



# JOURNALOLOGICAL

Healthy  
Eating

Tips for young people

I'M FREE

Year of  
Young People

What's it all about



shmu Summer  
School

What we got up to

Opportunities for  
Young People in Film

Emily fills us in on BFI and FANS



# HELLO

## Welcome to the sixth edition of Journalological

Just in case you missed our last edition we'd like to tell you a bit about this magazine and where it came from.

Journalological is put together by young people for young people who are part of the youth media team at shmu. We started off writing articles to go with the community magazines which shmu produces already and we had such a great time writing these articles that we wanted to produce our own magazine. shmu applied for funding and now here we are with our very own magazine!

There will be three editions a year (spring, summer and winter) and this is our winter edition. We will be focusing mainly on the regeneration areas of Aberdeen (Woodside, Seaton, Tillydrone, Middlefield, Northfield, Cummings

Park and Torry) but we are always open to ideas about any topic that affects young people. If you live or attend school in one of those areas and would like to get involved Journalological then please get in touch. We're always looking for writers, photographers, proof readers and ideas people. Let us know what you think is important to you and we will try our best to cover it.

The team involved in this edition has included Lukasz, Finlay, Ella M, Ella W, Kiera and Danny. We meet every Tuesday between 6 and 7pm at shmu.

We have had a great time producing this magazine and we really hope you enjoy reading it. If you would like some more information, then get in touch with Laura at shmu. **You can email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or call 01224 515013.**

We hope you'll have as much fun reading the magazine as we did making it.



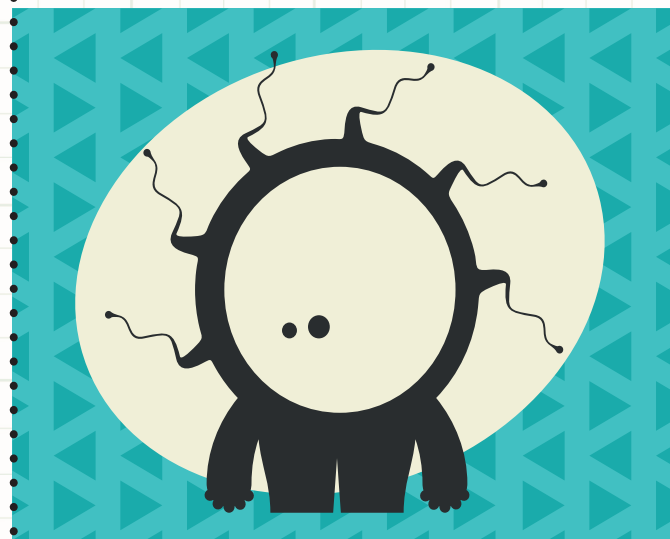
**shmu** offers an exciting and vibrant Youth Media programme to young people, prioritising those living in the regeneration areas of Aberdeen aged 12 -19, to actively participate and engage with our enhanced youth media platforms (radio, film, music and journalism); increasing confidence and self-esteem and encouraging communication with the wider world in a creative, balanced and informed way.

The programme offers the opportunity for our young participants to share their experiences with the wider world by digitally sharing all content produced through the SHMU website, social media pages, 57 North and our YouTube channel. If you have an interest in media and would like to find out more then contact our Youth Media Manager on [denise@shmu.org.uk](mailto:denise@shmu.org.uk) or call Denise on **01224 515013**



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# SUMMER READING CHALLENGE

Jesse

Hello guys what's popping this is Jesse and I'll be talking a bit about the summer reading challenge. I took part in the challenge this summer and I'm still waiting for the prize draw

## What is the reading challenge?

The Summer Reading Challenge takes place every year during the summer holidays. You can sign up at your local library, then read six library books of your choice to complete the challenge.

There are exclusive rewards to collect along the way, and it's FREE to take part!

## How to take part

Taking part in the challenge is simple – when your summer holidays start, you can sign up for free at your local library.

You receive your very own map of Beantown to get you started as this years theme was Mischief Makers. You

had to read six library books (or more!) over the holidays to collect special stickers to add to your map.

