



Did you know?.....

8 or 9 hours of 'good' sleep
per night is recommended
for teens.



Did you know?.....

Limiting screens such as tablets, computers, phones and even TV at least 30 minutes before sleep can help a teenager get to sleep and have healthy sleep.



Did you know?.....

Teenagers should be aiming for 60
minutes of exercise per day.
Exercising in daylight is the best idea
to encourage sleep.



Did you know?.....

Teenagers are increasing the amount of caffeine they drink through cola, tea, coffee and energy drinks. They should restrict it 4 hours before they go to bed.



Did you know?.....

Regular bedtime routines are as helpful for teenagers as younger children it helps their brains switch off so they can sleep.



Did you know?.....

Teenagers should avoid long weekend lie-ins as these can disrupt the body clock and leave you with weekend “jet lag” on Monday morning.



Did you know?.....

The latest research recommends that restricting social media to no more than two hours a day is good for well being.



Did you know?.....

Many teenagers have multiple social media accounts on a variety of apps. They may not all be in their own name.



Did you know?.....

Many teenagers do not protect their accounts so they can have as many followers as possible and get as many likes/interactions as possible.



Did you know?.....

A survey in 2018 of British teenagers found that over 30% of them were unhappy with their bodies and the same number had changed their eating patterns to do something about it. 40% said comments from friends had made them worry about it.



Did you know?.....

The average celebrity “selfie” are taken with professional support and show just 1% of the number of pictures taken.

The perfection that teenagers see is not real.



Did you know?.....

Many online games have aspects of gambling. Buying items such as loot boxes is a gamble as they may contain something useful to their game sometimes not.

Many games do not work without a bank card.

<http://www.gamcare.org.uk>



Did you know?.....

Many popular phone now have an inbuilt report that shows how much screen time has been accrued in the past week. 3 hours 36 minutes... up 5% on the previous week. Can also limit app times for everyone in the family.



Did you know?.....

For boys, gaming was an even more popular pastime than social media; almost half (48%) of all boys had spent time on video games, and of these, 12 per cent reported spending in excess of five hours a day gaming. Just one in ten girls had notched up any time at all on video games.



Did you know?.....

The researchers at CLS, based at the UCL Institute of Education, found some other striking gender differences. Teenage girls spent about 27 minutes more time on average on a weekday getting ready (a total of 1 hour 12 minutes on average) compared to their male peers.



Did you know?.....

Girls were also much more likely to help out around the house, with 31 per cent reporting doing chores at home on a weekday, compared to just 19 per cent of their male peers.



Did you know?.....

UK teenagers (2018) : life-satisfaction score of seven on a scale of nought to 10, below the United States (7.4), France (7.6), Germany (7.4) and Ireland (7.3)



Did you know?.....

72% said they felt very anxious before a test
- even when they were well prepared



Did you know?.....

almost one in four (24%) said they were victims of one act of bullying at least a few times a month



Did you know?.....

teenagers perceived a high level of parental support, with 93% saying their parents encouraged them to be confident and 94% saying parents were interested in their school activities



Did you know?.....

School nurse runs a drop in session every Wednesday lunchtime. Any young person can just turn up and speak to her.



Did you know?.....

Any child can report bullying to an adult at any time in school. Their Tutor knows them and can support them but any adult is better than keeping it to themselves.



Did you know?.....

The Learning Hub run interventions to support young people with social skills, anxiety, friendships as well as confidence.

The Achievement Coordinator would normally refer them for this is other types of support have not been successful.



Did you know?.....

Online and face to face support is available for young people. Kooth, Off the Record, Childline are all organisations outside of school.



Did you know?.....

Mentoring is available for young people who need it from pastoral staff.

Counselling is available but is obviously limited.



St Bernadette Catholic Secondary School

An outstanding Catholic school

**A FUTURE
FULL
OF HOPE**

Did you know?.....

"Growing and learning in faith"