

STUDENT HEALTH **GUIDE**

ISSUE 3

GET THE MOST OUT OF UNI

TAKE
CONTROL OF YOUR
MENTAL HEALTH

SHG GUIDE TO MAKING FRIENDS

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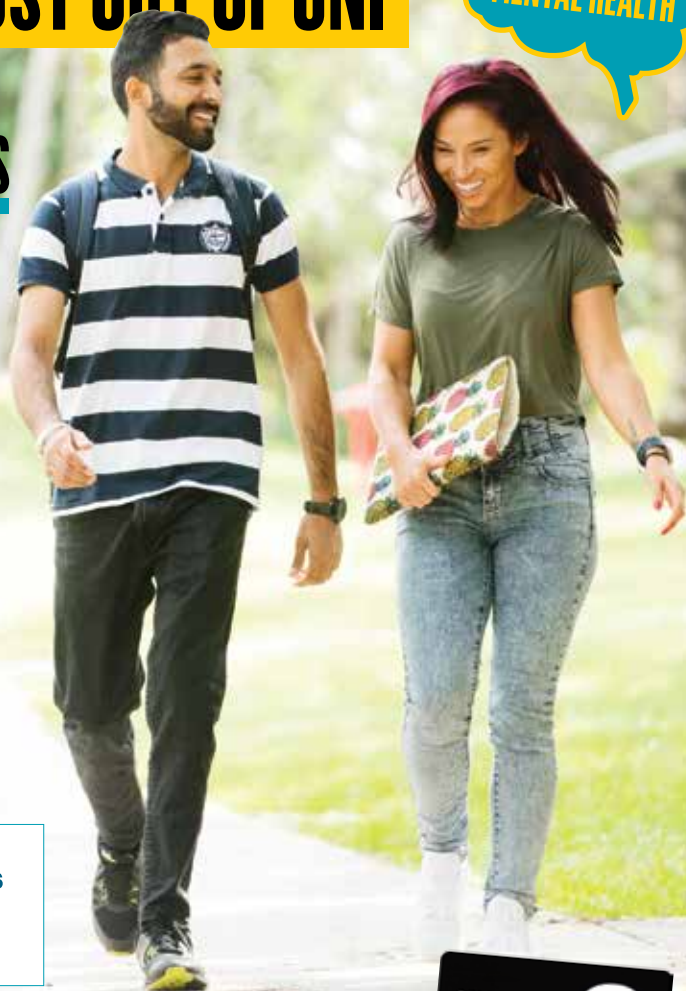
THE TRUTH ABOUT SUGAR

GET FIT
FOR FREE

6 TIPS FOR SUCCEEDING AT JOB INTERVIEWS



Southern Cross
University



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\$100 AMAZON VOUCHER FOR EVERY 50TH RESPONSE!!! on page 114

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-Bec, Vinnie & Eloise's mum.



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STUDENT HEALTH GUIDE

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WELCOME

2 020 has, so far, been a turbulent year. The new decade has brought us unprecedented uncertainty in light of the COVID-19 pandemic; the shockwaves of which have rippled around the world. No-one has felt this uncertainty more than prospective university students who have missed out on some of the key rites of passage: taking A Level exams, results day and leavers parties. It's a big leap going to university at the best of times, so it has taken great courage to get to where you are today.

Whilst your university experience may be different to those who have come before you, it will nevertheless likely be one of the best experiences of your life. In times like this, you must remember how fortunate you are to have

had a formal education to this point, and how privileged a position you are in to be able to attend university. It is estimated that just 7% of the global population hold a university degree.

You are already learning one of the greatest life lessons and that is to be adaptable, particularly in the face of adversity. Use this to your advantage. Embrace the technology available to you,

find new ways to connect with your fellow students and use this Guide to take control of your mental and physical wellbeing. At the end of your degree, employers will be looking out for the 'COVID-cohort' – the ones who showed tenacity, resilience and courage to stick to the plan regardless of the circumstances. Good luck.

“IT'S A BIG LEAP GOING TO UNIVERSITY AT THE BEST OF TIMES, SO IT HAS TAKEN GREAT COURAGE TO GET TO WHERE YOU ARE TODAY”



Victoria Evans Founder, Student Health Guide

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Think of the environment!
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WHAT TO EXPECT



Congratulations on starting uni! It's likely you feel excited, but probably a little overwhelmed. Here are our top tips... and the one piece of advice you **really** need

Starting university is a really exciting time where you'll likely live, work and study independently for the very first time. You'll have some of the best days of your life as a student – days where you achieve something that you never thought was possible; where you make new friends and experience exciting things; and finally, the day you'll graduate knowing that your hard work

has paid off.

But let's be real – dealing with competing pressures at uni can be really tough. Be practical with your expectations and use the advice and tips in this Guide to help you along the way. And, finally, don't ever be afraid to ask for help before it gets too much. Your uni is there to help, and no problem is ever too big to be resolved. It's OK not to be OK.

TAKE CARE OF YOURSELF

Looking after yourself means way more than clean eating and working out. 'Healthy' comes in many forms – mental, emotional, physical and spiritual. Even if you have a million things to do, make sure you always factor in some down time spent doing the things you enjoy.

BE PREPARED

Perhaps the most important piece of advice is to be prepared. We all know that there is a mental health crisis – not just within universities, but within society as a whole. You may never feel, stressed, anxious or sad, but you might. Acknowledge it, speak to your friends and family, and seek additional support from your GP or university if you need it. Take the time to read pages 6 to 27 of this Guide now, so you can identify when you, or someone close to you, might need support later.

BE YOURSELF

One of the best things about university is the diversity, so don't be afraid to be yourself. Use your time as a student to try new things, meet different people and get involved. It's the best opportunity to find out who you are and what you stand for.

UNIVERSITY CHECKLIST

There's a lot to take in when you join, so use our handy guide to tick off the must-do's

during your first weeks to set yourself up for success...

6 MUST-DO'S WHEN YOU FIRST JOIN

Get these steps ticked off as soon as you can to make sure your health, finances and home are taken care of. And it's not just for first-year students – if you're returning for the new year, check out the list below to ensure that you completed these when you first joined...

REGISTER WITH A GP

1 Regardless of whether you're a domestic or international student, make sure you register with a GP – ideally your university GP. Your Student Services will give you details and guidance of how to do this. And there's no point waiting until you need medical treatment to register – you will want to make sure you're registered ahead of time in case the issue is urgent. This applies to international students as well; whilst you may have to pay to access treatment it will be free to register with a GP. Your uni will have advice on how to do this.



GET YOUR VACCINATIONS

2 Vaccinations are required for some university degrees. To ensure you are meeting your requirements, refer to your Unit Guide or enquire at Student Services.

GET THE HELP YOU NEED

3 For your university to provide proper support to you, let them know your needs before starting your course. If you have a learning difficulty, history of mental or physical illness or you're a carer, it's wise to get in touch with the relevant department at your uni and learn what help they may be able to offer you to make your student years as comfortable and enjoyable as possible. Also bear in mind that you may develop additional needs during your time at uni – stay alert to this and seek help.

TALK

SORT YOUR FINANCES

4 If you haven't done so already, consider speaking to a financial counsellor or financial planner to help establish a budget that works for you.. Check out our Money Matters article (p104) for practical guidance on banking, budgeting and spending. Also, check with your accommodation provider as to whether you need contents insurance for your belongings. Some have this included in the rent, but if you're in private housing, you'll need to put cover in place to protect against theft, damage or loss of key items such as your mobile phone and computer.

LIVING TOGETHER

5 For some students, relocating to attend university may mean residing in shared accommodation on or off campus and the thought of sharing facilities with strangers can feel overwhelming. Accept that we're all different, so if someone has unusual habits, be tolerant of their differences and embrace the diversity! Be respectful that people opt for different schedules and may be studying or sleeping when you want to party. Keep your bathroom and living areas clean and tidy to avoid unnecessary illnesses. And, finally, keep an eye on your class and room mates. If you notice worrying behaviour or feel that something isn't right with their health or wellbeing, it might be worth asking if they are coping, or alerting the university about your concerns.

JOIN IN!

6 Take some time to get to know your student associations. The social



aspect of uni can be daunting for some, especially if you're an introvert, so start small. Introduce yourself to your neighbours within your accommodation and go to special events, induction lectures and welcome activities as a group. Keep an open mind, step outside of your comfort zone and chat to as many people as possible. Uni isn't all about academics – it's also the best opportunity to try something new and develop your skills, so go for it!

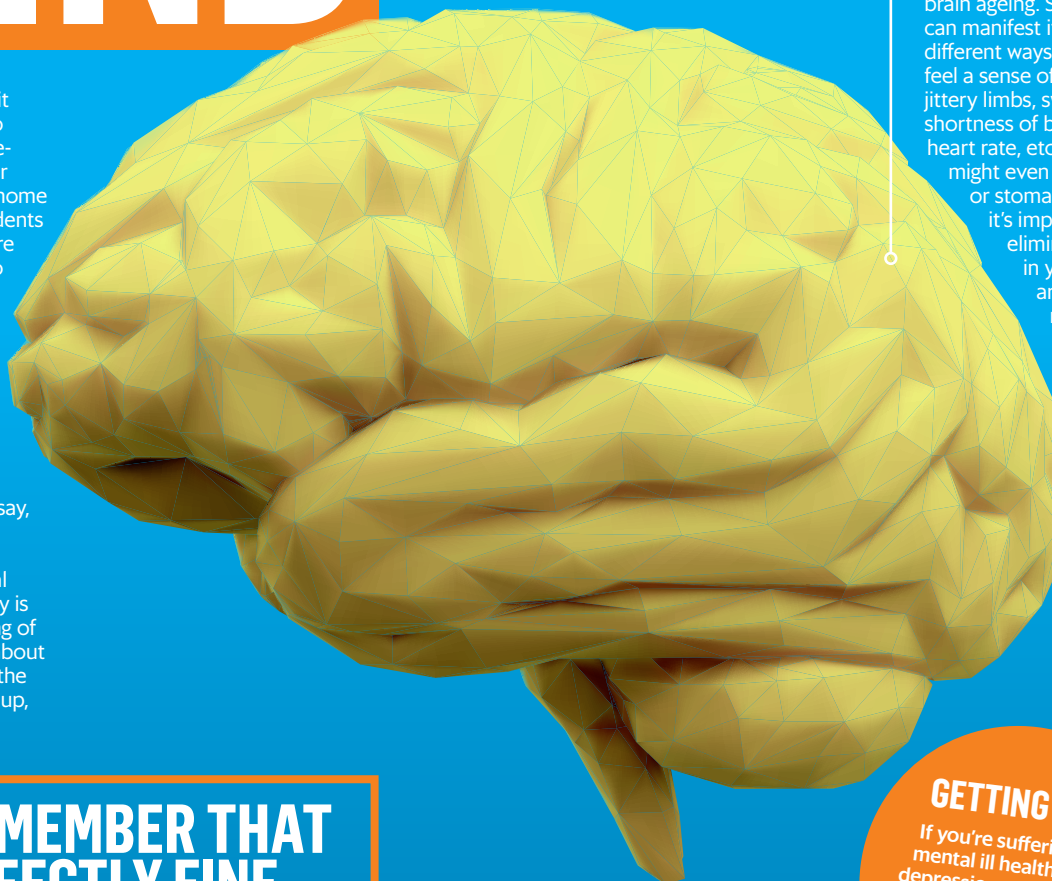
INTRODUCTION TO YOUR MIND

Mental health is critical to our wellbeing, but there are times in life when we all struggle. The key to mental resilience is learning when and how to ask for help...

You may not feel it now but going to university is a life-changing event – whether you're commuting from home or living on campus. Students have never faced pressure quite as much as they do today. Concerns about workload, finances, housing, relationships, social media and uncertainty about the future can cause a detrimental effect on the mental health of students. Just remember that it's perfectly fine to say, "I am not OK."

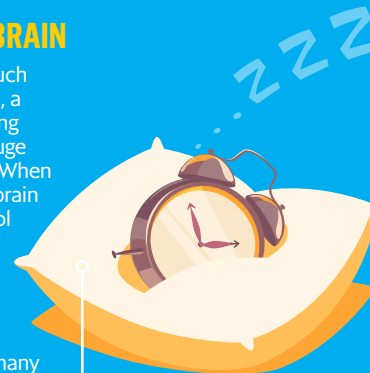
Mental health is just as important as our physical health. Thankfully, society is becoming more accepting of people who are honest about their mental health, and the more people who speak up, the more accepted it will become to seek help.

JUST REMEMBER THAT IT'S PERFECTLY FINE TO SAY, "I AM NOT OK"



STRESS & YOUR BRAIN

External pressures – such as falling behind at uni, a toxic friendship or being bullied – can have a huge impact on your brain. When stressed like this, the brain releases excess cortisol (a stress hormone), which has been linked to memory loss and premature brain ageing. Stress can manifest itself in many different ways – you might feel a sense of panic (think: jittery limbs, sweating, shortness of breath, a faster heart rate, etc) and you might even get a headache or stomach ache. While it's impossible to eliminate all stress in your life, there are ways to reduce it.



MANAGING STRESS

Stress often comes and goes, usually when you're pushed out of your comfort zone – like when facing a tough exam or going for an interview. If you're feeling tense and anxious, try these techniques to calm your nerves:

- It's common to be nervous of the unknown, so think through some of the common eventualities and plan out what you'll do – that way you'll feel prepared and calmer about the outcome.
- Make time to relax and meditate. Sit in a quiet area, close your eyes and take five deep breaths, in and out.
- Get a decent night's sleep, so that you feel rested and ready for the new day.
- Go for a walk to get some fresh air and clear your head.
- Thinking positively about the things you can control is more likely to help you overcome the hurdle you're facing. If you don't get the job you applied for, there will be another.

GETTING HELP

If you're suffering from mental ill health such as depression, anxiety or any other unusual thoughts, tell a trusted friend or parent, your GP or Student Services as soon as you can.

THE BEST MIND APPS

All of these are available for free and are suitable for both Apple and Android phones:



Headspace: This app makes meditation simple. Through the guided sessions, learn meditation and mindfulness in just 10 minutes a day.

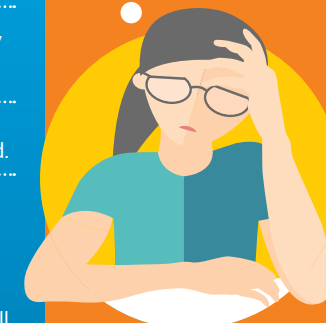


Peak Brain Training: Challenge your cognitive skills with over 30 fun games. View your Stats to track your progress over time.



SAM: Developed by a team of psychologists, this app offers a range of self-help methods for people who are serious about managing their stress and anxiety levels.

MAYBE THERE'S AN APP FOR THAT



MANAGING STRESS & ANXIETY

Starting uni is full of new experiences, new friends, new surroundings and, for most, a completely new way of life. This should be a really exciting time, but feeling stressed and anxious is completely normal for most students. Here's how to cope...

In a recent Headspace survey, 83% of first and second-year student respondents at Australian universities said they were suffering from stress and 76% have experienced low moods. It's unsurprising in some respects – starting university is a big life step and one that often requires major upheaval. It's likely you'll have moved away from your home, mates and family. You need to make new friends, orientate different surroundings and deal with new academic pressures. Add in the burden of student debt, day-to-day financial concerns and pressure to have an amazing

UNI IS VERY DIFFERENT TO SCHOOL AND IT'S LIKELY YOUR COURSE WILL BE A MAJOR STEP UP

'uni experience' and it's no surprise that sometimes life can seem overwhelming. For some students, it's exceptionally challenging – one in five respondents in the UniHealth survey said they have had suicidal feelings. What's more alarming is that only 25% of students experiencing stress and depression said they would

seek help. Many others said they were "too embarrassed" or they were unaware that help was available to them.

One of the biggest challenges when starting uni is that everyone appears to be coping well and taking the new experience in their stride. They seem to have made friends, post amazing photos on Instagram, and hand in all of their assignments on time. But behind the scenes, the reality is often completely different. There are very few people who don't suffer from stress or anxiety at some point, so it's important to realise that you're not alone or different.

GETTING HELP

Whilst mental health awareness has become more prominent in recent years, lots of people still struggle to come forward and seek help. Often, they feel embarrassed or weak, especially when they believe they should be having the time of their life.



The good news is that there are various places to go to for help – speaking to a parent or a friend could be a good place to start. Going to see someone at your uni's counselling service or your GP is another good option – they understand the pressures on students and can

offer bespoke support. If you prefer to speak to someone confidentially, you can call Lifeline on 13 11 14 and After Hours Crisis Support on 1300 782 676, or text on 0488 884 143.

Remember that it takes strength and courage to say you need support, and no one will ever judge you for seeking it.

SOCIAL MEDIA AND PERFECTIONISM

It's not easy scrolling through your social media feeds and seeing beautiful people travelling to incredible places and experiencing amazing things. Sometimes we wonder why our photos don't match up – even after we've posed 20 times, cropped out our mates with their eyes closed and applied a Lark filter, they still don't seem to compare. The truth is that the photos you're looking at are usually heavily edited and often give a distorted view of reality. For example,

some celebs have been caught Photoshopping their pics, and pretty much everyone posts only the best bits of their life. (When did you last post a photo of yourself doing the laundry?) Others have been known to hire sports cars and swanky Airbnbs to give the illusion of a millionaire's lifestyle. The reality? All smoke and mirrors. So, the next time you feel envious of someone else's life, body, car or house – or strive to be as 'perfect' as them – remember what you're aiming for probably doesn't even exist.



LOOKING AT DEPRESSION

The pressures of being at university can be immense, making depression a fact of life for many students. Just remember that you're not alone.

There will be moments when your time at uni won't all go to plan. With exam stress, debt worries, pressure to achieve and trying to juggle part-time jobs, relationships and academics, it's no wonder that students can be susceptible to stress, anxiety and low moods. But when does 'feeling down' turn into depression?

What is depression?

How many times have you heard people say they're depressed, when they're really not? The English language doesn't always have the right words to convey how we feel and not everyone's understanding is the same. Being 'a bit down' or 'fed up' is very different from depression. If you're feeling a bit low, you can usually make yourself feel

better by sleeping it off or resolving the underlying issues, so the feeling goes away. But when you're suffering from depression, it's something that lasts for weeks or even months. It's a state of mind that's hard to escape from, no matter what you try. Sufferers sometimes feel that they're not equipped with the skills to solve their problems and that there's little point in trying.

IT'S A FACT
When you're feeling low, it's easy to turn to drink or drugs, but that's one of the worst things you can do. Both will ultimately make you feel even worse, even if they offer a brief reprieve. Instead, seek help.

There's also a misconception that the sufferer's life must be a mess. But that's the crux of depression: it doesn't discriminate and can affect anyone regardless of perceived success, wealth or appearance.

You're not alone

The pressures of university life have led to a huge increase in depression among the student population. Since 2007, there has been a three-fold increase in students seeking help from Student Services, so while you may think that nobody else feels your pain, you're actually far from alone. Since the symptoms of depression often come on gradually, sometimes it's difficult to identify the condition early on, which delays doing something

about it. In severe cases of depression, it's possible to feel so low that you have thoughts of withdrawal, self-harm or suicide. You can also suffer from psychotic episodes, which is where you start to see, hear or believe things that aren't real.

Even if you're feeling fine, one of your friends or flatmates may not be, so look out for anyone struggling academically, taking part in fewer social activities

or avoiding social contact altogether. They could also be neglecting their interests or be having problems at home or in a relationship. Stay vigilant – you could be the person who breaks the cycle.

Feel better, faster

You can ease the effects of depression and keep your mind healthy by using these three techniques, courtesy of mental health charity Mind (mind.org.uk).

■ Break the cycle of negativity. Dark thoughts often breed more dark thoughts, so think of positive things you've achieved and things you're grateful for.

■ Do something active to keep your mind on something else. It needn't be strenuous.

■ Connect with others as often as possible, even if it's just a quick phone call.

GET HELP

If you think you might be depressed, or are struggling with your mental health, seek advice from your student health or counselling services as soon as possible. These sites are good sources of information:

- headspace.org.au
- mindblank.org.au
- thedesk.org.au

SIGNS TO LOOK OUT FOR

The symptoms of depression vary from one person to another, but anybody suffering from it will be battling with at least some of these:



- Feeling sad or hopeless
- Losing interest in things they've previously enjoyed
- Anxiety
- Tearfulness
- Poor sleep and tiredness
- Unexplained aches and pains
- Self-harming

- Low self-esteem
- Feeling intolerant or irritable
- Finding decision making to be difficult
- Paranoid thinking
- Suicidal thoughts
- Feeling that there's no point in living



ADDICTIONS

Sometimes we forget the reality is that a person can be addicted to just about anything – from drugs and alcohol, to sex and shopping. Whilst regularly doing something doesn't necessarily mean you are addicted, if you are controlled by your habit, it can soon spell disaster. Here's how to spot, and get help for addictions...



The NHS defines addiction as 'not having control over doing, taking or using something to the point where it could be harmful to you'. While in some people this refers to substance abuse, in others, the addiction may be less obvious, such as:

- Gambling
- Gaming
- Working or studying
- Spending or shopping
- Exercising
- Internet and social media
- Sex

When does a habit become an addiction?