I collected all the stickers to discover where the treasure is hiding and complete the challenge. Now summer has ended the challenge has sadly come to a halt but look out for it next year! I really think anyone 7 till 12 should take part and keep reading at other times of the year too.



# YEAR OF YOUNG PEOPLE

Finlay

**2018 is the Scotland's Year of Young People, also known as YOYP. In Year of Young People 2018, it aims to inspire Scotland through its young people, celebrating their achievements, valuing their contribution to communities and creating new opportunities for them to shine locally, nationally and globally.**

As part of the Scottish Government's programme of themed years, 2018 is the Year of Young People.

YoYP 2018 activities and events are focusing on six themes that young people identified as most important for them as young Scots

- Participation – looking at how young people can influence public services and decisions which affect their lives

- Education – creating a stronger role for young people in shaping their learning
- Health and Wellbeing – supporting young people to lead healthier, active lives and have opportunities to learn about and improve their mental health and resilience
- Equality and Discrimination – broadcasting the value of young Scots, challenging negative perceptions of young people, and supporting young people to take leading roles in challenging discrimination in all its forms.
- Enterprise and Regeneration – celebrating young people's role in innovation, entrepreneurship and the Scottish economy as well as making Scotland a greener and better place to live

- Culture –celebrating young people's talent and addition to Scottish culture and arts.

There have been lots of events happening in Aberdeen including a Celebrate Us day organised by young people from across Aberdeen, social media safety, LGBT+ awareness sessions and a therapeutic photography event.

**Keep an eye out on the Year of Young People 2018 Aberdeen Facebook page for more information about other events and activities.**

## SPORTS

Matthew

Hi I'm Matthew and I think everyone should get more sporty. Before I came to shmu I did football. When I started in Primary One I was a goal keeper then I got moved to a defender. For some time I was midfielder and striker. Unfortunately, then my team folded which means my team had to let the old people go. People like me. I asked if I could join shmu cause shmu rocks. During my 7 years of football I got to meet new people like Charley, Junior, Callum and Finlay some are still at football some left. I also liked the joy of going home for dinner.

Doing sports is really good for young people because it keeps young people like me fit and healthy so go on get some sport in your life and have lots of fun. Some of the benefits are lower risk

of heart disease, strokes and diabetes. Helps manage weight loss. Sports can also help with reduce blood pressure.

Doing sports can also help with social skills and making new friends. If your mum or dad can't get you to training you can go out with your friends and take a football, a rugby ball, a basketball or anything you fancy trying and that can count as you getting exercise.

My conclusion is if you're like me wanting to join the police force, fire man service or something like that and would like to be fit for it you can join a sport club like football or just go out once in a while with friends and play you'll hopefully be able to join your dream job.







## children in scotland's children and young people advisory group

**Finlay**

Hi, I am Finlay, a member of the SHMU Youth Media Project and a member of the Children in Scotland Advisory Group, also known as Changing Our World. The Children in Scotland's Children and Young People Advisory Group is a subsidiary department of the national children's charity Children in Scotland who are based in Edinburgh.

We started on the 24th of June 2017 and we had an interview meeting to start off with to see if we liked it. Most of us were invited back but some weren't interested. As a group there is now an average of nine of us who are involved and coming along to

regular meetings. We have met eight times since starting in June 2017 and have attended the Children in Scotland Annual Conference. One of the meetings was held in the Scottish Parliament on the 12th of June earlier this year. We've worked on Children in Scotland's 25 Calls project. This marks Children in Scotland's 25th Anniversary. Our call is called "25 Call". All children and young people should be able to, and know how to, get support with their mental health and wellbeing when they need it without discrimination. This is their right and shouldn't be taken away or judged by people. There should be access to different types of support whenever

you need it, whatever your situation with people you can trust and who respect your right to privacy."

We are currently looking to recruit more members for the group to expand and get more of a perspective from all around Scotland. Currently, I am the furthest north and east. The second furthest is in the northwest of Scotland in the town of Fort William. The age groups reach from 9 to 18 and we are looking to reach out to older young people so that we get an older perspective to add to our group.

