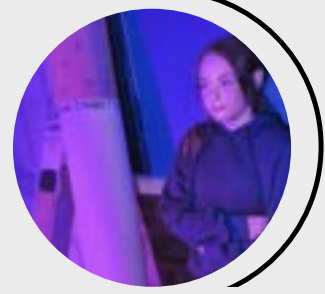
Young Drivers

Information & Advice



Vapes

Information & Advice



Description

E-cigarettes or Vapes are battery powered devices that heat a liquid, often containing nicotine, flavourings, vegetable glycerine (vegetable oil) and propylene glycol (a chemical found in anti-freeze), into a vapour that is inhaled by the user.

Vapes came about as a way of supporting people to stop smoking cigarettes or tobacco however due to the nicotine content, they are highly addictive.

Information

Based on current evidence using e-cigarettes is less harmful and risky than smoking tobacco. E-cigarettes and Vapes are not products for non-smokers or young people because they are health harming products. They are only useful as a potential route towards stopping smoking.

We don't yet know much about the long-term effects of vaping, however there is growing evidence to indicate that vapes and e-cigarettes are health-harming products. Recent studies suggest that they can negatively impact heart health, including heart rate and blood pressure. They may also impact lung health, particularly in those who already have Asthma or other respiratory health issues.

Additionally, there has been a surge in illicit and non-compliant e-cigarettes on the market in the UK, with some products found to contain double the legal amount of nicotine. These products are likely more harmful and can increase the risk of addiction. They are also costly, and illegal to sell to under 18's.

Remember - don't smoke, don't vape!

Support

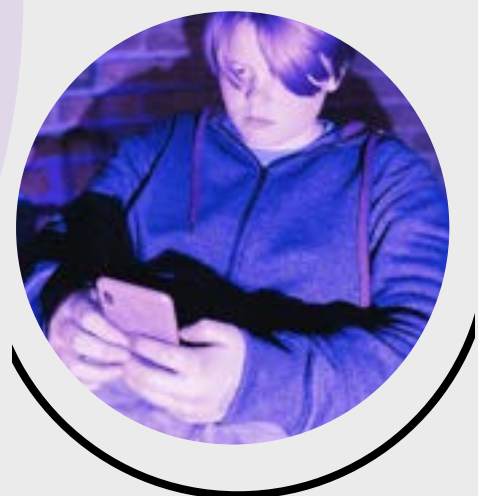
For more information or support visit:

www.ashscotland.org.uk

www.dghscp.co.uk/quit-your-way

“I now feel listened to and know that I am not alone. It helped me work through my problems.”

“It’s OK, not to be OK!”



Support

For more information or support visit:
<https://youthwork.dumgal.gov.uk>

Information

We have trained Youth Information Workers in all 16 Secondary Schools across Dumfries and Galloway providing Low Level Mental Health Support that you can talk to.

They can support you to:

- Develop coping strategies.
- Deal with life’s challenges.
- Understand your feelings.
- Build Relationships.
- Deal with loss or change.

To speak with your schools Youth Information Worker, simply speak with your Pastoral Care / Head of Year or Guidance Teacher who will make a referral. Your referral will then be checked before your Youth Information Worker gets in touch to arrange an initial meeting.

Mental Health Support

Youth Enquiry

Information = Knowledge = Support

Service

The Youth Enquiry Service is Dumfries and Galloway's Youth Information and Support Hub for 12-25 year olds. We are here to help you overcome any difficulties you are facing - from mental health, to CV building, bereavement to drugs, body image to relationships.

We run various Drop In sessions where you can pop in and chat to staff. We also provide one to one informal support as well as a range of issue-based groupwork programmes.

Our website www.youthenquiryservice.org includes helpful links and information, a safe space for you to for you to get your questions answered accurately without judgement within 24 hours, and Blether, our live chat function for when you need to talk.

The NHS Under 20's Sexual Health Clinic also runs on a Monday from 4-6PM every week.

Check out our Social Media or our Summer Programme!



@YouthEnquiryService



@YESDumfries



@YouthWorkDG



@YESDumfries



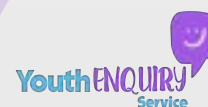
@YESDumfries

Drop Ins - Groups - Projects - Information - 1.2.1 Support

Youth Enquiry Service

Youth Enquiry Service
Hoods Loaning
Dumfries
DG1 2HT

01387 251 322
YES.Dumfries@dumgal.gov.uk



Alcohol Drugs Partnership	https://dghscp.co.uk 01387 244351
Ash Scotland	ashscotland.org.uk ashscotland@ashscotland.org.uk
Breathing Space	https://breathingspace.scot 0800 83 85 87
Childline	https://www.childline.org.uk 0800 11 11
Cost Of Living D&G	https://costofliving.dumgal.gov.uk
Dumfries & Stewartry Women's Aid	dumfriesandstewartrywomensaid.co.uk 07710 152772
Fast Forward	fastforward.org.uk 0131 554 4300
Fearless	https://crime-stoppers-uk.org/fearless 0800 555 111
Gamble Aware	begambleaware.org 0808 8020 133
ISSU18	https://dghscp.co.uk/camps/issu-18
LGBT Youth Scotland	https://www.lgbtyouth.org.uk 0131 555 3940
No Knives Better Lives	https://www.noknivesbetterlives.com
NSPCC	nspcc.org.uk 0808 800 5000
Oasis Youth Centre	youthwork.dumgal.gov.uk 01387 260 243
Police Scotland	999 for emergency 101 for non-emergency
Rape Crisis Scotland	https://www.rapecrisisscotland.org.uk
Resettlement	resettlementproject@dumgal.gov.uk
Samaritans	samaritans.org 116 123 jo@samaritans.org
Scottish Refugee Council	https://scottishrefugeecouncil.org.uk
Sexual Health D&G	https://www.sexualhealth.co.uk 0345 702 3687
South West Sexual Abuse Centre	01387 253111 info@rape-crisis.org.uk
Talk to Frank	https://www.talktofrank.com 0300 123 6600
Wigtownshire Women's Aid	https://wigwa.org.uk 01776 703104
Youth Enquiry Service	youthenquiryservice.org 01387 251322
Youth Work D&G	youthwork.dumgal.gov.uk

[HTTPS://YOUTHENQUIRYSERVICE.ORG](https://youthenquiryservice.org)

Useful Contacts

For Support & Information