To varying degrees, many people engage in some or all of the above activities. They may be habits (such as exercising or browsing social media), facts of

life (such as studying, working or spending) or things you enjoy (such as gaming or the odd bet here and there for fun). All of these things can be enjoyable and harmless. However, when you have no choice over the behaviour, then it's likely the activity has become an addiction. Characteristics of being addicted include:

WHEN YOU HAVE NO CHOICE OVER THE BEHAVIOUR, THEN IT'S LIKELY THE ACTIVITY HAS BECOME AN ADDICTION

- Unable to control behaviour without overwhelming effort or professional intervention
- An increase in the behaviour over time

in order to get the same satisfaction

- Inability to think or focus on anything else
- Change in personality
- Having a negative effect on a person's academic, social and financial life.

GETTING HELP

If you see any of these characteristics in your own life, or identify them in someone you know, you need to get help. You might feel like you can beat the addiction alone, or someone may convince you that they can, but it's better to get help to control the behaviour long-term. Acknowledging you have an addiction is a courageous thing to do – you will not be judged.

■ **Alcohol** Alcoholics Anonymous 1300 222 222 aa.org.au

■ **Drugs** Alcohol and Drug Foundation 1300 8585 84 adf.org.au

■ **Smoking** Quit Quitline: 137 848 quit.org.au

■ **Sex** Sex and Love Addicts Anonymous slaa.org.au

Maybe you don't think you have an addiction yet, but do feel like you're gradually losing control. Now's the time to get help – before it does turn into an addiction.

HOW TO TALK TO A FRIEND OR FAMILY MEMBER THAT MIGHT HAVE A PROBLEM

It's not easy to speak to someone who you think may be suffering from addiction for fear how they will react. Try to approach the conversation in a light-hearted way perhaps by saying that you have noticed

a certain type of behaviour recently. They may open up by themselves and be grateful that someone is looking out for them but be prepared that they may deny or become defensive about their actions. If they aren't in danger, then

it may be better to pick the conversation up again when they are in a better mood, or ask for support from friends and a family. If they open up, show compassion and offer to support them in getting help.



EXAM & ACADEMIC STRESS

Studying a degree isn't easy – there is so much content and never enough time. But don't despair, as there are ways to make studying less stressful...

Stress usually occurs because we're worried about the outcome – we often feel pressure from our tutors, family and ourselves to do

well. We worry about what the effect may be on our life if we don't get the grade we need, like not getting the job we want and how this may impact our future. On top of that,

studying is tough – there are loads of distractions and heaps of content – you may feel you never have enough time and begin to wonder if you're even reviewing the right thing.

YOU'RE NOT ALONE

First off, acknowledge that you're not the only one feeling stressed. Whether your peers admit it or not, it's likely you're all feeling the pressure. Sometimes, it's great to chat it through with them, as they may give you some practical scheduling or revision tips. You could even talk with last year's cohort of students to give you some perspective that there is light at the end of the tunnel.

STOP PROCRASTINATING

It's likely that the hardest part of studying is focussing on the work and not getting distracted, particularly by your mates who might have lectures and exams at different times. Another culprit is the internet. It might seem hard, but put down your phone. Turn it off. Put it in a drawer. Anything you have to do to avoid temptation.

JUST GET STARTED

When it comes to studying, the biggest hurdle is often just getting started. Begin your day with the hardest work and when you feel your focus slipping, take a short break and then get back to work as soon as possible.

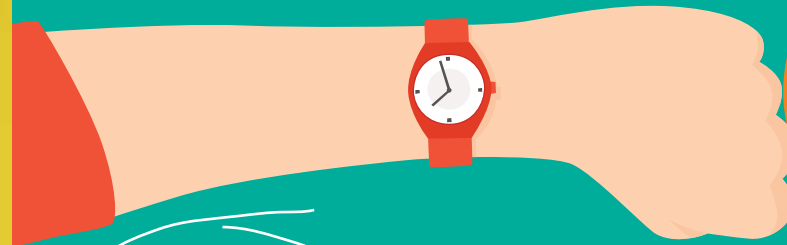
Try to put together a study schedule to keep on track.

Adopt a positive attitude. Think "I'm going to give this 100%" – that way you'll know you're doing all that you can.

PRACTICAL TIPS FOR EXAM DAY

- Get a good night's sleep before the exam. Cramming late into the night is unlikely to help, as you'll just end up tired, unfocussed and stressed during the exam.
- Make sure you get up in good time so that you're not rushing out of the door.
- Have a good breakfast (see p48 for some speedy ideas) and drink loads of water.

- Before you go into the exam, take a few deep breaths and visualise yourself feeling confident and relaxed during the exam.
- After the exam, there's nothing more you can do, so there's no point worrying about how you did. Try not to talk to your friends about specific questions, as conflicting views may leave you questioning your own answers.



If your load gets too heavy, it could be a one-way ticket to burn-out. Speak to your tutors or Student Services for support if you are struggling with your course work-load, or if you are working too many hours in a part time job to make ends meet.

TIME MANAGEMENT

People from all walks of life struggle with procrastination and time management and students are no exception. Here's how to get stuff done.

At uni, good time management is one of the most valuable skills to learn. Possibly for the first time, you will be responsible for attending class, doing your work, preparing for exams, sorting your laundry, having a social life, managing your money, ensuring you eat properly ... the list goes on and on. And whilst you might not have it cracked from day one, there are a few simple tips to help you get started:

1 Work out what it is you need to do

What you *need* to do and what you *want* to do may be different things. No-one wants to spend a Friday night in the library revising, but if it's what you need to do to get where you want to be, do it. Make a list of all of the things you have to do (and when you have to do them by), and a list of the things you would like to do (think: parties and festivals).

2 Create a plan

Next up, you need a plan of action. Whether you use a scrap of paper to create a to-

do list, or a paper or electronic diary, block out some time to get the stuff you *need* to do done, and then fit in the stuff you *want* to do around it. If it goes on the list or in the diary, it's non-negotiable – you have to get it done. Reward yourself if you stick to your schedule.

3 Leave some space for downtime

Word of warning – don't over-pack your schedule or put an overwhelming number of things on a to-do list. Keep

it manageable and leave lots of time should things overrun or take longer than expected. Block out time to take care of yourself too – for rest, fun and exercise.



4 Don't take on too much

There are so many opportunities at uni which is great – but you can't do everything. If you are a serial 'over-committer', try to limit the amount you schedule, even if it's just for a while. You can always add more commitments later.

THE NUMBER ONE TRICK TO AVOID PROCRASTINATION

Just get started. It might seem super simple but how many times have you put something off only to do it later and it was nowhere near as bad as you thought? If you set a timer and do five minutes of a project, assignment or to tackle some revision, you are more likely to keep going when the five minutes is up. Usually, the hardest thing is starting. Try it.

5 Account for 'busy-periods'

The academic year has peaks and troughs in terms of workload. For example, on the lead up to and during exam period, your focus will be on your revising, but during the summer, that's when you could pick up some extra money with a part time job. Use your time wisely to make sure to account for these changes in workload.



FEELING HOMESICK & LONELY

Being away from your family, friends and childhood home can be a really daunting experience. Here's some practical advice...

F feeling isolated at uni can be a particularly difficult experience because everyone is hopeful you'll be having loads of fun. From time to time, though, it's likely that you'll feel lonely or homesick, which can sometimes lead to feelings of disappointment, guilt or fears that you're not normal (and that's on top of what you're already feeling).

First off, be realistic – everyone feels like this at some point, whether they

**IT MIGHT NOT
LOOK LIKE OTHERS
ARE STRUGGLING,
BUT SOME
PROBABLY ARE**

admit it or not. It might not look like others are struggling, but some probably are. Moving away from your home and everything you know – sometimes to a completely different country – is a massive undertaking. So don't believe you're a failure for feeling this way and neither should you feel guilty. Here's how to get back on your feet and send homesickness packing...

Get plenty of exercise and eat well. If you're feeling down, taking care of your body will help you feel better quicker (see our article about mental health & exercise on p64).

Bring some of your favourite things from home. Make your student housing as comforting as

possible. Bring your stuff with you – bedsheets, posters and even Ted Bear – to make it feel like a home from home.

Keep a journal. Some people find writing their thoughts down really therapeutic. Write whatever you want – no one will ever see it but you.

Get outside. You may not fancy it but head outside to visit friends or just go for a walk. Being out in the fresh air really will help you feel better.

Keep in touch. Call, Skype or even snail mail with your friends and family back home and be honest about how you're feeling. (But don't spend all of your time chatting on Facebook and forget about life at university...)

MAKING FRIENDS

For some people, making friends comes naturally, but for lots of people it doesn't. Here's some pointers to help you on your way

1 Get involved in societies and clubs that interest you. By being there, you'll have at least one thing in common with everyone!

2 If you struggle meeting new people face to face,

use university Facebook pages or Twitter feeds to meet new people.

3 Keep your door open in your accommodation or put a sign on your door to show you're up for a chat.

4 Don't be afraid to smile and say "Hi". What's the worst that can happen?

5 Remember at uni, you are all in the same boat. Making new friends is an expected and fun part of uni life!

ORIENTATION WEEK Q&A

Q Is it worth the hype?

A Yes! Orientation Week is a rite of passage for all new students. It's a great opportunity to meet other students, find out what's going on and get involved in something new.

Q What should I expect?

A Row upon row of stalls with exhibitors ranging from sports and social societies to university department and local companies, like bars and possibly employers.

Q How do I beat the nerves?

A Attending a Orientation Week can be a bit full on for those who don't like big crowds and introducing themselves to new people – especially as it comes during an exhausting week. The easiest way to combat nerves is to buddy up with someone and go together. Have an open mind about the Fair and if you start to struggle, step outside for a few minutes to take a short break.

Q Are there non-sporting societies?

A Of course! Your Orientation Week will cover a huge range of societies. It's amazing to see the variety – there really is something for everyone.

Q Is it just for first year students?

A Unless your institution specifically says so, attending is a great way to sign up to new things, or have a second chance if you missed out first time around.

BULLYING

You might think that peer pressure and bullying are generally confined to the playground. Sadly, you'd be wrong...

Bullying takes many forms – including name-calling, physical assault, spreading rumours, stealing, excluding people and turning someone's friends or colleagues against them. Happy, secure people don't bully others; it's the bullies who have the problem, not those they target. Bullying is experienced by many people at some point, and sadly it doesn't end at school – in the UK, nearly a third of people say they've been bullied at work. If you're a target, you need to put an end to it. Here's how:

- Keep a diary: dates, times, places, who was there and what happened.

- If you're being cyber-bullied, save messages, screen grabs and call records – but don't respond to the bully.

- Tell someone right away. If it's at uni, get in touch with Student Services. If it's at work, tell your boss or a member of HR. If you're being harassed outside of a formal setting, call the police on 000 if it's an emergency.

Driven to the brink

If you bully someone, you could be responsible for pushing

them to the brink. It's easy to see picking on someone as harmless teasing, but nearly half of suicides of young people are because of bullying. Many other victims of bullying have to skip class or work because they can't concentrate, and the effects on their self-esteem and confidence can last for years.

Whistle-blowing

A 'whistle-blower' is someone who exposes information or activity that's illegal, unethical or incorrect. Whilst this might refer to activities within an organisation, it can also refer to behaviour of individuals or workplace culture. If you witness bullying where you work or at your institution, it's

important to speak up, as the person being bullied may not have the courage to do so. You should tell someone within the organisation confidentially and make it clear if you wish to remain anonymous.

ONLINE BULLYING

With the rise of the internet has come the rise of the trolls. Online (cyber) bullying can be just as hurtful as face-to-face bullying. Because we lead such connected lives, it can happen anywhere at any time. To deal with it:

- Block abusers on social media or your phone.

- Keep your personal details from those you don't trust.

- Adjust your privacy settings on social media to control who sees what.

If someone posts something online that you disagree with, just ignore it. Posting nasty stuff in the comments section is unnecessary. Think: "Would I actually say this to someone's face?" While there isn't a specific online bullying law in the UK, some actions can be criminal offences.

GET HELP
 ■ ditchthelabel.org
 ■ bullying.co.uk



PEER PRESSURE



No one wants to be the victim of peer pressure, but it can easily happen. Sometimes, it's pretty harmless: say, you're trying to eat clean in the week and all your mates pressure you into ditching the diet in favour of a Pizza Express. Naughty but harmless! However, you might come across situations that are a little different, particularly if they're unfamiliar.

It's important to know the difference between harmless teasing from your mates, to participating in things that you genuinely don't want to do, for fear of what people may say or how they may

react. This is completely different for everyone – the experiences someone wants to participate in, and those they wish to decline, are personal to them. Even if their behaviour seems odd or unusual to you, it's completely their choice and they should be allowed to do what they want without judgement or bullying.

So, why do people succumb to peer pressure, either knowingly or otherwise? Usually, it's to fit in. If your mates are experimenting by using drugs, drinking alcohol and or being sexually promiscuous, it doesn't mean you have to do this as well. Now is a great time to figure out who you are and the type of person you want to be. Students are a diverse bunch of people. If your new mates don't quite 'get' you, that's fine. Find a club or group of friends who do, and who accept you for who you are.

STUDENTS ARE A DIVERSE BUNCH OF PEOPLE. IF YOUR NEW MATES DON'T QUITE 'GET' YOU, FIND SOME THAT DO

PERSONAL RELATIONSHIPS

There are lots of benefits to having great relationships, but what should you do when they veer off track?

There are many types of relationship, but broadly speaking they usually fall into one of four categories: **family, friendship, romantic or professional.** What's normal in one type of relationship may seem weird in another. In any relationship, think carefully about what you want out of it, what the other person wants out of it, and whether you're comfortable.

Consciously developing and working on relationships is a great way to keep them healthy and strong. However, it's also important to understand that you're only one part of a relationship. People change, and so do circumstances. These are often beyond your control, so you shouldn't blame yourself if a relationship gets tough or crumbles. Even though you might not be able to help the other person see things differently or make them change, you can control how you interpret what's going on and how you behave. In other words, stay focussed on the things that you can change and don't waste time and worry about the things that you can't.

Good communication and managing other people's expectations are important

in healthy relationships. But when someone stops listening to you, or the dynamic in the relationship starts to sour and make you think "ugh", it's time to take swift action. If the relationship makes you unhappy, consider cutting it off. And, if the relationship becomes abusive, tell someone you trust. If it's anything sexually abusive or illegal, speak to the police on 000 if it is an emergency or call campus security.

4 SIGNS YOU NEED TO MOVE ON

Bad relationships can be the source of stress and anxiety. Here's what to watch out for:

- You no longer enjoy someone's company.
- You feel like they're taking advantage of you.
- You don't trust them and/or they don't trust you.
- They ask you to do things you don't want to do.

TOP TIP

Don't let someone change who you are to be who they need. That's just a recipe for disaster...



DEALING WITH A BREAK-UP

We know it hurts now, but it will get better, honest! Here's how to keep moving forward:

Do stop all contact. Don't look on their Facebook, Twitter, Snapchat or Insta profiles for a while.

Do call your mates. No one knows how to cheer you up like they do. Be positive. Regardless of what went down, you do have worth and you will get over this.

Don't let your health slip. Make sure you eat, drink loads of water and get lots of rest. It will get you back on your feet much quicker.

Don't ignore your studies. Your degree will last a lifetime but mourning for your ex won't. Try not to fall behind, as you'll regret it later on down the line when you have a lot of catching up to do.

Don't suffer in silence. Even if you hadn't been together that long, it's OK to be really affected by a break-up – you're allowed to be sad and upset. If you think that it's affecting your mental health, seek help from Student Counselling Services. You might feel silly saying that a break-up has made you feel this way, but it's a perfectly normal reaction.



SLEEP, MINDFULNESS & MEDITATION

We all know sleep is crucial to our wellbeing, but loads of us still don't get enough of it. Here's how to achieve the magic number of good-quality kip...

Very few people are regular sleepers, in that they go to sleep and get up at exactly the same time each day. We all lead busy lives and, unfortunately, the one thing we - particularly students - tend not to prioritise is sleep.

Sleep is incredibly important for energy, mood and general wellbeing. As we sleep, our bodies have the opportunity to unwind and repair, allowing us to wake up and attack another day. It's likely that after a good night's sleep you'll feel alert, be able to make quick decisions, focus better and be more creative. On the other hand, not getting enough zzz's can cause long-term health issues and affect the way you think, react, work and interact with

others. In fact, sleep deficiency is linked with depression, obesity, anxiety and addiction.

Everyone functions slightly differently, but research suggests that around seven to nine hours per night is the magic number for adults. If you think that's too much sleep for you, just remember that there's a big difference between what you need and what you can get by on. Basically, if you feel tired in a lecture or at any point during the day, you need more quality sleep.

Distractions from social media, gaming, outside noise or ticking clocks can leave you bleary-eyed each morning, so check out these tips on how to log more hours in quality slumber:

- Go to bed at the same time (as often as possible) and wake up (always) at the same time every day - no pressing the snooze button!

- Exercise regularly and avoid caffeine from the afternoon onwards

- Minimise noise and light, and keep the temperature a little low (15-19 degrees is ideal)

- Use relaxation or meditation techniques before going to bed

- Avoid digital devices at least one hour before you turn in

- Use the 'do not disturb' function on your phone to silence late-night texts

CALM YOUR MIND

With so many demands on your time, it's easy to lose track of who you are and become disconnected from reality. Many people are now seeking to regain control of their minds through practicing meditation and mindfulness - but what exactly does that mean?

Mindfulness means living fully in the present, without judgment. It's about focusing on your breathing, being aware of what's happening in the moment, accepting whatever you're experiencing and letting it go. The best part? You can be mindful anytime, anywhere, no matter what you're doing. It sounds simple, but it's not



always easy to do, especially when you're stressed.

If you start to experience a stressful situation or get stuck in a pattern of negative thinking, consciously practicing mindfulness can help break the cycle. Believe it or not, your

breathing is central to the here and now, and it's also central to the concept of mindfulness. By focusing intensely on that important bodily function, you can quickly tune in to your natural rhythm and start to feel calmer and happier.

HOW TO MEDITATE

- 1** Find a seated position that's comfortable but not too comfortable. This could be in a chair or on the floor. Rest your hands on your knees. You want to be relaxed enough to concentrate and be still for five minutes, but not so loose that you fall asleep.

- 2** Keep a tall spine. Inhale, roll your shoulders up to your ears. Exhale, roll them back and down. Every time you feel yourself hunching

forward or slumping, reset your spinal position with this inhale/exhale rolling shoulder technique. If you maintain a good posture, you're less likely to get tired and fidgety.

- 3** Gently close your eyes, and breathe slowly and deeply - breathing through your nose makes it easier to find a smooth, even pace. Focus on the area between your nostrils and your upper lip. Observe the sensation of the air entering and exiting your body as it passes over this spot.

- 4** Keep focus and observe without judgment. Often the mind wanders, so whenever you notice that your awareness has drifted, gently guide it back to your breath. Make mental observations about what's happening around you. It's all about accepting, not reacting.

- 5** Don't go to your thoughts - let them come to you. Keep your mind open (like a blank slate) and welcoming of ideas.

DIGITAL OVERLOAD

Studies are finding that technology can have a profound effect on our mental and physical health. How can we protect ourselves?

U sing smartphones, tablets and computers has become a way of life – we use them all day, every day. You've likely outsourced your memory and processes to Google; check the news online; and manage your money by app. This may increase your efficiency, but it can be bad news for your mind. Here are just some of the ways technology can mess with your head – but don't worry, each problem also comes with a simple solution...



EFFECT OF TOO MUCH TECH

SOLUTION

FOMO ('fear of missing out').

You stay in but seeing your mates at a party on social media can make you regret your choice.

The hardest thing to do in this situation is to put the phone down. If you've managed that, go for a walk instead of scouring social media.

A poor night's sleep.

Glowing tablet or mobile screens can trick your body into thinking it's daytime, so our internal body clock gets confused and you can't sleep.

Take regular breaks from devices throughout the day and avoid all screens for at least an hour before bed to allow your mind to unwind, so you can sleep soundly.

You remember less.

Why bother to learn the capital of Kenya when you can ask Siri?

Do something offline, like going to a pub quiz with your mates. Keep your phone switched off and allow yourself some downtime.

Shorter attention spans.

You're used to short snippets of information read at speed, so textbooks and assigned reading can be painful.

Give the screen a break and opt to read books offline where possible. It will give your eyes and mind a break, and will increase your focus when you get back to the screen later.

Skewed relationships.

Social media gives an edited portrayal of friends' lives, which can alter your perceptions.

Try to meet new people in real life to develop offline friendships and get the full picture of someone's life outside of social media.

The illusion of perfect people.

Instagram is full of perfect people with jet-set lives. You end up chasing 'likes'.

Often, it's simply an illusion – lots of the images you see will be edited. Instead of wasting hours online, spend time developing yourself offline.



HAPPINESS HACKS

Need a pick-me-up? Here's some quick fixes to make yourself happier...



EXERCISE MORE

It has been scientifically proven that moderate exercise can have a positive impact on mood, stress, self-esteem and anxiety. Even just a walk every day can help. Check out page 64 for further information.



GET YOUR ZZZ

More sleep has been proven to boost emotion, making participants more positive in their outlook. Lack of sleep, by contrast, has been linked with mental health conditions such as anxiety and depression.



LIMIT SOCIAL MEDIA...

We all know that social media can be bad for our mental health. Moderation is key. If you think you are logging on too much, or its distracting you from your uni work, delete the apps and take a break for a day or two.



...BUT INCREASE SOCIAL TIME

Not all 'social' is created equal. Taking time out to call friends and family is a great way to stay connected (particularly if you are missing home) and give yourself a bit of down-time. Visiting them regularly too.



DO THE THINGS YOU LOVE

Regardless of what anyone thinks about your hobbies and interests, always do the things you love. Whether it's sport, special interest groups or your favourite TV programme, make time for the things that make you smile.