**If you want to get involved then you can email [beheard@childreninscotland.org.uk](mailto:beheard@childreninscotland.org.uk).**





# FANS YOUTH FILM FESTIVAL

## Youth Media Team

Hello there! Are you interested in film and are you a young person? If so I have a really amazing opportunity for you!

Station House Media Team (shmu) is teaming up with other likeminded organisations around Scotland and we are hosting the first ever Film Access Network Scotland (FANS) Youth Film Festival!

We spoke to Emily who has been at shmu for several years now about the FANS Film Festival as she is part of the enthusiastic team behind it all and she told us why you should be a part of this fantastic opportunity.

***She said: "Being part of the Film Festival will be a good opportunity for all, it will be a chance for those who have made films to see their creations on the big screens. It will***

***also be an amazing opportunity for those who enjoy watching films as this will give people a chance to sit back and see a wide range of different and diverse films made by other young people living in Scotland! We aim to bring Scotland together and giving young people a chance to also gain confidence, get a chance to travel somewhere and meet some really cool new friends!"***

If you would like any more information you can look us up on Social Media, on Facebook hit the search bar and type in **"FANS Youth Film Festival"**. On Instagram you can find us at **"fansfilmfest"** also on Twitter you can find us by searching **"FANSScotland"**

You can also check out the website and submit films online: [www.fanscotland.org](http://www.fanscotland.org)







# BFI FILM ACADEMY

## **Are you aged 16-19 and passionate about film-making?**

The BFI Film Academy is right for you, and shmu is once again working in partnership with BFI and will be delivering the fifth course.

The course is aimed at those who have a passion and are interested in learning and developing skills that will help them work towards a career in the film industry!

Emily, a former BFI course participant: *"The BFI is a great starting place for*

*gaining skills for the film industry it is a really good opportunity to get your foot in the door. The BFI Film Academy allows you to get hands on experience by working on your own short film. As well as experience you will also gain a Level 5 SQA qualification in TV Production and you will become part of the BFI Academy Alumni which will allow you to gain access to national film opportunities!"*

The course started with an intensive week from the 21st-26th of October

followed by weekly evening sessions. Young people will work together to create films which will be showcased at the Belmont Filmhouse in February 2019.

**To find out more about the Aberdeen BFI Film Academy course:**

**W – [www.shmu.org.uk/tv/bfi](http://www.shmu.org.uk/tv/bfi)**

**E – [bfi@shmu.org.uk](mailto:bfi@shmu.org.uk)**

**T – 01224 515013**





# SHMU SUMMER CLUB

During the summer holidays Station House Media Unit (shmu) held a variety of media taster sessions for P7s going into S1 after the summer. The young people who signed up for these sessions took part in radio, journalism, music and film activities throughout the six weeks. In this article we will be talking a bit about our summer programme here at shmu. We will mention things about the different things we did as part of our summer holidays like film, radio, music and journalism. We are always looking for more young people to get involved in our activity so if you would be interested look up Station House Media Unit on Facebook.

## SPEAK OUT

Hey, my name is Keeley and when I was at primary school I was involved with the Speak Out project with Adele and Lori. Way back at the start of the year I remember how we were writing down about our future self and how we were recording jokes and someone farted in class it was really funny. We would also plan out memories and funny stories to put on the radio. Then one day Lori came in with someone called Adele. As soon as she came she said something really funny and we couldn't stop laughing and everyone loved her straight away. The first thing we did was sit in a circle and tell everyone your name and something funny about yourself and we did a sheet about interviewing people.

When I first came to shmu during the summer holidays we did music in the morning and it was really fun. We then went for lunch and after lunch we did writing for a magazine. I really enjoyed it in school because there was lots of activities but I like it a lot more at shmu because there's more things to do and you can meet new people and have a good laugh

## FILM

Film was a great part of shmu summer school because we worked with Rich one of the best directors in the world for us and because we learned about different types of shots. Some of the examples of the shots we were doing over the shoulder, wide, close up, mid shot. We also planned a movie which involved people doing the camera, acting, making characters, knowing where to shoot. On the day of the shoot me and my brother went around pretending to kill people and at the end we tried to kill the last person, but he ran away. The thing I learned about making a film was the different shots, the characters that you can create and how to use a camera properly. You need a lot of teamwork in making a film because we need a camera, and sound, and everything working at the same time or else the movie or film won't be the best.