YOUR BODY

Keeping your body in good condition and staying safe plays a huge part in maintaining your physical health and long-term wellness...

Your university years are a great time to experiment and find out who you really are, your likes and dislikes, as well as your strengths and weaknesses. To make sure you don't endanger yourself, or do something you may regret in the future, check out our guide:

OUT OF YOUR CONTROL

Perhaps when you look in the mirror you feel negative thoughts for no reason, or maybe you're struggling with acne, headaches or unhealthy eating. Don't be afraid to seek help. There's a wealth of knowledge available from Student Services or your GP.

UNDER PRESSURE

It's natural to feel social pressure. When you're finding your way, it can be hard to say no, since you may worry that people will judge you. Just remember that it's far better to live the life that you want, than it is to spend all your time satisfying other people. And keep in mind that if others aren't supportive of your decisions, they're probably not very good friends in the first place. In fact, you may find that by carving your own path, others will respect you even more and follow your lead.

EXPERIMENTING

Dying your hair or building muscle in the gym are fairly low-risk activities. However, other choices can have lasting consequences, such as tattoos, smoking, drinking, taking drugs or even sexual promiscuity. Often, students are away from home for the very first time and it can be fun to push the boundaries. Whatever you decide to do, make sure you're doing it because you want to, not because you think it's expected of you. Contrary to popular belief, it's fine to come to uni to study rather than to drink and live a party lifestyle.

STAY HEALTHY

It's widely acknowledged that students don't always lead the healthiest of lifestyles. Whilst you may buck the trend, late nights, alcohol and stress can take its toll at a pretty critical time in your life. Stay as healthy as possible using the advice in this Guide to enjoy success.

STAY SAFE

If you do participate in risky behaviours, take basic precautions to protect yourself and your friends. If you're drinking, limit yourself so you don't get so drunk that you're out of control. Look out for your mates, too, and don't walk home alone in the dark – call a taxi instead.

WHERE TO GET MEDICAL HELP?

■ Self care at home

Hangover. Grazed knee. Sore throat. Cough.

■ Call Health Direct on

1800 022 222

Unsure? Confused?

■ See your pharmacist

Diarrhoea. Runny nose. Painful cough. Headache.

■ Visit your GP (Doctor)

Unwell. Vomiting. Ear pain. Back ache.

■ Hospital or call 000

Choking. Severe bleeding. Chest pain. Blacking out.

THE BEST BODY APPS

These apps will help you make the most of your body, plus they're all free and suitable for both Apple and Android phones:



Smoke Free:

Want to quit? Chart your progress to visualise how long you've been smoke-free.



St. John

Ambulance first aid: Have all the

basic first aid skills at your fingertips and learn life-saving techniques.



Record Recovery:

Supporting your recovery from an eating disorder, this app lets you record and plan meals.

TAKING CARE OF YOURSELF

The average Australian lifespan is 81 years. Ongoing maintenance is crucial to staying healthy, fit and attractive for longer...

People think nothing of servicing and polishing cars or protecting iPhones with shatter-proof cases, but they often fail to protect and groom themselves in the same way. Research suggests that people have an affinity to want to be near or with healthy, well-groomed people. This includes people who wash regularly, have clean teeth and look healthy. Generally, it's true that if you look good, you feel good, and when you feel good, you're more likely to achieve on the sports field, in your exams and in life generally. If you feel fit, energised and focused, you're also likely to feel confident in your appearance and your abilities. And with confidence, you can achieve anything.

Bodily maintenance is an ongoing exercise and starts with a healthy diet and an active lifestyle. Regular exercise and good nutrition help keep joints lubricated, your body flexible, and your heart strong. And what you put into your body will show on the outside, which means that consuming lots of fresh fruit, vegetables and water.

Here are the key things you should do to maintain good health:

DAILY

- Drink plenty of water and eat lots of fruit and vegetables.
- Be active every day – take the stairs instead of the lift or get off the bus one stop early.
- Shower and clean your face daily to maintain personal hygiene and promote cell replenishment. Use an anti-perspirant after showering to keep fresh all day long.
- Brush your teeth twice a day and floss in the evening to maintain healthy gums and teeth, and fresh breath.
- Stretch before bed to maintain flexibility and good posture – it will help you avoid tense muscles or back pain.

ONGOING

- Visit the dentist every six months for a check-up.
- Get your eyesight tested every two years at an optician.
- If you're worried about your hearing, get your ears checked by a professional.
- If you have aches and pains that don't go away, or anything that feels abnormal, head to your GP without delay.

MAKING A GREAT FIRST IMPRESSION

The phrase 'first impressions count' is true – it takes just seven seconds for someone to make up their mind about you. No pressure then! Whether it's a job interview, a first date or just meeting someone for the first time, here's how to make a great first impression:

Look the part

How you dress will depend on where you're going – you're likely to dress differently for a date than you would for a job interview. Either way, make sure it's appropriate for the occasion. If in doubt, always dress smarter – showing up well-groomed will boost your confidence.

Say "Cheese!"

Smiling releases endorphins that make you feel happy and have the power to improve your confidence and self-esteem. When you meet someone new, give them a smile. It conveys a sense of control, confidence and approachability – even if you're not feeling it.

Nail the introduction

If you're going to an interview, smile, introduce yourself and lead with a strong handshake to every person in the room. It exudes confidence, strength of character and control, and will indicate how you'll conduct yourself as a representative of their organisation.

Speak up

Lots of people, especially when nervous, have the tendency to speak quickly. Speak clearly and slowly.

Maintain eye contact

It's sometimes tricky, so if you can't quite manage to look someone in the eye, focus on the spot at the top of their nose between their eyebrows – it will have the same effect.

Be yourself

Regardless of the situation, always be yourself. It's really difficult to pretend to be someone you're not, and it can be quite obvious to others. Represent your personality subtly through your appearance and don't be afraid to have opinions.

BODY IMAGE

Without dramatic intervention, we can't change what we look like – but we can learn to accept it...

How often have you heard people claim that they're too fat or too short, or they want a smaller nose or bigger muscles? Having a negative body image and feeling self-conscious about the way you look is felt by everyone at some point. But don't be hard on yourself – we are all different and that's great.

Perfect models and ripped footballers appear on TV, social media and in the newspapers, but most have armies of people to fix their hair and make-up, and airbrush their Instagram snaps. And when it comes to professional sports people, they spend far longer in the gym working out than most people can manage - it's their job, after all.

It's tempting to compare yourself and feel inadequate,

but trying to live up to an illusion of perfection is dangerous and unattainable. Body confidence is all about accepting yourself for who you are. OK, you might not look like a supermodel or a Premier League footballer – but you're beautiful in your own way. Those who are body confident always live by these rules:

- They never compare themselves to others.
- They focus their effort on their positive attributes, rather than the negatives.
- They focus on what their bodies can do and are proud of what they can achieve.
- They learn how to dress to enhance their best parts.

DON'T BE HARD ON YOURSELF – EVERYONE IS DIFFERENT AND THAT'S A GOOD THING



WARNING

A BMI calculation can be inaccurate for athletic builds, as the formula doesn't differentiate between weight which is muscle or fat.

BEING HEALTHY

For more information on being healthy visit:
Healthyweight.health.gov.au

The Healthy Weight Guide can help you to achieve and maintain a healthy weight using information and tools that will guide you to:

- Set goals and plan healthy meals and physical activity
- Monitor what you do and manage challenges
- Find resources and support along the way.

NEED HELP WITH AN EATING DISORDER?

If you think you need advice or guidance, contact your GP or Counselling Services in confidence. Look out for the tell-tale signs in your friends or house mates – if you think they have a problem, seek advice.



EATING DISORDERS

In Australia, millions of people suffer from some sort of eating disorder. But when do poor eating habits turn into something far more serious?

When you think of an eating disorder, you may think of anorexia or bulimia and associate it with teenage girls. But disorders in males are on the rise, they affect people of any age, and can come and go. The term 'eating disorder' covers any abnormal eating behaviour or relationship with food. It occurs when poor eating habits turn into obsessive rituals, and it can have dangerous consequences.

Anorexia sufferers obsess over weight and eat as little as possible. Bulimics, on the other hand, gorge and then purge their bodies of food by vomiting. Eating disorders can lead to a range of different

behaviours - sufferers might buy diet pills, use the gym obsessively or use laxatives or diuretics to remove excess water from their bodies.

SIGNS OF A DISORDER...

- Rapid weight loss or frequent weight changes.
- Feeling lethargic.
- Obsession with eating, dieting, food, body shape or weight.
- Binge eating.
- Vomiting around meals.

What makes eating disorders so dangerous is that it changes the natural way your body consumes food to turn it into energy. If you limit calorie intake dramatically, or eat and then vomit, your body doesn't get the enough nutrients to work properly. The result isn't just the expected weight loss and fatigue; it can also lead to fainting, hair loss, severe tooth decay, brittle bones or death.

No one knows why eating disorders occur, but feeling stressed or having a negative body image are likely reasons. In a world of perfect-looking social media posts, it's easy to feel like you don't measure up. But you shouldn't try to be anyone other than you.

STUDENT VICES

With university comes great independence. You no longer have your parents watching over you, so experimenting becomes tempting. Here's what you need to know...



IT'S OK TO SAY 'NO'

First of all, contrary to popular belief, not everyone at university is smoking, drinking or taking drugs. For some people, it's not their style; for others, they simply don't want to. Whatever the reason, it's perfectly fine to say no.

HEAD TO

drinkwise.org.au/standard-drinks-calculator to work out exactly how many units you drink on a night out – it may surprise you!



DRINKING

Many students will have a drink or two down the SU bar, and there's nothing wrong with drinking in moderation. Problems occur when you drink too much or depend on alcohol to get you through the day. Both binge drinking and alcohol addiction is a disaster for your health, and can often lead to academic, financial and social issues.

Binge drinking is defined as "drinking lots of alcohol in a short space of time or drinking to get drunk". It's hard to equate this to units, simply because alcohol affects people differently. We all know that getting

really drunk is bad news – your inhibitions lower, so you tend to say and do stupid things. But on a more serious level, getting drunk can put you in risky situations that you can't control – never mind the hangover. Here are some tips to keep things safe and fun:

- Limit the amount by spreading it through the night
- Make sure you've eaten a meal before you start drinking
- Drink a glass of water in between drinks to help your body tolerate the alcohol
- Never leave your glass unattended. If you think your drink has been spiked, seek help and report it to the police

NEED HELP?

If you (or someone you know) need help and advice about drinking, smoking or drug taking, contact your Student Health Services, GP or local addictions team, or get in touch with one of these free confidential services for advice...

- adf.org.uk
- drinkwise.org.au



SMOKING

'Smoking kills'.

There's a reason why the government makes advertisers print this on cigarette packets: smoking will damage your health. And the earlier you start, the more damage you'll do. A smoker who starts at 15 years old is three times more likely to die of cancer than a person who starts smoking in their mid-20s.

Lung capacity decreases when you smoke, which means that every bit of exercise can become a chore – bad news, as regular exercise is essential for your health and mind. After years of sustained smoking, the lungs can develop irreversible breathing disorders.

However cool some may think smoking looks, the years added to an appearance are sure to cause regret – that's if the stained teeth, dull skin and bad breath don't put you off first. Is it worth it?



VAPING

Those enormous plumes of cherry-scented smoke? Yep, that's an e-cigarette. Largely deemed less toxic than cigarettes, vapes have become more common over the last few years. The jury's out on whether they're safe long-term, but the consensus is that they're likely to be less harmful than cigarettes.



DRUGS

The biggest issue with illegal drugs, legal highs and performance enhancers is that you can never be sure exactly what you're taking. Most legal highs have been found to contain chemicals that aren't for human consumption, which in some cases can lead to death.

Like being drunk, being high can have a negative impact on both your body and mind – and can place you in a vulnerable position. A drug addiction can have long-term consequences on your education, physical and mental health, relationships, career and finances. The law surrounding drug use,

possession and dealing is complex and depends on where you are. Visit police.act.gov.au for more information about how drug offences are treated across Australia.



We know it's illegal to be get behind the wheel of a car if you're high or drunk, but did you realise that your driving can still be affected the morning after a heavy night? So, always ask yourself: Are you safe to drive?

TATTOOS & PIERCINGS

Personalised body art can demonstrate individuality – but make sure you know the facts...

Tattoos and piercings are big business. David Beckham and countless other celebrities have adorned themselves with body art. If you're thinking of getting inked, bear in mind that your choice of design now may differ from what you would want on your body later

in life. Will you still want "Ibiza 2019" written on your arm when you're 65? The same consideration is needed with piercings. If you take them out, you could be left with scars. To help you work out if a tattoo or piercing is really for you, talk to someone who has had the procedure done for advice about what to expect.

TATTOOS – THE STATISTICS



One in five people in Australia has a tattoo



29% of 16 to 44 year olds have a tattoo



19% of 18 to 25 year olds get inked while abroad on holiday



HOW TO STAY SAFE

If you do decide to go ahead, the next step is to find a regulated clinician to avoid infection and ensure good-quality work. Check out these tips on finding a reputable studio, making sure they're legit, and keeping yourself and your body art safe:

- Check your tattoo artist is registered with your local authority - they should ask important health questions and give advice.
- Get a recommendation and look at some of the tattooist's previous work beforehand.
- If you're drunk, walk away - reassess when you are sober.

NEEDLE MUST-KNOW

Sharing needles leads to a risk of contracting blood-borne diseases, including HIV, so it's essential that a new needle is used. Ask the clinician to show you the unopened needle packet, and check the clinician is wearing gloves. If you're unsure or are having second thoughts, leave and think it through again.



BEAT THE FLU

Influenza is one nasty virus, with symptoms knocking you off your feet – but there are ways to combat the flu

TOP TIP

Coughs and sneezes spread the flu, so when unwell, you should stay at home. Using tissues and keeping your hands clean can prevent spreading germs to your mates.

People often think of the flu (or influenza for its proper term) as just a bad cold, but colds and flu are caused by different viruses. Colds are usually less severe than the flu – often you'll get a runny nose and maybe a headache, but you'll probably be able to go about your day to day activities, despite feeling a bit gross. If you get the flu, it will likely make you feel really ill and the only place you'll want to be is in bed.

Symptoms include aches and pains, cough, fever, headache and runny nose. Remember, antibiotics only work on bacterial infections; the flu is a virus, so antibiotics won't work.

'Can I get a flu vaccination?'

The flu virus can be serious for certain groups of people

– expectant mothers, the elderly or those with medical conditions. Vaccinations are available free to those most at risk – check tinyurl.com/y3g73y5m if this applies to you.

'What can I do if I feel it coming on?'

If you think you're coming down with the flu, drink plenty of fluids to hydrate your body. It doesn't have to be just water – tea and soups work, too.

'I have the flu. Help!'

Follow these steps to get over the virus as soon as possible:

■ Stay at home and rest.

You're contagious right now and you don't want to spread germs at uni or work. This is the only time where you're encouraged to Netflix and chill!

■ **Get some sleep.** This will boost your immune system and help you to recover faster.

■ **Get some advice.** Speak to a pharmacist for over the counter products to help alleviate symptoms.

■ **Not going away?** If the symptoms get worse after a few days or you're not recovering, visit your GP or call 111 for further medical advice.

IF YOU GET THE FLU, IT WILL LIKELY MAKE YOU FEEL REALLY ILL AND THE ONLY PLACE YOU'LL WANT TO BE IS IN BED

THE BASICS OF FIRST AID +

Learning some simple First Aid skills isn't just useful – it could mean the difference between life and death...

Would you know what to do if you found your roommate unconscious? How about if your friend started choking over dinner? Brushing up on your First Aid skills means you're far more likely to know what to do when someone's in danger – and possibly save their lives.

The situations below occur more often than you'd think, so be prepared with these techniques from St John Ambulance (sja.org.uk)...



In an emergency always shout for help. Dealing with a life-threatening situation is stressful enough without having to manage it by yourself.

CHOKING

- Encourage the person to try to cough up the blockage.
- If coughing doesn't work, help them to bend forward, then use the heel of your hand to give up to five sharp blows between their shoulder blades. Check their mouth to see if the blockage has come up, and if it has, get the casualty to pick it out.



- 1 If back blows don't work, give the person up to five abdominal thrusts (as set out the steps below).
- 2 Stand behind the person, link your hands between their tummy button and the bottom of their chest, with your lower hand clenched in a fist.
- 3 Pull sharply inwards and upwards. Repeat.

- If they're still choking, repeat steps 2 and 3 up to three times or until you've dislodged what's in the person's throat and they can breathe normally again.
- If they're still choking after you've repeated these steps three times, call 999 or 112 for medical help. Continue steps 2 and 3 until either the blockage is cleared or help arrives.

UNCONSCIOUS AND NOT BREATHING

- If the person is unconscious, open their airway by placing one hand on their forehead and two fingers under their chin. Gently tilt their head back and lift the chin.

- Maintain the head tilt and chin lift, and look for chest movement. Listen for the sounds of normal breathing. Call 999.

- Now you'll need to perform CPR (cardiopulmonary resuscitation):

- Kneel down beside the casualty on the floor, level with their chest.

- Place the heel of one hand towards the end of their breastbone, in the centre of their chest.

- Place the heel of your other hand on top of the first hand and interlock your fingers, making sure you keep the fingers

off the ribs.

- Lean over the casualty, with your arms straight, pressing down vertically on the breastbone, and press the chest down by 5-6cm.

- Release the pressure without removing your hands from their chest. Allow the chest to come back up fully. Repeat 30 times, about twice a second. Give two rescue breaths.

- Ensure the casualty's airway is open. Pinch their nose firmly closed. Take a deep breath and seal your lips around their mouth. Blow into the mouth until the chest rises. Remove your mouth and allow the chest to fall. Repeat once. Carry on giving 30 chest compressions then two rescue breaths until help arrives. Watch the Recovery Position film on the right for step by step instructions.



BLEEDING

- Is something blocking the wound? If so, don't move it, as it may be acting as a plug to reduce bleeding.

- Apply pressure on either side of the wound with a pad or fingers until a sterile dressing is available.

- Raise and support the injured body part to reduce blood flow.

- Call 112 or 999 and firmly wrap a bandage around the pad or dressing on top of the wound. Make it firm enough to maintain pressure, but not so tight that it restricts circulation.

- If blood shows through the dressing while you're waiting for help, apply a second dressing on top of the first.



WATCH THE TOP 3 FIRST AID VIDEOS

1 HOW TO DO A PRIMARY SURVEY



tinyurl.com/wurcth3

2 THE RECOVERY POSITION



tinyurl.com/yd4qc4s9

3 HOW TO TREAT SHOCK



tinyurl.com/y84553dq

SKIN CONDITIONS & KEEPING SAFE IN THE SUN

Experiencing problems with your skin is no fun, but there are some simple ways to avoid or minimise issues like acne and sunburn...

Unfortunately, spots or acne don't always stop during the teenage years. Post-teen acne is really common, with up to 50% of adults experiencing it, which can lead to the sufferer feeling self-conscious and even depressed.

Causes and cures

Contrary to popular belief, spots are rarely caused by poor hygiene; they're usually due to hormone imbalances. Your skin produces more oil causing pores to become blocked. Monthly hormonal changes mean that around 80% of adult acne sufferers are women. While spots and acne



are normal and tend to reduce as you get older, there are things you can do to help keep them at bay or at least reduce the severity:

- Keep your skin clean and take make-up off at night.
- Use washes and topical creams designed for the face.
- Drink lots of water to keep your skin clear and hydrated.
- Visit your GP who can prescribe pills or creams to either deal with hormone imbalances or treat the spots themselves.
- A pharmacist can provide advice on appropriate over-the-counter acne treatments – most even have a consulting room, so you can discuss the problem in private.

Experiencing troubling skin conditions other than acne? Visit your pharmacist in the first instance for over-the-counter remedies.

KEEPING SAFE IN THE SUN

For most, there's nothing better than feeling the sun on your skin. Your body releases the 'happiness' hormone serotonin, which lifts your mood and increases your energy levels. But we all know that too much sun is dangerous, as ultra-violet (UV) rays can invisibly damage your skin. These UV rays – also emitted on

sunbeds in intense doses – are there even if the sun doesn't feel hot, and they cause sun damage, which can lead to skin cancer. If you want to stay safe, follow these tips:

- Stay in the shade from 11am-3pm when the rays are strongest.



- Try to avoid letting your skin get burnt.
- Wear protective clothing, like a hat, sunglasses or T-shirt.
- Use a sunscreen of at least factor 30 with a five-star UVB rating.
- If you want a tan, get a spray tan instead of using a sunbed or lying out in the sun.

TOP TIP

Most headaches are minor and easily treated but a severe, unresolving or recurrent headaches should always be checked by your GP.



DEALING WITH HEADACHES

The bad news: headaches are common and lots of people in the UK suffer from them regularly. The good news: they're often easily treated...

For many, headaches are rare, but for some they're a fact of life. As with any pain, a headache is your body telling you that something isn't right, and while the problem may go away on

its own, there's also a chance it may not. If you're regularly suffering from headaches, you need to take action, as there could be an underlying cause. Besides – why suffer pain when you don't have to?

TYPES OF HEADACHE

There are lots of types, but here are the usual suspects:

TENSION HEADACHES

- The most common form.
- Feels like a dull ache with constant pressure on the front, top and side of the head.
- Caused by stress, excess alcohol, lack of sleep, poor diet, dehydration, anxiety, squinting, inactivity, poor posture, bright sunlight, women having their period and/or depression.

MIGRAINES

- Less common.
- Recurrent and disabling.
- A pounding or throbbing pain on one or both sides of the head.
- Best treated by avoiding the common triggers such as cheese, chocolate, coffee/tea, alcohol, soy/MSG, ice creams, processed meats and artificial sweeteners.

SECONDARY HEADACHES

- Occur because of external influences, such as too much alcohol, suffering a head injury or concussion, having a cold/flu or an allergic reaction.

TREATMENT & PREVENTION

- Keep hydrated and avoid skipping meals. Drink two litres of water daily and eat lots of fruit and vegetables.
- Alcohol dehydrates you so drinking can lead to a nasty headache. When drinking, take it slowly and intersperse

- drinks with lots of water.
- If you're stressed, try to identify the trigger. Fixing the underlying cause could save you more headaches.
- Try to get around eight hours' sleep. A headache can be a sign that you need more rest.

- If you think your headaches are due to depression or anxiety, talk to a friend, Student Services or your GP.
- Migraines can be treated with medication – early treatment helps prevent the headache from escalating.

FUEL

An active lifestyle and a healthy diet are key to a happy life and a great physique...

What you put into your body plays a huge part in your outward appearance, your mood, your mental health and how active you are. If you eat and drink well, you'll be alert, focused and bursting with energy.

Getting the balance right

Forget faddy diets that ban certain foods, such as 'no carbs before Marbs' and Beyoncé's maple-syrup diet. They may show results initially, but they're not achievable in the long term. Instead, go for a healthy, balanced diet and reap these benefits...

Control weight

Variety is the spice of life, and a balanced diet certainly helps maintain a healthy weight. Eat five portions of fruit and vegetables a day – they're low-cal but high in nutrients.

Combat diseases

Eating a good range of vitamin

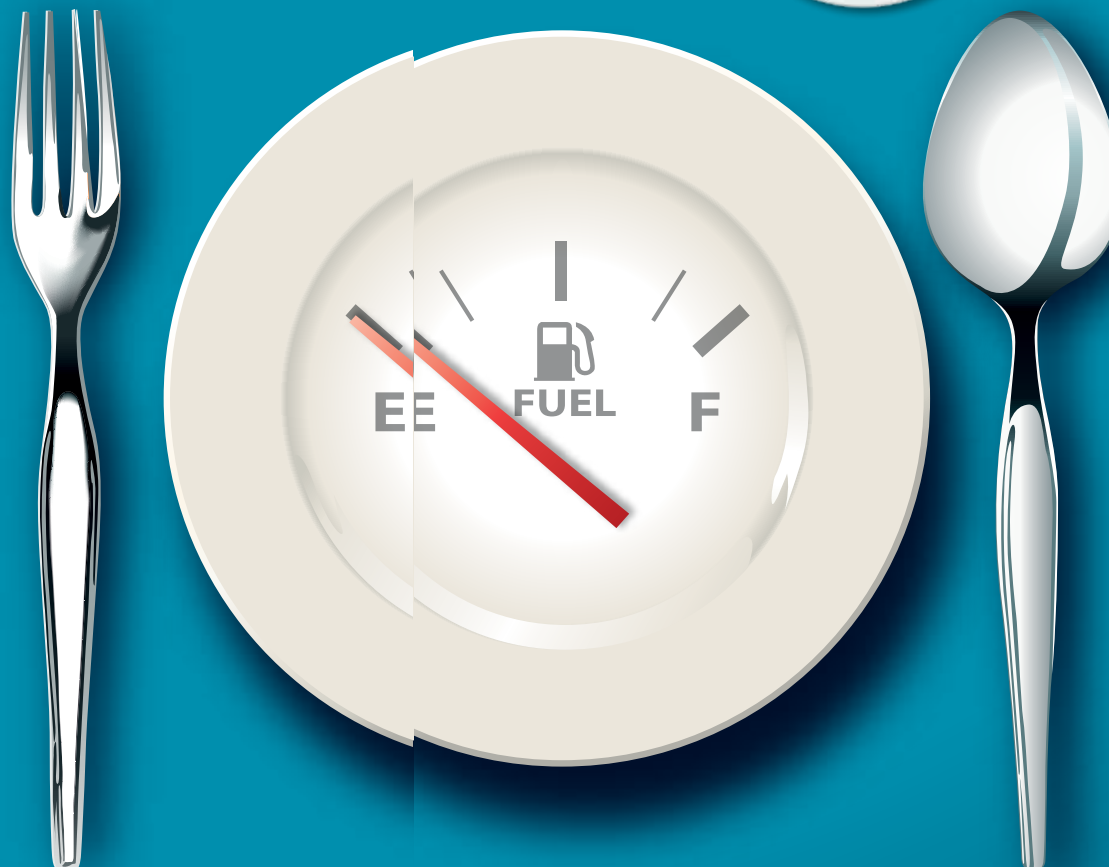
and mineral-packed foods helps prevent certain health conditions – such as heart disease and strokes – and also maintains your cholesterol and blood pressure levels.

Boost energy

By eating the right food in the right amounts, you'll have more energy to exercise. This improves muscle strength, creates a toned physique and improves your endurance.

Relationship between diet and mental health

Whilst research is still being conducted, it's heartening to hear that nearly two thirds of people who don't report mental health problems eat fresh fruit and vegetables every day, compared to less than half of those with mental health issues. Whilst a change in diet is unlikely to cure mental health issues entirely, it's certainly likely to have a positive effect.



For more tips on how to tweak what's on your plate to feel great, head to page 45.

THE FOOD GROUPS

Before embarking on a healthy, balanced diet, it's useful to know your food groups:

Carbohydrates

Found in pasta, cereals and potatoes, carbs have a bad reputation, but they're crucial for energy.

Fats

Not all fats are the same. Unsaturated 'good' fats found in oils, nuts and fish are great for your hair, skin and satiety, while saturated 'bad' fats, like those lurking in processed foods, can clog up the arteries.

Protein

Found in meat, poultry, dairy, fish and pulses, protein is important for muscle repair, particularly after exercising.

MINERALS & VITAMINS

Minerals

These help us release energy from food. Look for them in fruits, vegetables and fish.

Vitamins

Lots of vitamins from fresh fruits and vegetables aid concentration and help maintain healthy bones, teeth and skin.

THE BEST FUEL APPS

These apps will help you maintain a balanced, healthy diet, and they're all available for free:



MyFitnessPal (iOS and Android): Organise your healthy eating recipes and the app will



Meal Planner Pal (iOS and Android): Organise your healthy eating recipes and the app will



Carbodroid (Android): Set a daily goal for water intake and chart your progress.

MAINTAINING A BALANCED DIET

It's easy to choose a salad over a burger for lunch and congratulate yourself. But how do you keep up healthy eating in the long term?

First of all, let's make it clear that a 'balanced diet' is just that – a balance. This means that some days you go for the salad, and others you opt for the burger and triple-cooked fries. A healthy, balanced diet is not about cutting out entire food groups – it's about enjoying food and eating everything in moderation.

Sometimes when we're trying to be healthy or lose weight, cutting out entire food groups of tasty treats might seem the only solution. But undereating can be just as dangerous as overeating, and it can cause

**IT'S ABOUT
ENJOYING FOOD
AND EATING
EVERYTHING IN
MODERATION**

**UNDEREATING
CAN BE JUST AS
DANGEROUS AS
OVEREATING**

the body to go into starvation mode and retain fat, as well as make you feel rubbish. Cutting out all of the foods you love is also bad news, as when you do let yourself have them again, you might fall off the wagon and overeat...

The table below shows how many calories you should consume (on average) per day to maintain your current weight, but if you're really active, you may need more. If you eat less than your recommended daily amount, over time you'll lose weight; if you eat more, you'll gain weight.

GETTING THE RIGHT CALORIES

Just because you should aim to consume your recommended intake of calories every day, that doesn't necessarily give you the green light to eat all of those calories in ice cream or cookies. Instead, your calorie intake needs to be varied across the food groups. Use the Eatwell Guide to help get balance of a healthier and more sustainable diet:



JUNK FOOD

Eat less often and in small amounts

STARCHY CARBS

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

FRUIT & VEGETABLES

Eat at least five portions of a variety of fruit and vegetables every day



PROTEINS

Eat beans and pulses, and two portions of sustainably sourced fish per week, one of which is oily (if you're vegetarian, go for tofu cooked in olive oil). Eat less red and processed meat

DAIRY & ALTERNATIVES

Choose lower fat and lower sugar options

OIL & SPREADS

Choose unsaturated oils and use in small amounts

MALE
10,500kJ (2,500 calories)

FEMALE
8,400kJ (2,000 calories)

SCHEDULING MEALS

A little bit of meal prep will pay off hugely when it comes to your waistline – and your wallet...

One of the biggest obstacles to healthy eating is not planning ahead. Scheduling is a great habit to get into. When you're starving but you have no time to prepare a dish, it's all too easy to grab fast food, which are bad for your body and your bank balance. Check out our guide for what to eat and how to keep on track:

BREAKFAST

When you wake up, you probably haven't eaten since the previous evening, so it's likely your body needs food to get going. Get into a morning routine - remember to eat breakfast and allow yourself enough time for it. It doesn't have to be a huge meal – just a small bowl of porridge or a fresh fruit smoothie will satisfy your hunger, rev up your metabolism and offer enough energy to get through the morning.

LUNCH

The healthiest way to do lunch is to pack your own. Taking a home-made meal to uni or work will save loads of money, plus you can ensure that you're eating healthily. Each Sunday, prepare all five of your weekday lunches, so that you'll have more time (and less stress!) on weekday mornings.

SNACKS

Contrary to popular belief, it's fine to snack, as long as you're eating the right foods most of the time. Nuts, berries, seeds, fruits and oatcakes are wholesome, healthy snacks that will offer you all the right nutrients and energy without the hidden sugars and fats that are often found in cereal bars or crisps. Stock up on snacks like these, so that when hunger strikes, you don't end up reaching for a chocolate bar every time.

TOP TIP

If you're following another form of diet or eating regime, do some research as to whether you need to consider supplements – either supplementary food or by way of vitamins – to maintain a healthy diet.

DINNER

Try to sit down to a proper meal in the evening and load up your plate with fresh vegetables. Be creative and try new things. Why not browse YouTube for free recipe ideas? Consider cooking more than you need, so that you can box up the leftovers for lunch or dinner the next day.

TOP TIP

Forgetful or disorganised? Take 10 minutes every week to write down on a piece of paper exactly what you aim to eat for breakfast, lunch and dinner each day. Use this as a shopping list to keep you focussed in the aisles.



THE TRUTH ABOUT BREAKFAST

The most important meal of the day is breakfast. We've heard that once or twice (or a million times) before, but is it true? Here are some answers to the recurring breakfast questions...

DOES BREAKFAST KICK-START YOUR METABOLISM?

When you break the overnight fast by eating breakfast, you trigger the thermogenesis process and stimulate your metabolism. Eating breakfast also kick-starts our digestive system, which helps our body regulate blood sugar. So, yes, breakfast does get your body 'going'.

WILL SKIPPING BREAKFAST MAKE YOU GAIN WEIGHT?

In a study, doctors found that while subjects who ate breakfast didn't lose weight when compared with those who skipped breakfast, eating breakfast did encourage them to be more physically active and eat less throughout the day. This is probably because eating a well-balanced breakfast of slow-releasing carbs and some protein – say, wholemeal toast with a boiled egg – helps to maintain blood sugar levels, giving you steady energy to work out with. So, it's not a case of whether skipping breakfast will make you gain weight, but will *eating* breakfast make you more active?

THE VERDICT

Whilst skipping breakfast may not be as disastrous as our parents made us believe, it's probably a good idea to always eat some food after you wake. It doesn't have to be a full continental breakfast – something quick and light, like a banana with peanut butter will provide enough fuel to power you through the morning. And remember to always eat breakfast before important events such as job interviews or exams.

60-SECOND BREAKFASTS

As much as we would all like to start the day with eggs florentine or a spinach frittata, who really has the time? So, for those days when you wake up with only minutes to get to your lecture, grab one of these 60-second breakfasts...

Banana

Full of fibre and potassium, and good for on the go.



Wholegrain cereal and milk

Great source of fibre and dairy. Swap for almond or soy milk to go lactose-free.

Toast

Possibly not quite 60 seconds but not far off. Add peanut butter for a boost of healthy fat and protein.

Yoghurt and fruit

Throw some berries or nuts in your yoghurt for a healthy, fruity twist.

Orange juice and a handful of nuts

Great for your Vitamin C fix, while the healthy fats and protein provide slow-releasing energy.

Cereal bar

Not necessarily the cheap or healthy option but better than nothing (especially if you go for the protein-packed ones!)








SHOULD YOU EXERCISE FIRST THING IN THE MORNING ON AN EMPTY STOMACH?

There's complicated science behind the answer to this question. In short, it depends on what you're trying to achieve – if you want to lose fat, this can be achieved by fasted cardio (say, going for a run on an empty stomach). However, if you want to lose fat and maintain muscle, good-quality fuel is required. Either way, if you're new to exercise or suffer with low blood sugar, always eat something before you exercise.

STAY HYDRATED

DRINK UP!

What you drink, much like what you eat, can make you feel amazing or “ugh”. Check out our guide to the pros and cons of your favourites

	Water	Smoothies	Tea & coffee	Fizzy drinks	Energy drinks
					
What's good	It has no calories and no sugar, so it's the healthiest thing you can drink.	Most count toward your five-a-day fruit and veggie target.	Tea and coffee both contain antioxidants, which have cancer-fighting properties.	Nothing! That's why you should avoid them.	Useful for the replenishment of electrolytes during high-energy sporting activities.
What's bad	Nothing! Drink it throughout the day to stay hydrated.	The naturally occurring sugars in fruit can damage your teeth.	These drinks are high in caffeine, so they make you feel temporarily alert, then drowsy.	High in sugar and low in nutrients, which can lead to weight gain.	These tend to be high in sugar and often contain artificial flavours.
When should you drink it?	Drink 1.6 to 2.0 litres throughout the day; more if it's hot or after exercise.	Smoothies are healthy in moderation – have no more than one per day.	Drunk in moderation and early in the day, tea and coffee aren't harmful.	Don't make this a daily habit. Have one only once in a while as a treat.	Consume sports drinks only during or after high-intensity exercise.
Substitutes	If the taste is too bland, add a slice of lemon or orange to add natural flavour.	Grab no-added-sugar varieties, or make your own and add greens like kale.	Try green or herbal teas, or de-caf coffee and tea to avoid a caffeine buzz or the 'jitters'.	Sip on sparkling water or soda water as a healthier alternative.	Get the low-cal version of the sports drink, or water it down with lots of ice. Find out how to make your own energy drink at tinyurl.com/zd8vk



If you drank one too many Jaeger bombs last night, chances are you feel rubbish. Not so awful if it's the weekend, but bad news if you have uni or work the next day. Here are some top tips to bring you back to life quicker:

REHYDRATE

Alcohol is a diuretic, which basically means it's something that makes you pee more. If you lose more water than you replace, you become dehydrated (hence the banging headache). When you get in from your night out, drink a pint of water before going to bed. (Top marks for those who drink water between drinks on a night out!) If it's all too late and the hang-over has arrived, drink loads of water now to quicken rehydration.

GO BANANAS

Because you pee more, you lose potassium, a mineral and electrolyte that plays a significant role in metabolism, water and chemical balance in the body, and a whole lot of other important stuff. Bananas have this in abundance, so reach for the fruit bowl to replace what you've lost.

COFFEE & PARACETAMOL

This is likely to be the hangover cure of choice for most, and there's a good reason it's been around forever. A caffeine burst will give you a much-needed energy boost and the paracetamol will ease a headache. Remember that this is only a temporary fix – if you want to feel good again, you need to replenish what you've lost: namely, water and potassium.

EAT WELL

The thought of food may turn your stomach, but it's really important to eat good, well-balanced meals to avoid feeling flaky. Soup is a great way of replacing lost water.

ARE YOU SAFE TO DRIVE?

A heavy night could mean that you're still over the legal limit to drive the next morning. Don't risk it. Use a single-use breathalyser if you're not sure.

MONEY SAVING

Most students don't have a bottomless pit of money, so eating on the cheap is vital. The good news is you don't have to break the bank to eat well. Plan ahead, reduce wastage and follow our top 12 tips to help ease the pain of the supermarket...

1 TAKE A LIST

Take a list - Ever been to the supermarket without a list and bought random ingredients with really close use-by dates? Before you go, write a plan of what you want to eat for each meal, each day to avoid wastage.

2 BATCH COOK

Batch cook - Cooking large meals and splitting them up in to plastic containers to store in the fridge will save you both time and money. 'Left-overs' work particularly well for packed lunches (see page 54).



3 CHEAPER CUTS

If you eat meat or fish, this can be the largest source of cost in your shopping. Opt for cheaper fish and cuts of meats or go meat-free during the week.



4 STOCK UP

Bulk buy cheap, wholesome staples such as wholegrain rice and pasta, chickpeas, lentils and breakfast cereals. These items don't perish and buying in larger quantities will save you money per portion.

5 BE LOYAL

Sign up for loyalty cards to get points, money-off vouchers and offers.

6 SHOP LATE

Supermarkets tend to make their biggest reductions on fresh food just before the store closes. Time it right and you could grab a bargain.



7 FREEZE FOOD

Use the freezer to store food staples like vegetables and left-overs to reduce waste and ensure you always have a good meal in stock. Store in single portion containers so you defrost just the right amount each time.

8 COMPARE PRICES

Use online tools such as mysupermarket.co.uk to work out the cheapest place to shop. Works well if you are buying more expensive products such as alcohol or cleaning products.



HACKS

10 PROMOTIONS

Don't be fooled by 'promotions'. Supermarkets are really clever at making you buy more than you want or need. Sometimes buy one get one free doesn't work - particularly if its more expensive in the long-run and you might not use the second product anyway.

11 OWN BRAND

Buy economy brands. Often, the cheapest supermarket range is just as good, if not better, than the well-known brands. Give the economy version a try - you can always switch back!

9 BAG FOR LIFE

Take your own bags to save your money and the environment.



12 USE COUPONS

Sign up to money saving sites to get coupons for free or discount items. Check your local newspapers and magazines, too!

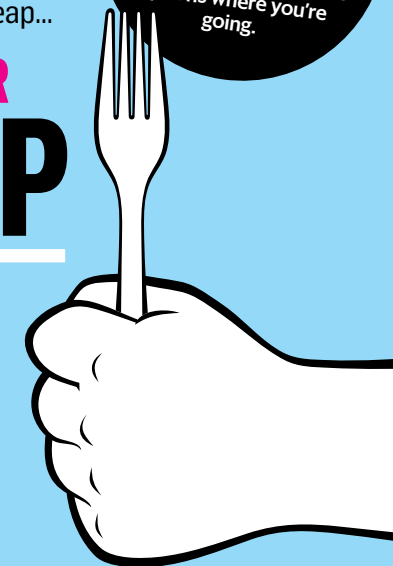


Gone are the days of boring limp sandwiches and stale chips – get creative with your packed lunches to create something tasty and cheap...

POWER UP YOUR PACKUP

When you were a kid, it was likely that packed lunches = sandwiches and crisps. And whilst there's nothing wrong with this, there are now far more appetising ways to prepare lunch for on the go. Whether you're saving money, catering for a dietary requirement or simply using up the leftovers in your fridge, use our guide to get creative:

TOP TIP
Packed lunches can be really convenient if you have a dietary requirement or preference and aren't sure if there'll be suitable options where you're going.



SALAD

Throwing a salad together is a great way to use up leftovers in the fridge. Add chicken, ham, tuna, lentils, pulses or a hard-boiled egg, together with a simple dressing (balsamic vinegar, a squirt of lemon...) to add taste and variety.

COUSCOUS

It's quick to prepare and easy to mix with vegetables. Make a couple of days' worth and store in the fridge.

PASTA

Opt for wholegrain pasta and whip up a healthy sauce with tinned tomatoes for a wholesome alternative.



SANDWICHES

OK, so if you really want sandwiches, mix them up with different types of bread (baguette or ciabatta, anyone?) and add crisp lettuce leaves to cheese, meat or fish for a balanced, healthy lunch.

HOUMOUS

A small container of houmous and some carrot sticks or wholegrain breadsticks is a great way to introduce healthy fats and vegetables to your lunchtime meal.

VEGETARIAN OPTIONS

Enjoy salads with lashings of nuts, cheese and avocado, or any meat-free option.



VEGAN OPTIONS

Create an awesome mezze of houmous, pitta, tabbouleh, olives and vegetable sticks to keep hunger at bay.



TOP TIP
If your grandparents would instantly recognise what you're eating, then it's likely to be natural and unprocessed.

SAINTS, SINNERS & SUBSTITUTIONS

Sometimes 'sugar free' or 'low in fat' aren't all they're cracked up to be, so it pays to read the labels – or simply check out our guide...

With so many choices on the supermarket shelves it can often be difficult to differentiate between products – so

sometimes it's easier to opt for a familiar product even if it's not the healthiest.

The 'Sinners' are fine in moderation, but if you're

consuming them on a daily basis, it might be worth considering a healthier, more 'Saintly' alternative every now and again:



SINNER

Cereal bars

Often disguised as a healthy option, these bars are usually packed with sugar, refined grains and even chemicals.

Salad dressing

Why opt for a fresh salad just to pour a processed salad dressing on it? Many are high in saturated fat, sugar, salt and hidden calories.

Processed fruit juices

Lots of supermarket-bought fruit juices are full of artificial sweeteners, sugar and preservatives – and surprisingly little fruit.

'Low fat' or 'sugar free' alternatives

In order to keep the taste, they often contain either a lot of added sugar or, in the case of 'sugar free', sweeteners (artificial alternative to sugar).