## JOURNALISM

Hi am Jesse and I'll be talking a bit about journalism. For part of this topic we wrote an article about everything we did over the summer holidays for the youth media magazine, Journalological. We did news broadcasting for radio so we wrote our script then we recorded ourselves reading the script. We found out more about journalism and the job of a reporters. We also pretended to be a news anchor and I picked the Thai cave boys story to record I did places to go in South Korea for my TV news piece. We also got the chance to work the camera, do the sound and direct the shots. Journalism is fun for me!

## REECE

Hi, my name's Reece! I started shmu in the Easter club and we did filming, journalism, music and radio. For film we learned how to use a camera and make a movie. For journalism we learned how to interview and make a script for the radio. For music we learned how to make our own music and for radio we learned how to use the desk and present a live show. After the Easter club I decided to keep on going to shmu on Tuesdays and Saturdays. On Tuesday we do journalism which is 4-5pm and 5-6pm is planning for the show on Saturday, and on Saturdays we do a radio show which starts at 10 and ends at 1, people are assigned to one hour and sometimes two hours or all three hours and given a topic to discuss on air. You can listen to our shows on shmu 99.8FM or online at [www.shmu.org.uk/fm](http://www.shmu.org.uk/fm).

## BOGDAN

Hello I'm Bogdan and I joined Youth Media Summer Club because my friend asked me to come and I agreed. I think the Youth Media Project is great and helps build up confidence because you go on live radio every Thursday and the best thing is you don't have to pay.

We also have one off sessions from different groups like hip hop dancing with City Moves. We also have to make our running order for all of our radio shows. A running order is when you are going to be talking and when songs are going to play. We also make films. Check on YouTube - our channel is shmuTV online. You definitely should come.

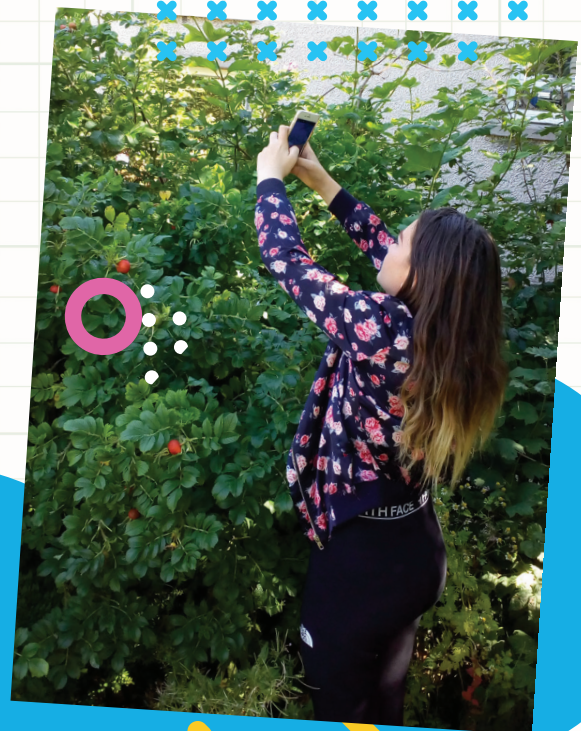
## ARKADIJS

Hi, I am Arkadijs. I got involved with Youth Media Summer Club. I got involved with it because Lori and Rich come to our school and told us about it. When they come to our school we did some work to make live show. We wrote scripts and recorded them and some people went to the studio to do the live show.

At the summer club we did film, radio, and journalism. For radio we write scripts and go live on air. For film we decide what the film is going to be about and then we decide who does what part and then we film it. The film we made is a horror. For journalism we write news scripts and got to film us reading them out like we were on the news.

Also, on Fridays we had a workshop. This week the workshop is hip hop and the first week it was traditional music.