SUBSTITUTE FOR... SAINT

Nuts

If you're feeling peckish, have a handful of unsalted nuts, such as almonds and cashews. Nut allergy? Dried fruit is a great alternative.

Olive oil or balsamic vinegar

If you can't bear the taste of bare salad leaves, go for a splash of olive oil and balsamic vinegar to add flavour without any of the bad stuff.

'Real' fruit juices

Grab some oranges and get juicing! Squeeze your own, or choose water flavoured with your favourite fruit for a speedier alternative.

Real food

Real food doesn't need a label. If you instantly recognise what you're eating, then it's likely to be unprocessed, natural and great for your body.

HEALTHY FAST FOOD

If you're planning to eat at one of the nation's favourite fast food outlets, here are the healthier options to choose



SWAP...

FOR...



MCDONALDS

The golden arches are usually bad news for your waistline, but with a few neat substitutions, you can really cut back on the calories, without sacrificing the taste.



KFC

Everyone's favourite Colonel may do the best fried chicken – but are you choosing the right things when eating at KFC?



SUBWAY

If it's doughy goodness you're after, Subway is king. Make these small switches to dramatically reduce your calories and fat intake.

Double Sausage Egg McMuffin
■ 565 Kcal ■ 34g of fat

Large Coca-Cola
■ 210 Kcal ■ 53g of sugar

Fillet Tower Burger
■ 620 Kcal ■ 26.2g of fat

Hot & Spicy chicken
■ 1276 Kcal ■ 18.6g of fat

Meatball Marinara
■ 460 Kcal ■ 18g of fat

Spicy Italian Wrap
■ 820 Kcal ■ 52g of fat

Cheese Toastie
■ 245Kcal ■ 10g of fat

Large Diet Coke
■ 5 Kcal ■ 0g of sugar

Zinger Burger
■ 450 Kcal ■ 17.5g of fat

Chicken fillet Zinger
■ 772 Kcal ■ 10.8g of fat

Sweet Onion Chicken Teriyaki
■ 370 Kcal ■ 4.5g of fat

Black Forest Ham Wrap
■ 430 Kcal ■ 12g of fat

RECOMMENDED DAILY AMOUNTS:



MALE

2,500 Kcal ■ Fat 70g ■ Sugar 30g



FEMALE

2,000 Kcal ■ Fat 70g ■ Sugar 30g

VITAMINS & SUPPLEMENTS



There are hundreds of different multi-vitamins and supplements on the market – but do we really need to fork out for them?

The diet of a uni student isn't always fantastic. Whilst there's nothing wrong with junk food, take-aways and alcohol in moderation, eating like this can mean that we don't always get

the right intake of vitamins, minerals and nutrients.

If we eat consciously – meaning, we actually think about what we're consuming – and make a few healthy tweaks here and there, it's very

likely that we get what we need from our food. However, if you have dietary requirements or allergies, you may be falling short. In such cases, taking supplements is a great way to get what you need.

Vitamin/mineral	WHY IS IT IMPORTANT?	HOW CAN I IMPROVE MY INTAKE?
Calcium	The most common mineral in our bodies, calcium maintains healthy bones and teeth. But calcium alone is not enough – Vitamin D is needed to absorb it.	Adults need 700mg of calcium per day. Achieve this by consuming dairy products (think: milk and cheese), green vegetables (such as broccoli and cabbage), plus soya beans, nuts and tofu.
Vitamin D	To absorb calcium more readily, we need to get enough Vitamin D.	Short, daily periods of sun exposure help create Vitamin D, as does consuming oily fish like salmon and mackerel, eggs, fortified spreads and breakfast cereals.
Vitamin A	Also known as retinol, Vitamin A helps your body's defence against infection and keeps your skin healthy.	Get this by consuming cheese, eggs, oily fish, milk and yoghurt. Most preformed Vitamin A comes from animal products. If you're vegan, consider a supplement.
Vitamin C	For healthy skin and to boost your immune system, make sure you have enough Vitamin C.	Plenty of citrus fruits (including orange juice), red and green peppers, strawberries, blackcurrants, broccoli and potatoes will give you the 40mg of Vitamin C you need each day.
Zinc	Zinc is needed to maintain a healthy immune system and create new cells and enzymes.	Men need 9.5mg per day and women 7mg. Get this from meat, shellfish, dairy foods, bread and cereals.
Omega-3	Beneficial for brain function, memory and vision.	Get this through eating fresh oily fish, like salmon and mackerel. The government recommends two portions per week. Don't eat fish? Consider a supplement.

This article aims to provide a summary of the most common vitamins, rather than an extensive list. Visit www.healthdirect.gov.au for further information.

SUGAR Q&A

Sugar gets a lot of bad press – here's our guide giving you truth about sugar

Q With the new sugar tax legislation coming into effect, there is a lot of negative press about sugar - how bad is it really?

Sugar itself isn't terrible. In fact, 'naturally occurring sugar' is found in fruits, carbohydrates (such as rice and pasta) and even milk and we know these foods can be good for us. By contrast, 'free sugar' is added to many of our best loved foods to improve the flavour – from cookies to ketchup. These processed foods have increased calories, but little nutrition, meaning we often eat more calories than is needed. A high sugar intake causes our blood sugar levels to rise

quickly, and then crash. This leads to fatigue and cravings for more sugary foods – and so the cycle continues.

Q How much is 'too much'?

The World Health Organisation suggests adults should consume no more than 5% of their daily calorie intake of foods containing 'free sugar' which is roughly seven sugar cubes or 30g. Unless you are very active, anything over this is unlikely to be a healthy choice.

Q So, should I eliminate all sugar from my diet?

Not necessarily. Whilst some people strive for sugar-free diets (in respect of 'free sugars', not 'naturally occurring sugars'), in reality it would be nearly impossible to achieve

A HIGH SUGAR INTAKE CAUSES OUR BLOOD SUGAR LEVELS TO RISE QUICKLY, AND THEN CRASH. THIS LEADS TO FATIGUE AND CRAVINGS

this. It would mean never eating out or enjoying any sweet treats at all. It's perfectly OK to consume sugar in moderation. Depriving yourself from foods you love – whether it be cake, chocolate or a sugar in your tea – is no fun and you put yourself more at risk of falling off the wagon and binging.

Q What are the effects of consuming too much?

Consuming too much sugar can lead to an increase in weight and over time, other medical conditions such as diabetes and heart disease.

Q How can I tell which foods have sugar in?

Read the labels. If the food doesn't have a label – fruit, vegetables, rice, pasta – then you will know any sugar is 'naturally occurring'. You may be surprised what food manufacturers sneak sugar into – bread, sauces, convenience meals and even soup – all to make the food taste better. It doesn't mean you shouldn't eat these things, but it's good to be aware of what is in your food. Brands are good at disguising sugar on labels, too. Over 60 different ingredients are synonyms for 'sugar' – from sucrose, dextrose and rice syrup.

TOP TIP
There is no need to completely remove sugar from your diet. It is fine to eat your favourite sugary foods from time to time as part of a balanced diet.

5 SMALL CHANGES TO DECREASE SUGAR INTAKE



CUT DOWN ON SUGAR IN YOUR TEA OR COFFEE

If you have a couple of spoonfuls in each drink, cut it down over time until you don't need it any more.

LIKE SUGAR ON YOUR CEREAL?

Go for honey instead. It will give you the sweet kick you want in a natural form.

'LOW FAT' OFTEN EQUALS 'HIGH SUGAR'

Often fat is replaced with sugar to keep the taste. If you love the 'low fat' option, simply cut the portion size.

SMOOTHIES & FRUIT JUICES

Although the sugar may be 'naturally occurring', too much sugar can be bad news for your teeth. Use a straw to protect yourself further!

SIMPLY DON'T BUY AS MANY SWEET TREATS

If you have them in your cupboard, you are more likely to eat them – opt for fruit instead when the urge to consume sugar strikes.



ALTERNATIVE

Vegetarian, vegan, paleo, keto, Atkins... there are loads of specialised diets out there for us to follow. Whether it's for personal or medical reasons, here's what you need to know

Most specialised diets involve cutting something out.

Whether its carbs, meat or dairy, these diets are safe so long as the diet you are

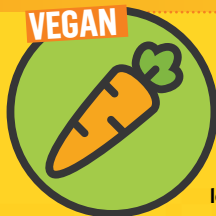
following delivers the right ratio of carbs, proteins, fats, vitamins and minerals. There are lots of substitutions available to ensure that you get what you need.

VEGETARIAN

This is probably the most common specialist diet – most people know someone who is vegetarian. Vegetarians choose not to eat meat (and in many cases fish, too) for either dietary or personal reasons. Due to the fact that the protein derived from meat and fish is missing, vegetarians need to consider alternative sources, such as beans, lentils, dairy, tofu and eggs.



VEGAN



Anything that's derived from animal products – meat, fish or dairy products – are off the menu. Healthy vegans eat a good variety of fruits, vegetables, nuts and seeds to ensure a diet rich in essential vitamins. Vegans need to ensure that ensure they're eating enough protein – try beans, lentils and tofu to get your fix.

PALEO

In a nutshell, if the caveman didn't eat it, then neither do the paleos. This diet consists of meat, fish, fruit, vegetables, eggs, nut and seeds. Paleo followers can suffer from lack of energy due to the removal of processed carbs. Replace these with sweet potatoes and bananas between meals to keep those energy levels up.



DIETS

TOP TIP

If you are following an alternative diet, make sure that you are getting the vitamins and minerals required. Check out page 57 to ensure you are always getting what you need!

DIETING

FACT OR FICTION



1 Skipping carbs will help me lose weight

FICTION – Carbs are an incredibly important source of energy which we need to survive. Eaten in the right quantities and as part of a balanced diet, carbs won't make you gain weight.

2 Starving myself will make me thin

FICTION – Unlikely. It's difficult to maintain a diet of nothing so you will either bounce back to where you were, or may even gain more

pounds if you over-eat as a result. Your body will be low on energy and may cause you to crave high calories foods.

3 Slimming pills are the answer

FICTION – Unless you have been prescribed something by your GP, don't do it. You have no idea what you are ingesting when you purchased un-prescribed pills. The best case scenario is that they are a placebo and won't work – that way it's only money that you risk losing, not your health.

THE TRUTH

Maintaining a healthy weight for most is incredibly simple. As a basic rule, all you have to do is expend the same amount of calories that you consume. For example, if your body burns through 2,000 calories per day to stay alive:

■ If you eat 2,500 calories per day on average, over time your weight will increase

■ If you eat 1,800 calories per day on average, over time your weight will decrease

■ If you eat 2,300 calories per day on average but do daily exercise amounting to 300 calories, your weight will stay the same.

■ It's simple maths. No diet pills or subscriptions to expensive groups required.

PUTTING FITNESS FIRST

"Physical activity encourages the release of feel-good brain chemicals called endorphins that make you feel happier"

Want to feel better, have more energy and even live longer? If the answer is yes, then lace up your trainers...

Are you reaping the rewards of exercise? Regular physical activity provides a host of health benefits for the body and mind, including...

- Better speed, endurance, strength and muscle tone, improve sleep and to maintain a healthy weight.
- Longer life expectancy and fewer health problems, such as high blood pressure and type 2 diabetes.

HOW IT WORKS

Although exercise can leave you feeling temporarily exhausted, it can also improve your energy level in the long term. By encouraging the rapid

delivery of oxygen and nutrients to your muscles, physical activity helps your cardiovascular system work more efficiently so that you have more energy.

Regular exercise increases your metabolic rate, too, which means you burn more calories at rest, resulting in weight loss. So, what are you waiting for? Get moving!

HOW MUCH IS ENOUGH?

When it comes to exercise, the NHS guidelines state that we should be doing:

- At least 150 minutes of moderate aerobic activity, such as cycling or brisk walking, every week, or 75 minutes of high-intensity exercise, such as running or a game of singles, tennis every week
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

- Keeps your blood flowing and boosts the production of 'good' cholesterol, while decreasing the level of 'bad' cholesterol, cutting your risk of heart disease.
- Encourages the release of feel-good brain chemicals called endorphins that make you happier and more relaxed.
- Improves concentration and mental sharpness.



TYPES OF EXERCISE

MODERATE EXERCISE

Your heart rate increases, but you should be able to maintain a conversation (it's called the 'talk test'). This type of exercise includes walking, biking slowly, doubles tennis and doing housework.



HIGH-INTENSITY EXERCISE

Also known as vigorous exercise, this includes energetic dancing, running, swimming, martial arts, cycling fast, basketball, netball, football and singles tennis.



STRENGTH TRAINING

Three times a week you should engage in activities that strengthen muscle and bone. These include tug-of-war, weight-training, sit-ups, press-ups, gymnastics or rock climbing.



THE BEST FITNESS APPS

All available for free and suitable for both Apple and Android phones, these apps will help you train effectively:



Couch to 5k: This app helps you go (gradually) from vegging on the sofa to running a 5K.

7

Seven: Improve your fitness with seven minutes of exercise a day for seven months, using a only a wall, a chair and your body weight.



Nike+ Training App: Swipe through free workouts from master trainers, or link to your Nike kit if tracking progress is your thing.

MENTAL

WELLBEING

We all know the benefits of exercise on our physical health, but did you know it can improve your mental health, too? Here's how...

Whether it's a 10K every morning or walking to uni instead of catching the bus, evidence suggests that exercising not only improves your overall health, but your wellbeing, too. The term 'wellbeing' is defined by the Mental Health Foundation as 'a positive, physical, social and mental state'. This means:

- Feeling good about ourselves and having the ability to function well, both individually and in relationships
- Having the resilience to deal with the ups and downs of life
- The feeling of connection to our communities and surroundings
- Having a sense of purpose and feeling valued

Mood

Research suggests that a positive effect on mood is achieved following periods of physical exercise, with participants feeling more awake, calmer and happier after periods of activity.

Stress levels

Stress can creep up on us and manifest in different ways, whether it's loss of appetite, increased anxiety or poor sleep. However, research



indicates that those people who regularly engage in physical activity have lower stress levels than those who are less active.

Self-esteem

Self-esteem refers to the way we see ourselves, and those who exercise have been shown to have a higher self-esteem when compared to their more sedentary friends.

Depression and anxiety

Regular exercise has been shown to be a cost and time-effective alternative solution to treating depression and anxiety in patients.

IN SUMMARY

Engaging in exercise is unlikely to remedy mental health issues entirely, but combined with a well-balanced diet, it's a great place to start. More practically, physical activity is an ideal way to challenge your body and mind, and will allow you time to take a step back from your day-to-day life to gain perspective and clarity. Remember, you don't need to run a marathon to see the benefit – walking will have positive effects, too.

"I HAVE NO MONEY"

Does running around the park cost money? No. Does doing sit-ups, squats, lunges and burpees in your living room cost money? No. Check out page 73 for more ideas and solutions, because no one is buying this "no money" excuse!

"I HAVE NO TIME"

Unless you're a professional sports person or a personal trainer, it can be tricky to fit exercise in around your life. We all have competing demands – but think logically about it: if your 9am lecture on a Tuesday is right next to the park, then get up a 7am and go

for a run first. Try to arrange to do something active with friends, like a regular game of rounders or a gym class, or incorporate fitness into your job (Deliveroo rider, anyone?) to combine exercise with another part of your life and kill two birds with one stone.



OVERCOMING THE BARRIERS TO FITNESS

Whether you want to change shape or become fitter, getting started can be the trickiest part. Here are the common barriers – and our advice on how to overcome them...

"I LOOK RIDICULOUS – PEOPLE WILL LAUGH"

It's common to feel self-conscious, but just remember that everyone was a beginner once. Whether you're unsure what each machine does at the gym, or if you're always going the wrong way in Zumba, fear not. Break the ice and ask someone for help. Most people will feel flattered that you asked them – and, one day, someone will be asking you the same thing!

"I GO ONCE OR TWICE, THEN STOP... AND CAN'T GET GOING AGAIN"

Motivation is a big issue for most people – it can take months to form a new habit, so bear this in mind:

■ **Set a goal:** Why are you doing the exercise? Is it to improve your appearance or to get fitter? To stick with the habit long term, you'll want to see results, so working towards a goal is vital.

■ **Make it easy:** If you make your new fitness regime too complicated or tough,

you're unlikely to enjoy it and will find excuses not to do it. Make it fun, simple and achievable to start with and increase the intensity or frequency over time.

■ **Set yourself up for success:** Think about who you are? Are you a morning person, or do you work better in the evenings? Structure your workouts around your lifestyle and your new regime will stick.

ACHIEVE YOUR

FITNESS GOALS

It's all very well deciding that you want to get fitter, faster and stronger, but how do you go about actually achieving these goals?

Deciding to increase your fitness is a great objective, and the best way to go about achieving this is to set yourself a goal. If you're brand-new to exercise, your goal should be something simple, such as aiming to walk 15 minutes every day. Don't go too big too soon – it may be more than you can manage right now. If you're more advanced, your goal might be training for and completing a 5km charity run in eight weeks' time.

As a motivational tool, many goal-setters will create a training plan or chart. Maybe you want to record how many kilometres you run each day, or how many kilos you lose each week. Write down your favourite motivational quote or the time you want to run the 5km in – a visual reminder can help keep you focused. When identifying and setting goals, they should be SMART:







S Specific: "I will do 10 press-ups", not "I will get stronger"

M Measurable: "I complete a 5km charity run", not "I will run more"

A Achievable: "I will do 60 minutes of activity per day", not "I will go to the gym for five hours on Saturday"

R Realistic: "I will shave 10 seconds off my kilometre time each month", not "I will run a two-minute kilometre"

T Time-bound: "I will join a sports team by the end of the year" not "I will join a sports team"

	 Manage weight	 Increase all-round strength		 Improve general fitness	 Run a 5km race	 Get better at sport	 Target specific muscles
Stage 1	Eat breakfast each day, including a fibre-based cereal. Skipping breakfast can lead to snacking during the day.	Begin with body weight exercises for a few weeks (such as sit-ups, push-ups, and squats) before adding in weights to up the intensity.		Complete at least 10,000 steps per day (tracked via an app on your phone) for moderate exercise.	Buy a pair of comfortable running shoes and join a local running club for extra support.	Do at least one session of continuous exercise in your chosen sport for one hour per week.	Work with a trainer (grab a few mates and share the cost) and learn proper techniques to progress without raising your risk of injury.
Stage 2	Do 30-plus minutes of physical activity each day. Try walking or cycling at a steady pace, or a more vigorous activity like running or tennis.	Ask a trainer about strength-training exercises, perfecting your form, and stretching before and after working out.		When you've been sitting for an hour or more, stand up and stretch your hamstrings, quads and calves for more flexibility.	Walk or jog three times a week for 15 minutes.	Try shorter bursts of intense exercise, with short breaks. Try three sets of five minutes of exercise, with three minutes of recovery.	Begin with body weight exercises, targeting all muscle groups (say, sit-ups, push-ups and squats) before using weights.
Stage 3	Increase your 'incidental' exercise. Take the stairs instead of the lift and replace short bus journeys with walking or cycling.	Use resistance bands or park exercise equipment, such as bars or ropes, to challenge your muscles and boost strength.		For vigorous exercise, join a sports team or society that does two weekly training sessions, plus a match.	Create intervals within your jog. That's where you up the pace to a sprint between two landmarks, like a pair of lampposts.	Investigate plyometric training. This involves jumping exercises, such as box jumps, designed to train the power muscles in your legs. Have a look on YouTube for some examples.	Work one day on a specific muscle group (say, back/shoulders), then rest the next day before you target another group (say, legs).
Stage 4	Cut out sugary snacks and drinks, and high-fat foods. Eat at least five portions of fruit and vegetables daily.	Increase bone strength by dancing, jumping, circuit training and climbing stairs. Check out YouTube for some introductory classes.		Work out at home or at the gym. Focus on core strength training.	Gradually increase your runs from 10 minutes to 15, then 20 and eventually half an hour in length.	Plan a training programme with short-term goals, such as to cut two minutes off your 5km time in six weeks'.	Cross train for one day. Do a sport that helps condition muscles without using weights, such as swimming or a rowing machine.
Stage 5	While watching your favourite TV show, move your body. Do jumping jacks, knee raises and kicks.	Join your local sports centre or gym, and commit to a strength routine three times each week.		Add cross-training to the mix. Introduce cycling, swimming or hitting the elliptical trainer.	Run that 5km and remember that it doesn't matter how fast you go – all that matters is that you finish.	Undertake a fitness assessment to see which areas need improvement.	Have a cold glass of chocolate milk for protein and carbs after training sessions.

COMPETITIVE SPORT

Interested in competitive sport at uni? There are loads of opportunities to

compete and develop your skills

Whilst the predominant purpose of attending uni is to get a degree, developing your skills and experiencing new things is an important part too. For those who love sport or have competed before arriving, uni is a great time to get involved and possibly take it to the next level. Almost all uni's have teams which take

part in high-level competitive sporting competitions across a range of sports. There's also opportunities to train as a sports coach or referee.

Taking part in teams which represent your uni usually involves competing against other universities (usually on a Wednesday afternoon) and in local leagues. There are often coaching and training sessions throughout the week. In Australia, leagues are run by **UniSport Australia**. Some students who compete in these leagues go on to be professional sports people representing their country.

"UNI IS A GREAT TIME TO GET INVOLVED AND POSSIBLY TAKE IT TO THE NEXT LEVEL"

Most uni's have sporting opportunities for students with disabilities. Don't be afraid to give it a go!

HOW TO GET INVOLVED

Go along to Orientation Week and speak to the club or society that organises your chosen sport. Attend a training session and speak to members to understand what's on offer – whether you want to go along to training only or compete as well. Sometimes, uni's have scholarships, support and coaching available for talented athletes who have competed previously. Speak to your uni's sports department to see whether you are eligible.

WILL I HAVE TIME?

Loads of students are members of sports teams both within and outside of university. Competing to a high standard is a huge commitment – in both time and energy but most uni's give you Wednesday afternoons free from lectures so that you can take part. Make sure you are enjoying it. Remember first and foremost that the goal at uni is to get your degree so prioritise your studies and fit your other interests in around it. If you need advice, or are struggling with your commitments, seek advice from Student Services.



TEAM SPORTS & SOCIETIES

Uni is a great time to get involved in something new. Whether it's a sports team or a society – there's something for everyone

Uni is a completely unique situation in that at the start of the year, there's a whole Orientation Week dedicated to sports and societies, which are literally begging you to join. After you graduate, often there's just not enough time in the day to get involved in the way you can at uni – unfortunately you can't block out Wednesday afternoons at work for fun!

While participating in team

BEING ON A TEAM WILL SHOW YOU THAT LOSING ISN'T SO BAD, ESPECIALLY WHEN IT ALSO TEACHES YOU HOW TO IMPROVE

sports might not be everyone's cup of tea, they do promote collaboration and a sense of belonging. Good team players respect their teammates, opposition and game officials, and they understand that different abilities are required for success. Being on a team will show you that losing isn't so bad, especially when it also teaches you how to improve. It's a great way to make friends too.

It's not all about fitness – creating leadership & strategic skills are just as important as gaining athletic skills.

1 EXERCISE CLASSES

Classes are a great way to have fun, meet new people and get active in a relaxed setting. Your local gym will host everything from Aqua Fit to Spinning.

2 CLUBS AND TEAMS

Whether it's badminton, football or Ultimate Frisbee, there will likely be a team or group you can join to train, play and socialise with. If there's not, consider starting one!

3 TRY SOMETHING NEW

Particularly around Orientation Week, there may be an opportunity to try new sports and activities (or get involved with something that you haven't done for ages!) Try lots of different things, even if you really don't think you will like them – you might be surprised!

4 SOCIETIES

So, if chess or debating is more your thing, there is probably a society for you. Don't rule out trying something new though. Just because you hated PE at school doesn't mean that you will hate uni sport. You don't even need to join the competitive teams – you could just go along to play a friendly here and there. It's OK to not like the competitive side.



EXERCISE WITHOUT ACTUALLY EXERCISING

OK, so team sports aren't your thing. There are loads of ways to stay active - here are our favourites...

MAKE SOME MOVES

Swing, salsa, Zumba or simply down the SU bar on a student night, dancing will get you moving and your heart pumping - all whilst having fun with your mates.

GET SCRUBBING

Remember that thing your mum used to do? Yeah, cleaning. It may not be fun per se but turn up your headphones and get tidying, because housework can give you a great range of movement and up your heart rate. It'll probably earn you the Housemate of the Year Award, too.

GET A JOB

Waiting on tables, bar tending or working on the shop floor of Urban Outfitters are all active jobs with loads of walking - and you get paid for it. Kerching!

STAND UP

Have you heard that 'sitting is the new smoking'? So, instead of swotting away at your desk, get a standing one or simply use the kitchen counter to do your work. It will build strength in your legs and improve your posture, all in the comfort of your own home.

TAKE TWO WHEELS

Jumping on a bike to get to uni (or anywhere for that matter) is super smart. It will save you money and possibly time (goodbye, rush-hour traffic), and cycling can burn up to 650 calories per hour. It's a win win!



WALK IT OFF

An oldie but goodie, walking is a brilliant workout. Other than being a great mode of transport, it's a low-impact exercise that's simple, free and easy. Mix up a fast and slow pace to create interval training and torch even more calories.

SIGN UP

There are loads of societies or events which incorporate activity in a subtle way like joining a volunteer group for active opportunities, such as litter picks or beach cleans.

RUN

Most people own a pair of trainers, so lace up and get going. Sometimes it's tough to get started, so check out page 86 to complete your first 5k in five easy steps.

FITNESS ON A SHOESTRING

We all know that most students don't have loads of spare cash, but that shouldn't be a barrier to getting fit. Save your money for other stuff and work out for free (or practically nothing) instead. Here's how...

WALK

Instead of getting the bus or asking for a lift, walk everywhere. Walking up to 10,000 steps a day can burn about 500 calories, and you'll even save money on bus passes or petrol costs. Go for gold by swapping the lift for the stairs.

CYCLE

Whether it's to campus, work or just to get about, cycling is free, easy and a great workout. OK, so you do need a bike, and a helmet is good idea too, but sites such as Freecycle and Gumtree often have second-hand bikes for sale - or, if you're really lucky, for free!

SKIP

Skipping is a great cardio workout - you can burn up to a whopping 200 calories in just 15 minutes. The health

benefits of skipping include improved heart and lung fitness, strengthened bones, plus improved balance and flexibility. Not bad for a simple rope.

PLAY

When the kids have all gone home, the playground is a great place to do free circuit training and running. Use the monkey bars for pull-ups to boost your upper body strength over time.

LIFT

Using your own body weight to train is the best way to improve your power-to-weight ratio. No equipment is necessary to perform sit-ups, press-ups or the plank, so you can exercise anywhere you like. For free.

WATCH

There are loads of free fitness videos on YouTube - whether it's yoga, pilates, strength training or belly-dancing - there's something for everyone. Even the British Army has an online fitness course, and if it's good enough for them...

JOIN

If you like netball, tennis, basketball, football or rounders, there are loads of public spaces and courts available to have a game, and most universities have a society you can join for every sport or activity you can think of - and if they don't, set one up! Whether it's rock-climbing, dancing or Ultimate Frisbee, find out what's available and get involved with things you fancy. Your fitness will improve, you'll make new mates and it won't cost an arm and a leg.



KEY BODY WEIGHT

Want a no-gym workout? Here's the exercises that *anyone* can do anywhere...

Body weight exercises have many benefits. You don't need a gym membership, any equipment and they are a great tool to improve strength, increase balance and flexibility, and tone muscles. The more you increase your heart rate, the more fat you will burn too...

Despite looking easy, these exercises are actually really tough. But don't be put off. Opt for the modifications, start slow and your strength will build in no time at all.

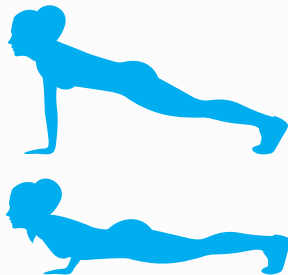
"THE MORE YOU INCREASE YOUR HEART RATE, THE MORE FAT YOU WILL BURN"

THE PLANK

1 WORKS: CORE, BACK, ARMS, SHOULDERS

Ensure your shoulders are over your elbows, and engage glutes and thighs to straighten legs. Your body should form a straight line from shoulders to heels. Push to ground away and keep a flat back. Hold this for 30 to 60 seconds and repeat.

MODIFICATION: Drop to your knees but ensure that your back is flat.



THE PUSH UP

2 WORKS: CHEST, SHOULDERS, TRICEPS

Start in a plank position. Bend the elbows to lower chest to the floor. Elbows should point back at a 45-degree angle. Push back up to starting position, making sure to keep hips in line with the rest of the body. Repeat for 12 to 15 reps.

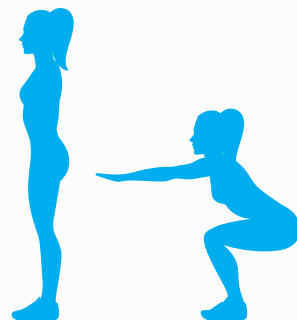
MODIFICATION: Stay on your knees.

THE SQUAT

3 WORKS: GLUTES, HAMSTRINGS, QUADS

Start standing with feet just wider than hip-width apart and toes pointed slightly out. Engage glutes, send hips back and bend at knees to lower down as far as possible. Keep your chest lifted. Press through heels back up to starting position. Repeat for 12 to 15 reps.

MODIFICATION: Don't go too low. Build range over time.



EXERCISES

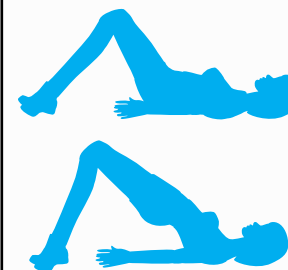


THE BRIDGE

5 WORKS: ABS, GLUTES, HAMSTRINGS

Lie on your back, knees bent, with feet planted on the floor. Drive through heels, contracting the glutes to send hips toward the ceiling, keeping your body in line from shoulders to knees. Lower down and repeat for 12 to 15 reps.

MODIFICATION: Don't come up so high but ensure that you keep a straight line from shoulders to knees.

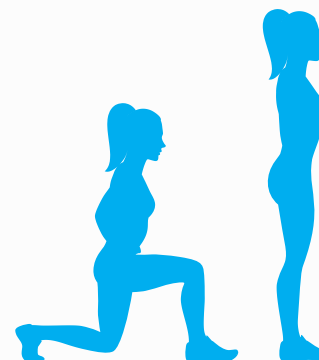


THE LUNGE

4 WORKS: GLUTES, HAMSTRINGS, QUADS, CALVES

Stand with feet hip-width apart. Take a big step forward (or back) with one foot, bending both knees to 90 degrees. Alternate legs and do 12 to 15 reps per side.

MODIFICATION: Focus on form - develop speed and range over time.

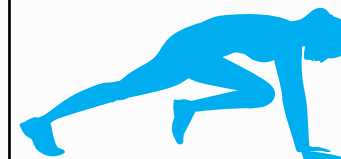


BICYCLE CRUNCH

6 WORKS: ABS

Lie on your back with both hands behind head, elbows wide and knees over hips in table-top position. Bring your left shoulder up and rotate the elbow toward the right knee. As you do this, extend the right leg straight. Reverse the movement and swap to the other side. Continue alternating for 12 to 15 reps per side.

MODIFICATION: Toe-tap instead of extending the leg, or even keep your feet on the floor and work on the torso rotation first.



THE MOUNTAIN CLIMBER

7 WORKS: FULL BODY

Start in a plank position. Drive one knee in toward chest, then quickly step it back to plank position. Immediately drive the opposite knee in toward chest, then quickly step it back into plank position. Continue alternating knees for 12 to 15 reps on each leg.

MODIFICATION: Keep it slow. Quick alternatives will get your heart rate up, but slow movements will still engage the muscles. Build speed over time.

SPORTS SUPPLEMENTS: THE TRUTH

Sports supplements are big business. From protein powders to energy pills - do they really work?



If you need advice, contact your GP or a registered dietician.

If you go to a gym, it is likely that you will see ads for protein powders or performance pills, or maybe even see someone carrying a shaker. Muscle takes time and commitment to develop and protein powders are designed as a way to facilitate or speed up the process.

Protein is an important part of our diet which helps maintain and grow body tissue, including muscle. Shakes, bars and pills are marketed to give you the protein you need to promote muscle growth, boost energy and improve metabolism, leading to weight loss.

Some reputable products may be an effective way to get protein into your diet. Always purchase products from a reputable retailer and don't be tempted to consume more than is recommended. Consuming too much protein is a problem - long term over-consumption has been linked to increased risks of osteoporosis and kidney problems. Government guidance advises to avoid consuming more than twice the daily intake, which is 55.5g for men and 45g for women.

It is possible, however, to get the same benefits from high-protein foods or snacks without the need to shell out

on expensive supplements. Get your fix from foods like:

- Red meat like beef, lamb or pork
- Poultry like chicken and turkey
- Eggs
- Dairy products like milk, yoghurt and cheese
- Beans
- Tofu

It is unlikely that supplements in any form will magically produce the physique or fitness level you want. It will take lots of hard work, dedication and real food to get you there so it's important not to see a shake or bar after each workout as a quick fix to build strength.



USING PERFORMANCE ENHANCERS

Taking substances may seem like a shortcut, but these drugs can have lasting side-effects...

Whether you want to excel on the sports field, change your appearance or improve your academic performance, we know it can take a lot of effort to achieve it. There are, however, a growing number of students opting to use illegal drugs and steroids to find a shortcut. And with the growing pressures mounted onto students, some see this as the only way to ensure peak performance and output.

Whether it's a prescription drug, anabolic steroid or any other illegal substance, it's a recipe for disaster. Whether the substances are purchased from the internet or

from a dealer, you never truly know what you are taking so you could be throwing your money down the drain at best, or taking your life into your hands at worst...

And then there is the ethical debate: does taking performance enhancing drugs constitute cheating? We all know that doping is banned in competitive sports for this very reason, so there is little wonder that there have been calls to implement drug testing before exams to avoid

unfair advantage. Whatever your view, it is unlikely that that someone can rely on performance enhancers forever, so it is really worth it?

A conviction for a drug-related offence could have a serious impact on your future - there are restrictions on countries you can visit and jobs you can apply for. Is it worth it?

IMPROVE YOUR PERFORMANCE NATURALLY

Want to get sharper, fitter, stronger or more focussed?

- 1 Drink more water.** Simple H₂O improves brain function, physical performance and relieves fatigue.
- 2 Get more sleep.** Simple but effective. More sleep = increased energy levels and laser-like focus.
- 3 Eat more lean meats, fresh fruits and vegetables.** A balanced diet full of rich, natural foods will give you the energy you need to excel.
- 4 Get lots of fresh air and exercise.** Not just for clearing your mind, lots of fresh air and exercise will give you more energy and make you happier.
- 5 Get organised.** Overwhelm and increasing pressures can lead students to look for alternatives. Work out what you need to do, make a plan - and stick to it!



STRETCHING

& FLEXIBILITY

Want to improve your physical and mental health by making one simple change each day?

[Read on](#)



Aim to stretch for 10 minutes per day or 3 times per week, and always stretch after a workout!

BENEFITS TO STRETCHING DAILY

1 Improved flexibility and posture

Stretching regularly strengthens and lengthens your muscles leading to better alignment. This will not only improve your overall flexibility – but stop the slouching too.

2 Prevent injury

Tight muscles can lead to injury. When doing any physical activity – from a 5km to a brisk walk – do a short warm-up and stretch before you start to dramatically reduce your chance of an injury.

3 Calm your mind

By putting the devices down and focussing on stretching and nothing else will give your mind some much needed rest and down-time. This will result in a calmer and more peaceful mindset.



4 Release tension

Tension and stress often builds up in our muscles (sore shoulders, anyone?) Take some time before bed to stretch out to release the tension built up through the day.

HOW TO STRETCH

Warm up your muscles

Stretching cold muscles is a bad idea and can lead to injury. Go for a short, brisk walk before to ensure that your muscles are a little warm before you start.

Not sure where to start?

There is a wealth of information online about the best stretches for each muscle. Print out a chart (there are loads online) and stick it next to your bed for a constant reminder.

Stop if it hurts

If the stretch hurts, it's a bad sign. Ease off a little – especially at the start. If it continues to hurt every time you stretch, see your doctor to get it checked out.

When we think 'stretching', we usually think of the few minutes before or after exercise. Whilst it's a great idea to stretch following a workout to reduce muscle fatigue, stretching is an activity

SET ASIDE JUST A FEW MINUTES EACH DAY TO IMPROVE YOUR FLEXIBILITY AND POSTURE, AND CALM YOUR MIND

that we should all do every day, regardless of whether we are planning to exercise. The benefits of stretching are often overlooked – set aside just a few minutes each day to improve your flexibility and posture, and calm your mind.

SEXUAL HEALTH

Our sexual health is much like our mental health – it's unique to each person and needs to be looked after. Over the next 16 pages, we've set out everything you need to know about being sexually healthy at uni ...

Regardless of sexual orientation, age, race or gender, sexual health is an important part of our lives. This is particularly true at university – for some, increased independence leads to a desire to try new things and find out who you are. It is natural to want to have fun and experiment at university, however, it is important to recognise where the boundaries lie between fun and risk-taking behaviour.

People's experience of sex education in school is very varied. Some schools might have had a comprehensive curriculum whereas others didn't. Because of this, many of us don't feel equipped to talk about our sexual health - so now is the time to get clued up and take control.



REGARDLESS OF SEXUAL ORIENTATION, AGE, RACE OR GENDER, SEXUAL HEALTH IS AN IMPORTANT PART OF OUR LIVES

SEXUAL HEALTH & RELATIONSHIPS

When we think of sexual health, we often think 'relationships' – whether that's a long-term relationship or an online hook-up. In both instances, it's important to stay safe and only engage in sexual activities that you're happy with. If you're going to start

a sexual relationship, the choice to do so must be yours. Don't ever feel pressured into doing anything you don't want to.

Some relationships or sexual experiences don't always go to plan and the actions of the other person can leave you feeling upset or confused. Whether it

is emotional or physical, if you're not sure whether something that has happened to you is abuse or not, sometimes it can help to imagine that it happened to a friend who told you about it. If you would be scared or

"If you're going to start a sexual relationship, the choice to do this must be yours"

worried about your friend if they had been treated the same way, it's a strong sign that you are experiencing abuse and that you need to think about getting help. For advice, visit 1800respect.org.au

WHAT 'IF...'?

If you feel like you're in the dark about some of the most frequently asked sexual health questions, check out our guidance below...

Q "... I identify as straight, but sometimes I watch gay porn or experiment with people of the same sex. Am I gay?"

Experimentation is normal and is much more common than you might think. Not everyone experiments in this way, but a lot of people do. You may just want to try sex with someone of the same sex once, you may be attracted to people of the same sex, or you may be into people regardless of their gender identity. Experimenting with people of the same sex doesn't mean you have to identify as gay or bisexual.

Q "... I had unprotected sex?"

Having sex without a condom (known as unprotected sex) leaves you at risk of Sexually Transmitted Infections (STIs) and unwanted pregnancy. You only have to have sex once to get a STI or become pregnant. If you have had unprotected vaginal sex (and you don't want to be pregnant), you should visit a sexual health clinic, to discuss emergency contraception. The IUD is the most effective form of emergency contraception and must be fitted within 5 days of having unprotected sex. Some types of emergency contraception pills (known

as the morning after pill) can also be taken up to five days (120 hours) after unprotected sex. Speak to a sexual health professional or GP to find the best option for you. If you've had unprotected sex (whether it's vaginal, anal or oral sex), you should get tested for STIs.

Many STIs don't have symptoms so you must get checked to be sure. If you do test positive for a STI, a sexual health professional will prescribe treatment and encourage you to speak to any partners who may be at risk too. If you don't want to tell your partners, then speak to the sexual health clinic to see if they can offer the anonymous partner notification - your partner will receive a text saying they need to be checked, but they won't know it has come from you.

Q "... I don't know how often to get tested for STIs?"

It is really important to take care of your sexual health in

the same way you do with other aspects of your health, like going to the dentist. In addition to getting tested after any unprotected sexual contact with a new partner, you should also have regular check ups. Depending on how many partners you have this could be every three months or once a year as a minimum. It's also a good idea to get tested if you decide to stop using condoms with a new partner. Even if you're in a long-term relationship, you could still catch an STI. You can read more about STIs on page 87.

Q "... I want to have casual sex? Is this OK?"

Casual sex means having sex with someone you're not in a relationship with. There are lots of societal ideals about casual sex, and what is considered right and wrong. Society is often more judgemental towards women who choose to have casual sex, than men who choose to have casual sex. In short, if you and your partner want to have sex and you both consent, then do what makes you happy. Make sure that you communicate with your partner - simply consenting once does not mean you can't change your mind later, and remember, if you are drunk or high, you

can't consent. Check out page 88 for further information.

Q "... I don't know which method of contraception to use?"

Not many people know that there are 15 different types of contraception available. It can really help to talk through your options with a sexual health professional such as a Brook nurse or your GP to make sure you have all the information you need to decide which method is right for you. Check out page 85 to see our complete guide to contraception and find out about Brook's online tool.

AVOID THE CONSUMPTION OF DRUGS AND ALCOHOL WHEN ENGAGING IN SEXUAL ACTS

Q "... I think I'm watching too much porn?"

It is very hard to say how much porn is 'too much porn' as this depends on the person. Some people watch porn regularly

and some people never watch it. However, if it is affecting your relationship or studies, or you think it is having a negative effect of other parts of your life, then you should speak to someone. See page 94 for more information and links to help.

To find out more about being sexually healthy and happy, go to www.healthdirect.gov.au/sexual-health



EXPERIMENTATION IS A WAY TO ASSESS YOUR OWN GROWTH AND DEVELOP YOUR SEXUAL UNDERSTANDING

CONTRACEPTION

If you're having sex, it's important to make sure you're protecting yourself from unwanted pregnancy and STIs...



Contraception refers to the methods that are used to prevent pregnancy. Condoms and internal condoms are the only methods of contraception to protect against both unwanted pregnancy and STIs. Contraception is readily available from your GP, pharmacy or from a range of sexual health clinics, other young people's services, GP surgeries or family planning services. There are 15 methods of contraception to choose from and what works best for you will depend on your preferences. Remember, you can always talk through your

options with a doctor or nurse. The type of contraception you choose will depend on:

■ **How you intend to use them:** Some contraceptive devices are used once during sex (condoms) or you have to remember to take them daily

The method of contraception that suits you now may change going forwards. If you have any questions, you should review this with your doctor or nurse to ensure that what you are using remains effective for you.

(the pill), whereas others last for months or years (injections and implants). Which kind you use will depend on how often you plan to have sex, and whether you're good at remembering to use a condom or take the pill every day.

■ **Your personal preference:** Not all contraceptive devices are suitable for everyone – people can suffer side effects. It may take a little time to work out what works well for you, but if you are experiencing problems, speak to your GP or visit a sexual health clinic.