My favourite thing about summer club is probably going live and making a film and journalism. Another thing I enjoyed is doing the workshops on Friday like hip hop with City Moves which is really fun and it's enjoyable.



Keep an eye out on the shmu Facebook/website for future holiday activities





# indoor water activities

Elia W

**Now I know for a fact that sometimes when there is bad weather, you can get REALLY bored. So, if you get bored on a rainy day, here are some activities with water for you to try.**

## 1. Make your own lava lamp

Get a bottle, water, food colouring, vegetable oil and aspirin.

Fill your bottle with about a third with water and then put in your food colouring. Make sure the food colouring is all mixed in and then add two thirds with vegetable oil. Last of all add your aspirin and quickly put on the lid. There you go - your own homemade lava lamp.

## 2. Float a paperclip on water

What you will need is a tub of water, a tissue, a pencil and of course a paperclip.

Take your tub of water and tissue and rip a bit of the tissue and place it in the water. Place your paperclip carefully on the bit of tissue. Now take your pencil (or pen doesn't really matter) and slowly push the tissue down and away from the paperclip. If done correctly you should have made a paperclip float.

## 3. Make a cloud in a bottle

You might need to get a parent to help with this if you are on the younger side.

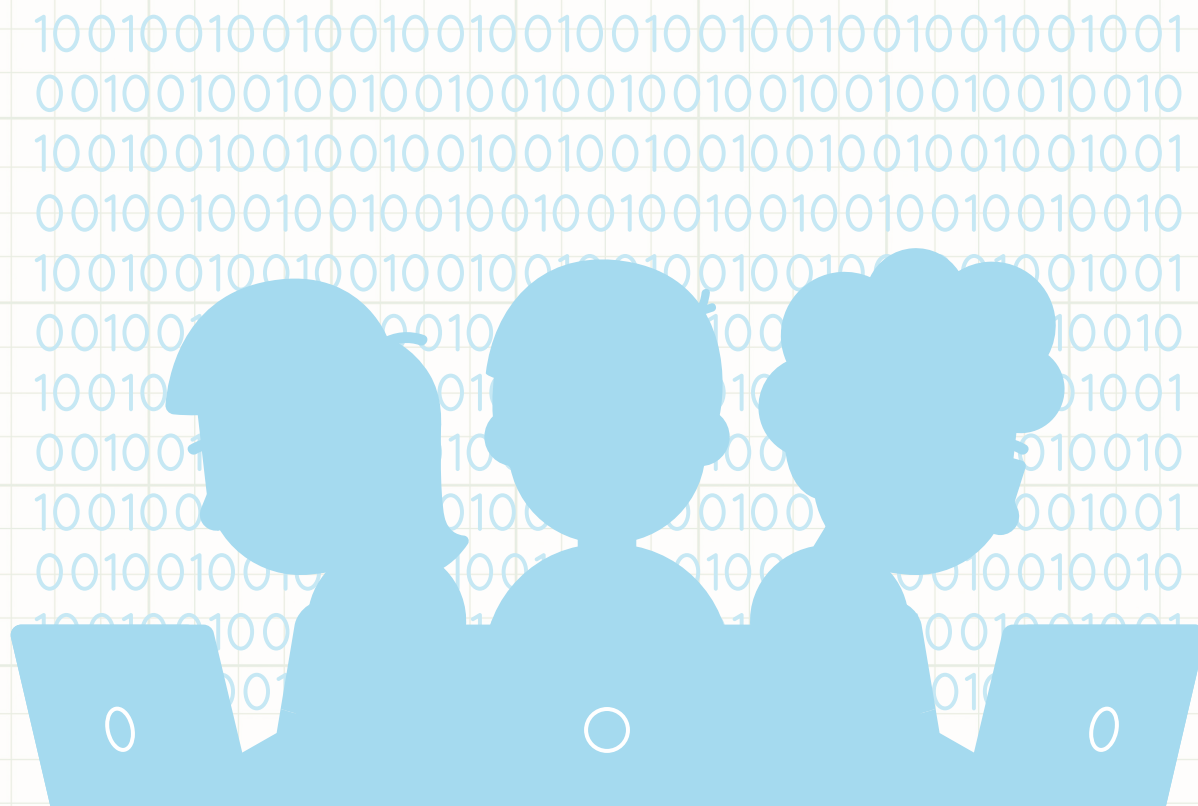
What you will need is a bottle, hot water and a bag of ice.