EMERGENCY CONTRACEPTION

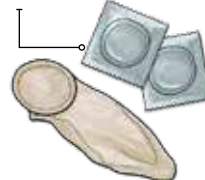
There are two types of emergency contraception, the emergency contraceptive pill (often referred to as the morning after pill) and the intrauterine device (IUD). The IUD is a form of long-acting reversible contraception (LARC) and it is the most effective method of emergency contraception.

Free contraception and advice can be found at clinics, your GP, family planning clinics, plus some young people services.

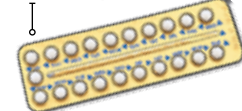


14 TYPES OF CONTRACEPTION

1 Condom



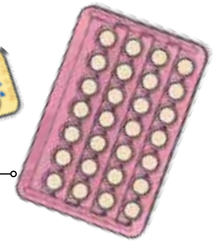
3 Combined pill



2 Internal (or female condoms)



4 Progestogen-only pill



6 Implant



7 Injection

5 Diaphragms and caps



10 Vaginal ring



8 IUD (intrauterine device)



9 IUS (intrauterine system)



PLUS

11 Female sterilisation 12 Male sterilisation

13 Fertility awareness methods 14 Emergency contraceptive pill

PREGNANCY

Everyone has different reactions to finding out they're pregnant. Take some time to gather information and think about what to do next...

If you've had unprotected sex and think you might be pregnant, take a test on the day you were expecting your period, or 3 weeks after the unprotected sex, whichever is sooner. You can get one for free from Brook, contraceptive clinics, family planning clinics or your GP.

If you are pregnant, there are three options available to you and you have the right to choose any one of them:

- Continuing the pregnancy and raising the child
- Continuing the pregnancy and placing the child for adoption
- Ending the pregnancy by having an abortion

First off, don't panic. Your uni will have a support network in place to help you with your next steps. Whatever you do, don't bury your head in the sand and hope it will go away.

For some people, making a decision about pregnancy is easy. For others, it might be difficult. However easy or hard you find the decision, it is your

decision to make.

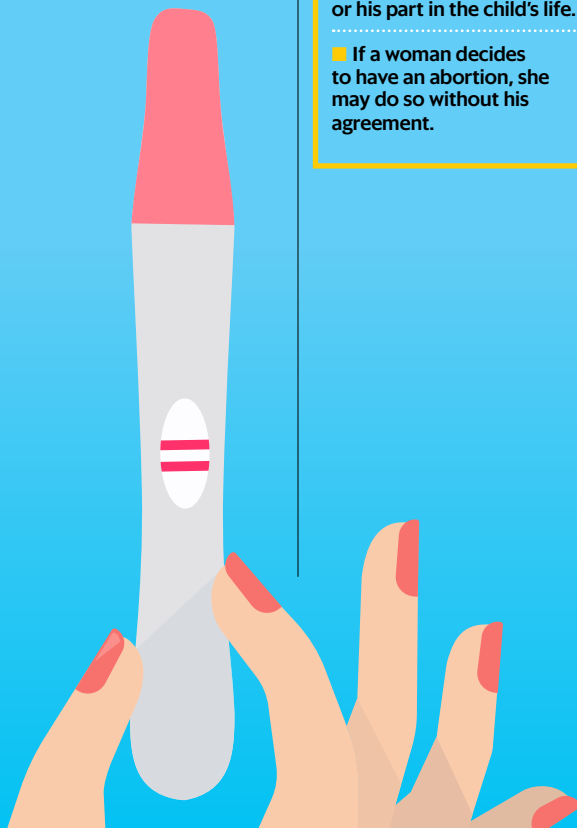
Speak to Student Services or contact your local Brook clinic, GP or sexual health clinic. A healthcare professional will not judge you and will be able to direct you to further support and guidance. Your uni or local clinic is likely to have counselling services on hand if you are feeling overwhelmed. It can also help to speak to your family and/or friends for further support and guidance.

MEN'S RIGHTS

- Men have the right to avoid conceiving a child by either opting not to have sex or by using condoms.
- In law, if a woman decides to continue with a pregnancy, the man may be held financially responsible for the upbringing of the child, regardless of their current relationship status or his part in the child's life.
- If a woman decides to have an abortion, she may do so without his agreement.



**WHATEVER YOU DO,
DON'T BURY YOUR
HEAD IN THE SAND
AND HOPE IT WILL GO
AWAY**



STIs

Having unprotected sex puts you and your partner at risk of getting a STI. Here's how to stay safe and what to do if you need advice...

STIs are passed from one person to another through unprotected sexual contact, including vaginal, anal and oral sex. Anyone can get an STI; the most affected groups are under

25s and men who have sex with men. After unprotected sexual contact, consider emergency contraception to protect yourself against pregnancy.

GET PROTECTED!

In order to protect yourself from STIs, you should use a condom (or internal condom) every time you have sex, even if using another form of contraception - for example the pill or implant. The most commonly diagnosed STIs are:

1 Chlamydia: Sometimes described as a 'silent' infection due to the fact 75% of women and 50% of men don't have any obvious signs or symptoms.

2 Genital warts: Caused by the human papillomavirus (HPV), these are small growths or bumps that appear on or around the genital or anal area.

3 Gonorrhoea: The second most common bacterial STI (after chlamydia) which can lead to infertility if left untreated.

4 Genital herpes: Both of the two types can infect the genital and anal area, as well as the mouth and nose (cold sores).

PARTNER NOTIFICATION

If you find out you have an STI, your clinic will encourage you to notify any current, and sometimes previous, partners so they can get tested as well. They will help you find the best way to do this - some even do this for you anonymously.

GET TESTED

Whether you have symptoms or not, if you have had unprotected sexual contact, it's important to get tested for STIs.



For more information about STIs including symptoms, treatments and visiting a clinic, visit healthdirect.gov.au

CONSENT?

SEX IS LIKE TEA
Got a spare two minutes and 50 seconds? Log on to tinyurl.com/yc9op3py to watch a film that everyone should see...

Sex should be fun and enjoyable for everyone involved, and that means saying no if you are uncomfortable...

Consent simply means agreeing to do something. In the context of sexual activity, this can be anything from holding hands to intercourse. In Australia, the legal age of consent is either 16 or 17 depending where you are meaning it is illegal to engage in sexual activity with anyone under the age of 16.

Sexual contact with anyone – regardless of age, gender or sexual orientation – without consent is illegal. If the other person continues with the sexual act when permission has been denied or has not been given (see below), this is sexual assault or rape.

Consent in practice

Sometimes people don't really understand what consent



means in different situations. For the avoidance of doubt, the law states that a person consents to something if they "agree by choice and have the freedom to make that choice." Someone cannot consent if they are:

- Asleep or unconscious
- Drunk or high
- Threatened or forced

Everyone has the right to say no and to withdraw consent at any time. If you have consented to a sexual activity with someone before, this does not mean that you have consented indefinitely and each sexual encounter is treated separately.

If you're not sure if the person you're having sexual contact with has consented, stop and check for clarification.

SEX, CONSENT AND YOUR RIGHTS

Sex should be fun and enjoyable for everyone involved. If you're engaging in acts that make you unhappy or that you don't wish to partake in, or you're being forced to do something against your will, always

say no and try to remove yourself from the situation.

If you think you may have been sexually assaulted or raped, or if someone has forced you to do something of a sexual nature that

you didn't want to do, you should speak to someone you trust – a friend or parent – and contact Student Safety and Wellbeing Services and the police as soon as possible. It is not OK, and it is never your fault.



SEXTING & SELFIES

Think texting sexually explicit messages is harmless?

An amalgamation of 'sex' and 'texting', sexting refers to swapping sexual messages, photos or films, usually by mobile phone.

Lots of people find it flirty, fun or less embarrassing to swap sexual messages or photos by text rather than talking about sex and fantasies face-to-face, however, you should always remember that once you share something, you lose control over it and it can quickly and easily be shared, printed or saved. Before you press send you should consider how you would feel if yours or your partner's friends or family saw it. Whilst you may trust your partner now, things can change in the future.

You might think it is really boring to consider all of these risks when you would rather be flirty, but a study by the Internet Watch Foundation showed that up to 88% of self-generated images have been collected

and put onto other sites, so you should ask yourself, is it really worth it? Before you press send, consider:

- Is the phone you are sending the messages to secure? Could the phone be accessed by someone else?
- If you have never met the person you are sexting, are you sure of their identity and intentions?
- Could you be putting yourself at risk of bullying or



blackmail? Could these photos be used against you to do things you don't want to do?

■ Even if you are sending messages to someone you are in a relationship with, can you be sure they won't share them if you break up in the future?

■ Do you really want to 'sext' or are you doing it because you feel pressured, or because it feels like everyone else is? If you don't want to do it, you don't have to.

BE AWARE

If you are with someone who puts pressure on you to send sexual messages, but you don't want to, you could be in an abusive relationship. If you're worried or want to find out more, see page 90.

EMOTIONAL, PHYSICAL & SEXUAL ABUSE

Abuse can take many different forms such as verbal, emotional, physical or sexual. Some forms are less obvious, like controlling behaviour. Here's how to spot all types of abuse and harassment, and what to do about it...

ABUSIVE RELATIONSHIPS

Anyone can be a victim of abuse regardless of their age, gender or sexual orientation. People in abusive relationships may be victim of many types of abuse at the same time or the abuse may change over time. Below are 12 signs that you are in an abusive relationship:

- You are scared of your partner
- They have hurt, or threatened to hurt, you or people you care about
- They force you to do things you don't want to do, including sexually
- They stop you from seeing friends, family or people who you may go to for advice
- They prevent you from going to university or work
- They constantly check up on you or follow you
- They wrongly accuse you of flirting or cheating regularly
- They often get jealous or possessive
- They regularly humiliate, criticise or insult you, often in front of others
- You change your behaviour because you're afraid of what

they might do or say to you

- They deliberately destroy things that belong to you
- They control how much money you have

This list does not cover all abusive behaviour so if there is upsetting behaviour that's not on this list, get help.

GET HELP

If you think you're in an abusive relationship, or suspect someone close to you is (or are suffering abuse from a friend, family member or stranger), seek help immediately and if you want to, alert security and or counselling services who will be able to offer you support. You may be fearful, but seeking help will be completely confidential and will allow you to plan your next steps safely.

If a friend has chosen to talk to you about something they are experiencing, listen to them and be supportive. Remind them how strong they are in confiding in you because it takes a lot of courage to talk about abuse and violence.

SEXUAL HARASSMENT



In a survey by Brook in 2019, over half of students said they had experienced unwanted sexual behaviours but only 15% realised these behaviours count as harassment. A simple wolf-whistle or call to someone across the street may not seem like harassment, but a build-up of similar behaviour towards a person can lead to them feeling upset and intimidated.

Whilst you may worry you're being silly or petty for reporting treatment of this nature, any unwanted behaviour can be considered harassment. If you're not sure whether to report something, talk it through with a friend or family member, or confidentially with Student Services, to get a second opinion.

HAVE THE COURAGE TO SPEAK UP

Whether it's sexual harassment, a hate crime or emotional or physical abuse happening to yourself or someone you know, you don't have to deal with it alone. Sometimes people hold back because they feel they won't be believed, that they don't want to get involved, or that they might be wrong, but it's so much better to report and be wrong, than not to report at all. As for being believed, universities and organisations will support you without judgement.



GENDER & SEXUALITY

If you think gender and sexuality are one and the same, you'd be wrong. Check out our guide

The concepts gender and sex are often used interchangeably but actually mean very different things. Sex refers to anatomy – you are determined male or female at birth according to your genitals. There is also a group of people that cannot be easily identified in this way and these people are referred to as intersex. By contrast,

gender is how people identify themselves – how they feel, think, speak and dress. This can be different to the sex they were identified as at birth.

It can be difficult to be put in the wrong gender because there are societal expectations for male and females to behave, dress and think in certain ways. Men

are often expected to be 'masculine' and women are expected to be 'feminine', however there is no real reason for this. Women can be masculine if they want, and men can be feminine. People can be an even mix of the two, or something completely different. The important thing is being respectful of other people's identity.



SEXUALITY

Sexuality is how you express yourself in a sexual way – who you are attracted to, who you want to have sex with and who you want to be in relationships with. Your sexuality can change throughout your life and is not something that you can choose or control. You will no doubt have heard of these terms, here's what they actually mean:

Heterosexual or straight: Someone who is attracted to someone of a different gender.

Homosexual or gay/lesbian: A term used to describe someone who is almost exclusively attracted to people of the same gender.

Bisexual or bi: Someone who is attracted to people of more than one gender.

Pansexual: Someone who is emotionally, sexually, and/or physically attracted to others regardless of gender identity.

Asexual (or ace): Someone who experiences limited or no sexual attraction, interest or desire.

Queer An overarching or umbrella term used by some to describe members of the LGBTQ+ community.

LGBT+ - Stands for 'lesbian, gay, bisexual, trans, plus.' '+' ensures all gender identities and sexual orientations are included.



HOW TO COME OUT



Coming out should always be your choice. If you do decide that it's the right time, these tips may help:

Consider coming out to a trusted friend first - You can experience how it feels and experience someone's reaction and then decide how and whether to tell others

Bad reactions - If you do get a bad reaction, then give it time. It doesn't necessarily mean they will feel that way forever – it may be

unexpected, and they need time to adjust.

Write a letter - If telling friends or family face to face is too daunting, why not write an email or letter? It may help you convey your feelings in a more coherent way, particularly if you are nervous or worried about a negative response.

Build a support network - Speak to others about how they came out and what the reactions were. If you need support when coming out, ask a trusted friend to be with you when telling others.

GENDER THE TERMS

1 Non-binary: Used to describe those whose gender does not fit into the gender binary. Sometimes used as an overarching term for genders that don't fit into the gender binary, such as genderqueer, bigender and gender-fluid.

2 Cisgender or cis: People who feel they belong to the same gender as identified at birth.

3 Gender dysphoria: A medical term for the feeling that you belong in a gender different from the one you have been assigned at birth.

4 Transgender: An overarching term used to describe anyone whose gender is not the same as the gender they were assigned at birth.

5 Genderqueer: People that feel as if none of the categories on the gender spectrum fit them and that they are something else.



VISIT

<https://kidshelpline.com.au/teens/issues/porn-can-be-harmful>
to get more information, advice and support if you are worried about yourself or a partner

PORN

Porn is more accessible than ever and many young people have watched it - but what should you do if porn is having a negative effect on your life?

It's not possible to say how much porn or masturbation is too much - it is about what is comfortable for you and only you can be the judge of that. Some people watch porn and feel it is a positive part of their life, whereas others may choose to never watch it.

It is important to understand that most porn is nothing like real sex. Often the actors don't look like us, and do things that we would never do in violent or humiliating ways. Without realising it,

viewer's expectation of 'real' relationships and partners can change and negatively affect their intimacy and self-esteem.

If you are worried or anxious about the effects of watching porn on other parts of your life, this is when you should seek advice or support. Negative side effects of watching porn could include:

IT IS IMPORTANT TO UNDERSTAND THAT MOST PORN IS NOTHING LIKE REAL SEX

- Unrealistic expectations about sex and relationships
- Feeling disappointed by 'real' sex
- Engaging in unsafe sex (for example, you rarely see condoms being used in porn)
- Feeling shy or inadequate about your body because it isn't like a porn star's
- Difficulty concentrating in normal life, such as at uni or work



Search

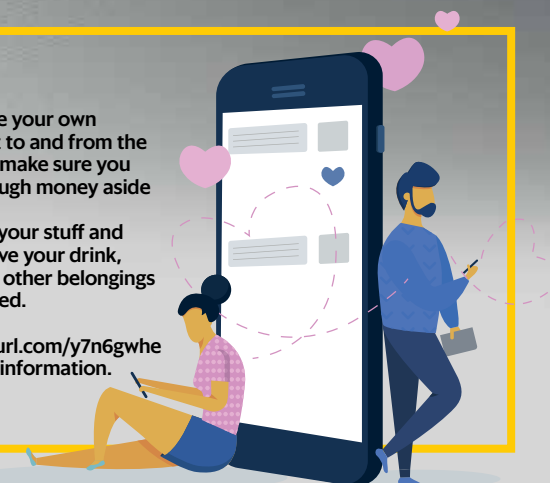
ONLINE DATING

Online dating is an instant, low-effort way to flirt and meet new people but it does come with risks. If you do arrange to meet up with someone online, remember:

- Meet the person in public where there are lots of people. Never go to houses.
- Tell a friend who you are going to meet and where.
- Keep your phone fully charged, with enough credit to call or text if needed.

- Arrange your own transport to and from the date and make sure you have enough money aside for a taxi.
- Watch your stuff and never leave your drink, phone or other belongings unattended.

Visit tinyurl.com/y7n6gwhe for more information.



LIFE

INDEPENDENT LIVING

Welcome to the final section of this Guide covering everything you need to know about managing your life and making decisions for the future

It's likely that over the next few years you will gain far more independence. Maybe you will land your first job, travel abroad alone, or even move out. You might learn to drive, have more financial power and live with other people. Managing these life events can be really tough and competing pressures can take their toll.

To navigate this exciting chapter successfully you need to start finding out what works for you. In order to stay physically and mentally healthy, you may find yoga and meditation really help

you focus your mind, whereas others might find competitive sport or a hobby therapeutic. Remember that there is a wealth of information online. Whether it's about learning to drive, careers, tips for dealing with tricky roommates

**TO NAVIGATE THIS
EXCITING CHAPTER
SUCCESSFULLY YOU
NEED TO START
FINDING OUT WHAT
WORKS FOR YOU**

or health and wellbeing questions, it can all be found with a click of the mouse. Take some time to work out the things you and enjoy.

Remember to always ask for help and guidance if you need it. There's no shame in asking for help whether it's advice on your career or if you are struggling to cope. Remember, there is no problem ever too big to be resolved.

If you feel overwhelmed about your future and are unsure of what to next, remember there is no 'right' or 'wrong' decision – just do what feels best for you.

BEST APPS FOR STUDENTS

Want to harness the full power of tech to get ahead? We asked some students what apps they couldn't live without. This is what they told us...

BEST STUDY APPS

Best for... referencing



EasyBib
Free on Android
and iOS

"This wonderful app saves you time when it comes to the tedium of creating a bibliography. Simply search for the book or website you have used and the app will do the hard work for you."

Best for... scanning documents



Adobe Scan
Free on Android and iOS

"Never buy a scanner again. This great little app lets you use your camera to scan in documents with surprising effectiveness and then e-mail, text, or save directly from the app."

Best for... making notes



Evernote
Free on Android
and iOS

"Evernote lets you compile all of your handwritten and typed notes in one place which you can sync to all of your devices. You can use the search functionality to find specific words or phrases instead of having to trawl through everything."

Best for... mind mapping



SimpleMind
Free on Android
and iOS

"If you are fan of mind-mapping but want to lose the paper, this is the app for you. Simple and effective to use."

Best for... managing your time



myHomework Student Planner
Free on Android,
iOS and Windows

"This app allows me to sync together all my lectures, tutorials and assignments in one place so I never forget anything and don't need to carry around scraps of paper or a diary."

BEST OF THE REST



Tracking sleep: Sleep Cycle
(Free on
Android and iOS)



Maps: Google Maps
(Free on
Android and iOS)



Splitting the bill: Splitwise (Free on
Android and iOS)



Managing your money: Wally
(Free on iOS)



SOCIAL MEDIA

Our online profiles have become an extension of ourselves – but it's important you

know exactly how sharing information could affect you...

First of all, this is not an article encouraging you to delete your Insta, Twitter, Facebook and Snapchat profiles. Social media has its place in society – it's a great tool to communicate and share information with friends and show your personality. But using these platforms does raise some questions that are worth having a think about:

How is your data being stored and used?

Data privacy is a massive issue, which can't be covered in too

much depth here. In short, if you're sharing personal information about yourself across social media platforms, are you happy with the way in which this data is being used, or do you even care? Whilst you may not think that you're giving much away by 'liking'

NEVER POST ANYTHING YOU WOULDN'T BE HAPPY TO SEE ON A BILLBOARD

company pages or sharing posts, this gives the platform enough data to profile your personality and preferences based on what you might think are fairly innocuous actions. At worst, platforms have been accused of mining information to influence political elections. If you're interested in learning more, there's a huge amount of information available online to help you make an informed decision.

What are you posting?
If you post a family

photo of yourself on holiday in Brazil, then depending on your privacy settings, you may have revealed where you are, who you're with – and the fact that your homes are currently unoccupied. It sounds far-fetched, but it's worth thinking twice before you post. Also, remember that offensive, racist or bullying messages can be reported and may lead to action from your employer or university. Think ahead – nothing really gets deleted, so never post anything you wouldn't be happy to see on

HOW TO CHANGE YOUR PRIVACY SETTINGS

Put aside 10 minutes today and check your privacy settings. eSafety Commissioner have put a great guide together to show you exactly how to manage your settings on Snapchat, Facebook, Instagram and Twitter – access it at tinyurl.com/s7486yo

a billboard or by your friends, family and colleagues.

Who can see your information?

Check your privacy settings – and review them regularly. The platforms have a way of sneaking in changes without you being aware. Also, check your friends list – are you actually still mates with all of these people?

IS IT AFFECTING YOUR HEALTH?

If you're always reaching for your phone or you're desperate for likes, think how this could be affecting your health. It could be physically (are you sleeping properly or are you always glued to your screen?) or mentally (always trying to look Insta ready?). We could all benefit from putting the phone down from time to time and engaging with the here and now.