What to do is fill a third of the bottle with hot water and then put a bag of ice over the neck of the bottle. You will see that fog starts to produce inside the bottle and then it falls of as droplets of water. That is exactly what a cloud does in the water cycle.

There you go. There are three simple water activities to do on a rainy day or if you would just like to stay in for the day. Thank you for reading







# BINARY GUIDE

Lukasz

**Nowadays everyone is using phones but some of you may have stopped to think "well how does this work?"**

Luckily, I'm here to tell you. But first we must go through what is inside your phone. Let's begin with the basic part. In many ways phones are like humans. Phones have a brain which is called the processor. They also have a heart which powers them otherwise known as a battery. And just like us we have senses they have an input/output ports for example the camera or a microphone or maybe even a charging port. Then just like a human they have skin or an external case and finally, most importantly, the thing that holds it all together is the cables which are like our blood vessels or nerves. Phones must have cables for power and communication.

So that's generally speaking the internals of a phone but we now have to talk about how the phone stores information and talks to itself. Let's run through what your phone does for example when you press you screen it moves something, clicks on something, or whatever else. When your screen detects a touch, it records the location of where that touch was on the screen then it send this information to the brain of the phone (the core processor unit) which then stores your information. It checks to see what you clicked on and then decides what to do. Depending on what you clicked, it will spit out a command whether this will be to play music or scroll up/down or something else. But in real life it recieves multiple commands and it processes all of them in roughly a second.

Now we shall discuss how the computer talks to itself, this happens through a process of sending binary signals. The reason it has to send these is that it is easier to teach a computer to see when something is on or off than it is to teach it to differentiate between different levels of signals. I'll tell you the basics of how to convert from denary (the numbers we use every day) to binary. So, for example if we want to convert 10 to binary we first draw a table with 8 spaces. Then we put in the numbers in the top row remembering to go backwards and in multiples of 2 or base 2. Then through simple maths you input 0's and 1's into the places that add up to your desired number.

128	64	32	16	8	4	2	1
0	0	0	0	1	0	1	0

**And that is the basics on how to convert numbers into binary. There is much more to this than just converting numbers but unfortunately you would need to take a more in-depth course in computing to go over the more complicated information. But nevertheless at least now you know a little bit more about how the electronic world around us functions.**





# MIDDLEFIELD YOUTH FLAT



## Student Interview

**My name is Jacob Van Dijck, I'm a 21-year-old student from Belgium. I did my 14 month internship at the Middlefield Community Project.**

**What do you like about the Youth Hub?**

*I like the mass amount of variety the youngsters have in the Youth Hub to relax. From playing pool, Xbox-ONE, Wii and three computers with internet access to puzzles, arts and crafts, board games, comfortable couches, etc. It's a perfect environment for youngsters to get their mind off things like problems/struggling at school, having personal problems, etc. It's my goal to help youngsters, teach them the sense of a healthy life and put a smile on their face. I hope I can provide the right energy and a positive atmosphere in the flat.*

**How did you feel when you found out you were doing your placement at the Youth Hub?**

*I was quite happy with it! I always*

*wanted to do something like this. As previously mentioned, I want to help youngsters achieve great things in their life since they are the future of the world. I am willing to work hard to get good results for both me and the people who I work with.*

*I remember when I did my first session in the Youth Hub, I was very nervous!*

**Do you like working at the Youth Hub?**

*Absolutely! Since I did an internship abroad I got to choose my own hours. The Middlefield Community Project has been very flexible with me as a student. The youngsters and the staff are nice to me, and I'm really learning a lot about youth work and the Scottish way of life! You can clearly see the progress I've made since day one. I'm sure that my work at the Youth Hub will be an experience for the rest of my life.*