STUDENT LIFE HACKS

Making friends? Getting on with housemates? Need to get creases out of your shirt pronto? We've got it covered

SPLIT THE COST

Always buying toilet roll and never getting reimbursed? Make that a thing of the past with Splitwise – an app where you and your housemates can keep track of who bought what... and who owes what!

SHOWER CADDY = KING

Goodbye to the one million shampoo bottles strewn around the bathroom and hello to the caddy. Be civilised and assign one section to each housemate.

DELINEATE SPACE

Depending on your housemates, this exercise could be metaphorical or literal – masking tape, anyone? If you need to, mark off the work surfaces, the fridge or draining board to stop the arguments and finally reveal who all of the washing-up belongs to.

GROUP CLEANING

It's fairer this way and many hands make light work.

MAKE FRIENDS

If you love photography, go to the photography society. Greek literature? American history? Politics? Whatever it is, surround yourself with like-minded people for a sure fire way to make friends.

ERADICATE A SPOT

Got a date tomorrow and a spot has decided to show up? Put a small amount of toothpaste on it overnight to see it dramatically reduce in size.

STEAM YOUR CLOTHES

No need to go out and buy an expensive steamer. Put your clothes on a hanger and hang them in the bathroom whilst you are in the shower. Voila!

DOUBLE WARDROBE SPACE

Loop a can ring-pull over the neck of the hanger and hang another hanger off it to literally double your wardrobe space.

MAKE A SPEAKER

Put your phone in a glass or a bowl to amplify the sound.

NEVER FORGET

Always forget your 11 AM lecture or never know which lecture hall you're meant to be in? Take a screenshot or photo of your schedule and save it as your phone wallpaper.



STUDENT STUDY

HACKS

The very best study hacks curtesy of students who have been there and done it

BLOCK ALL DISTRACTIONS

While you are studying or revising, put 'Do Not Disturb' on your phone, write a polite note for your room door and log off social media. Put in 100% effort and you will know you have done all that you can.

GET THE MARKING CRITERIA

When tutors mark assignments or dissertations, they use a marking criteria. Get a copy and have it next to you when you are writing to make sure you tick off all the required points to get the best grade.

RECORD YOUR LECTURES

Use your phone to record lectures as an audio file and listen to them when you are working out or walking to uni.

STRUCTURE YOUR TIME

Make sure you have a plan for when you expect to study. Things will always pop up, so whilst it's important to stay flexible with your schedule, if you keep putting off studying for parties and social events, you will never get any studying or revision done.

INVEST IN USEFUL APPS

There are so many useful apps out there to make studying easier. Whether it is Cite This For Me to automatically create your citations, Grammarly to correct all of your mistakes or Evernote to manage your notes, use the tools available to you to save time and make everything that bit easier.

USE GOOGLE TRANSLATE

Not just a tool for the language students - if you copy and paste your essays into Google Translate, it will read them back to you, making it so much easier than proofreading for the 100th time and still missing something. Result!

USE GOOGLE SCHOLAR

This search can be your best friend when writing assignments, as it searches the database of scholarly articles and takes your research one step further to a First than a simple Google search.

TYPE UP YOUR NOTES

Take notes in lectures by hand and then type them up later. This gives you a second opportunity to understand and digest the information, and allows you to store them neatly on your hard drive forever.

SEARCH THE WEB FOR PRESENTATIONS OR BOOKS

Type into Google '[Subject matter] & filetype:ppt' or '[Subject matter] & filetype:pdf' to find all of the presentations or books available on that particular subject matter.

BACK UP YOUR WORK

If your laptop got lost, stolen or broken, the chances are you'd be more upset about the loss of your work than the device itself. Always, always, always back up to the cloud or a USB!



MONEY MATTERS

Uni is where you will probably become financially independent for the very first time. Take control now for less stress later...

It's a really good idea to open a student account or switch to one. Banks are always incentivising students to open accounts with 0% overdrafts. Make sure you read the small print.



At uni, you'll be the one making decisions about when, where and how your income is spent – and you'll also be the one to deal with the consequences if you splash it all on take-aways. In order to manage your money effectively, you need to know what's coming into your account on a regular basis.

Work out your income

Depending on your circumstances, your regular income may be one or a combination of the following:

- Student loan instalments
 - Academic bursaries, funding or support
 - Part-time job wages
 - Regular money from parents or family members

Next, grab a pen and a piece of paper. Write each month across the top and your different income streams down the left-hand margin. Jot down what you'll receive each month. Notice that your income might be larger when you receive your income support, but you might receive nothing in other months. Just remember that you'll need to spread your income out evenly across the entire year.

IF YOU'RE FALLING SHORT SOME MONTHS, YOU NEED TO BOOST YOUR INCOME OR SEEK HELP AS SOON AS POSSIBLE

Work out your expenses

Now you need to think about what income you will need to cover month-to-month expenses. These may include:

- Rent and bills (gas, electricity, water, internet, etc)
- Food and sundries
- Travel costs, such as bus pass or car-running fees
- Insurances and mobile phone contract
- Books and study supplies

At the start of the academic year, you may also find it necessary to buy extra items, such as furniture, a computer, books or memberships. Make sure you factor these extras in.

The idea is that each month you have enough income to support your outgoings. Whilst you might be able to move big purchases like furniture to a more convenient month, you won't be able to move rent, bills, food and travel costs. If you're falling short some months, you need to boost your income or seek help.

If you do have some income

left over, spread it out over the months and factor in extra treats, such as holidays, concerts, clothes, socialising and entertainment. Leave aside an amount every month for the 'unknown'. This may be an essential book or an increase in your water bill.

Getting a part-time job

If you are running short of money or don't have enough to do the things you want, the easiest way to make more cash is to get a part-time job. Student jobs come in many shapes and sizes. When looking for a job, think about the time commitment (up to 15 hours per week for a student studying full time) and what skills it can give you for your CV (think: problem solving, team work, customer service).

Credit cards and debt

Most people take out debt thinking they can repay it, but when other more urgent bills need paying – such as rent, heating or food – credit cards are usually at the back of the queue. As a student with no structured income, the best advice is to steer clear of any type of credit at all. Worst of all are payday loans due to their sky-high interest rates.

If you don't have enough money for the basics of rent, bills and food, or you have debt worries, visit nationaldebtline.org or Student Services for support.



5 WAYS TO MANAGE YOUR MONEY

Now you've worked out your budget, the hardest part is actually sticking to it. You might not think spending a little extra here and there is a problem, but it will soon mount up. Here are some tips on how to stick to your budget:

- 1 Check your balance regularly to always be aware of where you're at with your budget.
- 2 Use a banking app so that you can check your funds on the go, or if you're away from your main computer.
- 3 Check your budget regularly and update it if your income or expenditure changes.
- 4 If you struggle with bank cards because you can't control how much you're spending, withdraw a weekly amount in cash instead and don't allow yourself to spend any more.
- 5 Never turn to credit cards or payday loans to pay for the essentials – get support straight away.

GETTING A JOB

Looking for a full-time or part-time job, an internship or a work experience placement? Check out our Guide to employment here

Whilst there are some pretty obvious reasons for getting a job (money, anyone?), there are other benefits. By getting a job, you will learn new skills, develop experience for the future and meet new people. To help, we have answered your burning questions:

Q How do I get a job without having any experience?

It's tough - you need experience to get a job and a job to get experience. Having said this, a great can-do attitude and an eagerness to learn can be more attractive to an employer than prior experience. But if your lack of experience is holding you back, think about how you may be able to get experience a different way. Want a job as a chef? Volunteer at the local soup kitchen. Want to work in law? Become a legal secretary. No matter what you do, whether it's full time, part time or on an unpaid basis, ask lots of questions and try to take on more responsibility. Whether you are flipping burgers at Burger King or working on the tills at Sainsbury's, you are showing that you are reliable, hardworking and have customer service experience.

Q How do I find vacancies?

Vacancies are advertised everywhere - online, in your local newspaper or sometimes in the windows of shops or offices. Also, remember to ask around. Sometimes friends or family may know of a job coming up and can recommend you for the role. If there is something specific that you want to do, or a specific organisation that you want to work at, don't be afraid to call or pop in to speak to the person in charge. Whilst they may not have an opening, they may jot your name down for anything that does come up.

Q What's the point of taking unpaid work experience placements or internships?

Not many people can work for free long-term, but would you take a short-term unpaid position if you thought it would boost your career? It is a great way to establish yourself within your chosen industry and gain some relevant, practical experience that employers may ask for. It also shows that you are dedicated and willing to do what it takes to succeed. And you don't necessarily need to wait until an unpaid opportunity is advertised - write to a local company asking if you can help out for a week or two unpaid to gain some experience.

Q I am still in full-time education - how many hours should I be spending working?

If you want to get a part-time job, it should really be no more than 12 hours per week. Many students opt to work on a Saturday and some extra days during the holidays. Make sure that you don't take on too much so that your work suffers, or take an evening job that will affect your ability to concentrate during the day. Be sensible and start slow - you can always increase your hours if you want.



6 TOP TIPS FOR

SUCCESSING AT INTERVIEWS

Whether it's for a part-time job or an internship, we all have to face an interviewer at some point in time. Here's what you really need to know:

1 You are already through the door - Where there is lots of interest in a role, getting to interview is a great sign. It means the interviewer wants to meet and find out more about you. Use this to your advantage - they wouldn't waste their time if they didn't think you had something valuable to offer them.

2 Research - The worst thing you can do is to go to an interview without doing some research. Have a think about the type of questions you may be asked and prepare some responses. If you have gaps in your knowledge, find

the answers. Research the company, the interviewer (if you have their name), the role and the industry.

3 Understand the role you are applying for - Try to understand exactly what the role entails. Have a good look at the job advert or ask someone who is already doing the job for the inside track.

4 Stand out - An interviewer may see loads of people for a particular role - how will you stand out? Maybe it's an unusual hobby, some work experience that you did or just a great personality.

5 Calm the nerves - As much as you can, try to stay calm. Take a deep breath before you arrive and speak slowly. Always shake the hand of all interviewers and give them a big smile!

6 Prepare some questions - There's nothing worse than having no questions at the end of an interview. Show you are engaged by preparing some ahead of time. And if they have answered them during the interview, say so! Asking them again just because you have prepared them will look like you didn't listen.

DISABILITY

Universities are extremely diverse places that offer everyone an opportunity to thrive. Here's what you need to know to succeed

Joining university is challenging for anyone, but for students with a disability, it can be even more tricky. If you do have a disability, hopefully you made the university aware of it before you joined so they can put the necessary steps in place to ensure that you have everything you need. However, if you haven't yet informed them, or if a disability presents itself during your course, don't be afraid to speak up. Your university will likely have specialists who can support you with what you need. With thousands of disabled students joining Australian universities each year, on-campus support is readily available. The same goes for students who have

YOUR UNIVERSITY WILL LIKELY HAVE SPECIALISTS WHO CAN SUPPORT YOU WITH WHAT YOU NEED

learning difficulties or mental health conditions – speak up to get the support you deserve.

Understanding others

If it is the first time that you have lived away from home, often living with others is a big learning curve. You have to negotiate people other

than your family for the first time and make friends in the process. For students with a disability, it can be particularly challenging. Some disabled students can't be instantly identified as disabled, for example if they are deaf or have a learning difficulty. Try not to judge on first impressions – there may be something you don't instantly understand. And if you have roommates or course mates who have a disability, don't be afraid to ask them about it and to ask what they need. Most disabled people have no problem talking about their condition – but after it's discussed, they usually just want to be treated normally.

Studying with a disability

The opportunities to achieve at university – and in life – are just as present for disabled students and they are for any other student. The key is making sure that you have all of the support you need in order to thrive and not being afraid to ask for it, and to ensure that you have a good group of friends to support you. Often it can be tougher for disabled students to make friends, so check out page 19 for some tips. If you need some support, contact Student Services who may be able to connect you with other students who feel the same.



If you know someone has a disability, watch out for them – just like you would do for any other student. If you are worried about them for any reason, have a chat with them or raise your concerns to Student Services.

TOLERANCE & FAITH

Universities are home to some of the most diverse groups of people and you should never be made to feel like you can't express yourself, or develop your beliefs, on campus.

Sitting behind every university student is a rich tapestry of beliefs, ideals and experiences. We are all completely different after all. We often grow up in a bubble and by joining university, it can sometimes be the first time that we experience people of different ethnicities, races, cultures and religions. For some, it can be the first time they have met someone quite so different, let alone study or live with them as well. This is particularly pertinent for international students who many never have lived in Australia before.

Being tolerant of others is a key skill required to navigate life. Sometimes we don't agree with the beliefs, attitudes or lifestyles of others but we must get along in order to live a harmonious life. It doesn't mean that you

can't express your opinions – university is the perfect place for respectful debate – but if this tips over into being aggressive or intolerant, issues can arise.

Living with others

You will find that some of the people you now share accommodation with live differently to you. This is not necessarily because they are of a different nationality, race, gender or ethnicity. They could have the exact same background as you but still conduct their life differently. They may like to revise late

BEING TOLERANT OF OTHERS IS A KEY SKILL REQUIRED TO NAVIGATE LIFE

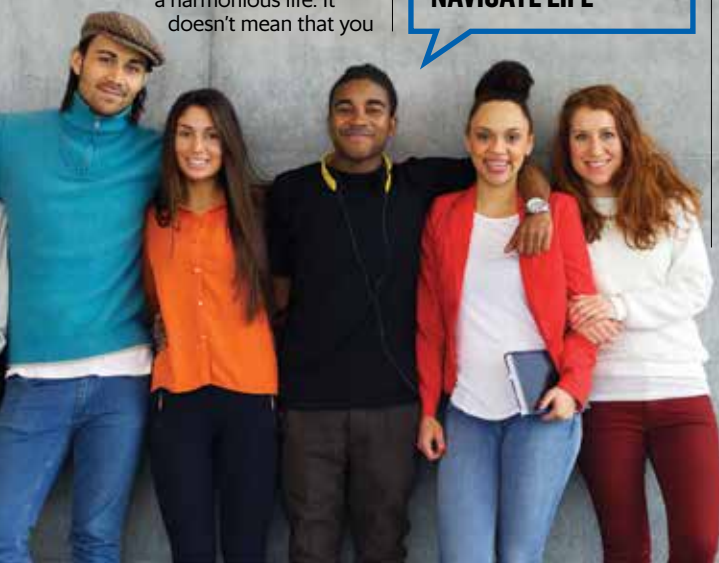
into the night when you prefer to party, or they might prefer Saturday nights in reading than out clubbing. Accept and embrace our differences and avoid making them feel conscious of the live choices they choose to make.

Racism and discrimination

It goes without saying that racism, sexism or any other time of discrimination has no place at university, or within the wider modern society. If you are the victim of a hate crime, harassment or any other form of bullying or discrimination, have the courage to speak up and get help. Student Services, your tutor, campus security or the police are all places to turn if you need help. If you witness an incident, don't let it go by unreported.

Faith at university

Most universities, if not all, are set up to encourage you to practice your faith whilst on campus. In fact, you will find that there are many societies aligned to different faiths allowing you to meet, socialise and practice with like-minded individuals, or meet up with members to find out more about their faith. If you find that there isn't anything like this at your university, set one up! Speak to Student Services to discuss the facilities and support they can offer you.



KEEPING SAFE ON CAMPUS

Whilst university campuses are largely safe places, it's still important to be vigilant – especially when you're distracted having fun. Here are our top tips



Know where the campus Security Office is.

Download a campus map and locate the Security Office. It will take two minutes, but if there's ever an emergency, you'll be thankful you were prepared.



Plan your routes.

Wherever you are, familiarise yourself with your surroundings. When travelling by foot, always stick to well-lit areas and paths, and observe road markings and signs. If you're studying in a city near the coast or with a river, stay extra vigilant in these areas, particularly if you're under the influence.



Protect your stuff.

Keep your belongings properly insured. Remember that your work is probably more valuable to you than your computer, so always back up to an external hard drive, memory stick or the cloud.



Stay safe online.

When we think 'personal safety', we rarely think of online dangers. But whether you're meeting someone from Tinder, or chatting on Minecraft, remember there's a possibility that they might not be who they say they are. Never disclose personal or financial details about yourself.



Know your exits.

Whilst it's pretty rare for there to be a fire in your halls of residence, student house or lecture hall, it's a good idea to always be aware of your exits. And if you hear a beeping coming from a smoke detector, change the battery. It will take no more than two minutes and could be the difference between life and death.

STAYING SAFE ON A NIGHT OUT

Whether you are heading out to the SU bar or into town, be sure to:

■ Be sensible about how much you drink and never leave your glass unattended.

■ Make sure you always have enough money for a taxi home and that you only get into licenced vehicles.

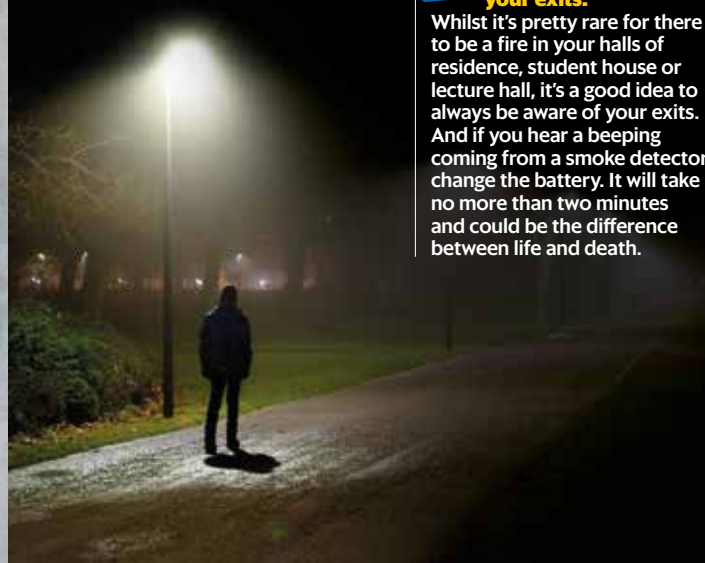
■ Stay close to your mates, and make sure that you look out for them as well. If you do become separated and they aren't answering their phone, get a cab home. Tell your mates if you plan to separate from the group.

■ Watch out for your belongings on a night out – lost phones and bank cards will double the headache the next day.



Keep your doors locked.

Whether you've gone to use shared facilities or have popped out to check the post box, remember to always shut and lock your door. Your roommates are probably great people, but sometimes there can be visitors around that you can't vouch for. Err on the side of caution and shut bedroom and main entrance doors to protect you and your mates.





TRAVEL CHECKLIST

Whether it's France or Fiji, prepare properly before you go to make the most of your trip

Make a plan

Make sure you know where you are going, who you are going with and where you are staying. Sounds simple but 'winging it' could be a recipe for disaster. Do some research, read some reviews and local safety guidance and book accommodation in advance. Let your friends and family know where you are going and when you will be home.

Get your papers in order

Check ahead of time that you have everything you need to visit and do the things

you want to do there. For example, if you want to work abroad then you might need additional paperwork that might take a little while to get. Research ahead of time and set calendar reminders for key dates. Ensure your passport is in date – some countries need up to 6 months validity beyond your expiry date.

Get your jabs

Depending on where you go, you may need vaccinations or treatment against diseases. Some countries require proof of vaccination before entering so ensure you visit a reputable

clinic to keep you safe and ensure you can fulfil the vaccination requirements.

Get travel insurance

If your holiday is cancelled or you need medical assistance while you're abroad, it could be really serious. Luckily, travel insurance is very cheap for most people and it's so simple to get – it often takes no longer than 10 minutes and you can do it on your phone. Always check the small print to ensure you're fully covered, especially if you're going to be taking part of riskier activities such as skiing.

7 FESTIVAL SURVIVAL TIPS

Live music events are a top opportunity to hang out with mates and watch great bands. Here's our top tips from those in the know

1 Keep your mobile fully charged

Forget the charger - invest in a battery powered one (and pack extra batteries) to keep your phone charged. At some point you'll probably get separated from your mates, have to take a selfie or photo or call home so you won't want to be without your lifeline.

2 Leave valuables at home

Leave the Ray-Bans and credit cards safely behind. Only take stuff that you don't mind getting dirty, damaged or lost.

3 Be sensible

Sorry to be boring, but whilst violence at festivals is unusual, you could get injured while crowd-surfing or

moshing. Move away from any rough behaviour that gives you an 'uh-oh' feeling. You don't want an A&E visit ruining your day.

4 Buy earplugs

It seems mad to pay loads to go to a live music event just to use earplugs, but standing right next to crazy-loud speakers will hurt your ears over time.

5 Split your money

ATMs are hard to find (and usually charge costly fees), so you'll need to carry cash. Split it between your wallet and day bag, and keep both on you or within your sight at all times – never leave cash or valuables in your tent when you're not there. Take a debit card for any emergencies.

6 Stay hydrated

Pack a refillable water bottle, so you can fill up cheaply and easily throughout the day – this is especially important in hot weather.

7 Keep alert

Always keep your wits about you, particularly if you're drinking. Make sure you tell your mates if you are going off.

PLANNING AHEAD – TOP SURVIVAL KIT

■ **Portable phone charger**
Plus extra batteries

■ **Day pack** Use it to carry the stuff that won't safely fit into pockets

■ **Sunglasses and sun cream**
They'll help protect you from the sun's damaging UV rays

■ **Water bottle** Go for a Brita or something that can easily filter tap water

■ **Toilet paper**
Don't go without enough – you've been warned!



DRUG TESTING

At some events, organisers allow you to anonymously drop off a sample of a drug and then return a few hours later to find out what's in it and how strong it is. If you are going to use illegal drugs, acknowledge that they will make you vulnerable. If unsure, always say no.

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