**How did you find the Middlefield Community Project?**

*Back in Belgium, when I applied for an internship abroad, my school recommended Scotland based on my interests. More specifically, they recommended the Middlefield Community Project. They had previous trainees at the Middlefield Community Project and they were highly satisfied with the results and way of working. And I've got to admit this is by far the best placement I've ever had.*

**What are you doing after your placement?**

*After I finish my placement I fly back to Belgium to defend my bachelor thesis. After this is done I'll graduate as a social worker – main subject: applied juvenile criminology.*

*I'll probably start studying another course or maybe I'll take a year of and do some more traveling/ volunteering!*





## Middlefield Youth Hub News

In recent months we have been very busy at the Youth Hub! With the introduction of two new specific group sessions, young people and workers have been busy working together.

The two groups which have been introduced are a girls group on a Tuesday night and a cooking group on a Thursday night

The cooking group have had great success! Holding a buffet style meal for the young people's family and community members. It was a great night had by all and the food tasted great. The cooking group then went onto further success organising and running a jumble sale where they raised £800. The funds will go towards the cooking group going away for a couple days.

Meanwhile the girls group have been busy discussing and exploring wellbeing. This has included colour therapy, what is stress, relaxation techniques, teamwork exercises and getting out for some fresh air! Also included in their group the girls have arranged to get their bras professionally fitted. Bravissimo have

kindly offered to accommodate the girls and throw them a small party! Big thank you to Bravissimo Aberdeen from the girls group.

The girls said: 'It was a good experience' and 'I liked it, it was fun and great.'

Both groups will be put on hold over the summer holidays however our young people are going to have some trips to look forward to instead!

Some of the young people alongside the workers have begun a 5-a-side team. Currently training on a Friday afternoon, they are hoping to find some teams soon to play against.

Shazam have recently become involved with the Youth Hub. The young people have decided to organise and perform a musical focusing on issues such as bullying. The musical will be based around Mean Girls along with their own experiences and imagination.

**The play will be performed at BelmontFilmhouse on Saturday 1st December at 11am**

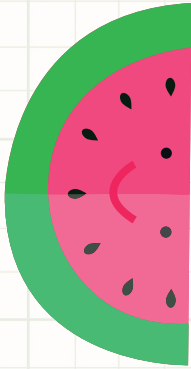






## HOW TO EAT HEALTHIER FOR KIDS AND YOUNG ADULTS!

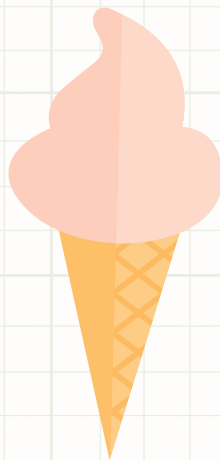
I know for a fact that trying to eat healthier is really hard, especially if you love your junk food. But even if junk food does taste great, we can't have it all the time- not even most of the time. So, to help you with your eating habits, here are some easy things to do in order to keep your health on track:



eat more greens and carbohydrates. you should put more veg/ fruit options in your meals. also eat more fibre which is in carbs this will help with your digestive flow.

**do not skip a meal.  
if you skip a meal  
it can confuse your  
body and make you  
hungrier which can  
lead to eating sugary  
snacks.**

Try not to drink or eat as much sugar. This can cut down on your sugar intake a lot depending on how much fizzy juice you drink in a week. This can help prevent type 2 diabetes as well and is very good for your body.



Try to eat smaller portions. This may be hard if you go out for dinner but what to do is ask for a smaller plate or put less on your plate. This helps you get a good-sized meal but doesn't case you to over eat which can have its flaws

Stay in school for lunch more. I know sometimes the school meals might not be amazing but that doesn't mean they aren't good for you. If you stay in school instead of going out then you aren't only being healthier, you are also saving money.




now i know this one might be the hardest but try and eat less junk food! some ways to do this is by having healthier options to snack on at home and try not go to fast food restaurants as often as you probably do. this will help your body flow in the way it should.

Try to eat less salt. Salt is very bad for your heart, so we can only have a certain amount a day. Now sometimes we can go over the limit without even knowing but if you know you've had quite a bit of salt that day, then just try to stay away from it the rest of the day.

well these are some ways to eat healthier and keep your body on the right track this should also keep you from feeling tired all the time if you don't get enough sleep. i am not saying to take junk food away completely but try and have it more as a treat than an everyday item.





# YOUR BRAIN ON SUGAR

Kiera

**Recently I had a thought: every time my friend ate something with a high content of sugar she got ecstatic and hyper, showing behaviours of what you could call a “sugar high”. I wondered why this happened and how to calm her down if I could.**

The simple way your brain works is that it needs energy to survive and run your body effectively. Sugar is converted to energy but when your brain has too much sugar it can confuse your thinking and concentration. The unfortunate thing about sugar is that when you have you have a little, you crave more. Sugar can stimulate the same part of the brain as using a drug like cocaine. Scientists have proposed that sweet foods, along with salty and fatty foods, can produce an addiction like state.

Sugar releases a chemical called dopamine, dopamine is like the brain's happiness button and when you eat sugar it's like pushing it. After a while the small doses don't press the button, so you crave more and more.

So most people eat too much sugar without even realising it. Here are some tips to avoid large amounts sugar:

- Give in a little, so give in when you're really craving it's better to eat a small cookie than eat a whole box of chocolates.
- Combine your foods - so if you eat a healthy food like a banana but dip that in chocolate sauce then it fills you up and satisfies your craving.
- Chew some gum, if you want to avoid giving in to a sugar craving completely, try chewing a stick of gum.
- Grab some fruit. Keep fruit handy for when sugar cravings hit but be wary as fruit does have some hidden sugar.
- Get up, when a craving hit you like a tonne of bricks get up and walk around for a while and take your mind off it.
- Eat regularly, waiting between meals can set up the scene for a craving.

**In conclusion sugar isn't good for the body in large amounts and you should cut down when you can. When you cut down you avoid all the negative effects of sugar. Now I'm going to go tell my friend and hope she doesn't get so hyper anymore.**



## LUKASZ'S GUIDE TO SENIOR YEARS AT SCHOOL

Welcome to 5th and 6th year! At this point and time, you will have fully integrated into your senior phase class. Just like the last year of primary a lot of things will start happening. First the expectations. So, for example you are expected to act properly as a senior and set an example to the younger ones. As this is something that can be used on a university application but is considered as one of those things that every adult should do.

Another expectation is that you study outwith school as it will not be easy work so most of the improvements and skills will be polished outside of the classroom. If you struggle at certain things like maths then to get a good understanding you will have to do more questions in your free time. Also another skill that is expected is time management as you will have to know when the homework will have to be done by or how long you have left to do something in general. As again if you manage your time badly and end up leaving all your homework or essays to the last minute then things will not end well. Time management is especially important when considering exams as you will have to know how long to spend on certain questions. Time management is a skill that is also expected in most jobs if not all.

Another thing that will happen is that your work will be harder as there will be a big jump. As if you have found everything up to 4th year easy then there will be a shock if you don't try, as again the workload will be harder. Before this stage you had four years to be introduced to all the courses. Whereas in higher and beyond you are rushed through them in a year but the rush won't seem so extreme if you do more work at home. And finally, moreover this applies to sixth year you will start doing college/university applications, so another skill is writing applications - this is where does five years of writing English essays come in - and if needed job applications. If you follow these tips you will hopefully have a successful and enjoyable senior phase.

## IMPORTANT CONTACTS

- \* ACIS Youth Counselling  
01224 573 892  
or iTEXT: 07758 360 095
- \* Childline - 0800 1111
- \* NHS 24 - 111
- \* Police - 101
- \* Aberdeen City  
Youth Council  
[www.facebook.com/aberdeencityyouthcouncil](http://www.facebook.com/aberdeencityyouthcouncil)
- \* Sexual Health Services  
0345 337 9900
- \* Aberdeen Guarantees  
[www.aberdeenguarantees.com](http://www.aberdeenguarantees.com)

## THANK YOU FOR READING



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