

Question 3

Hi I'm looking for advice on drugs. Most of my friends do coke at the weekend and say I should do it. Is it dangerous and what will it do to me?

Answer 3: Thanks for your question. It shows that you are being very sensible thinking through your options. Firstly any drug can be dangerous and can cause harm including death. This includes alcohol, cigarettes and some prescription drugs if not taken properly.

Cocaine can make you feel happy whilst you take the drug but can cause you to feel very sad when you stop. This is why some people cannot and do not want to stop. Cocaine is expensive and sometimes people get into trouble trying to find money to use it, ending up with a criminal record. If you use cocaine you risk going to prison. Is this a chance you want to take?

What may be helpful would be to talk to a drugs worker or perhaps telephone the Frank helpline on 0800 77 66 00. This call is free. If you would like to talk to someone locally then please contact Younglavin again.

Date

Q: Hey, I was wondering the first time I had sex was when I was 15 and I didn't bleed. So? Is there anything wrong with me? Am I still a virgin?

A: Don't worry, this is perfectly normal. Some people bleed after they have sex for the first time and other people don't. Losing your virginity just means that you have had sexual intercourse with someone so it doesn't make any difference whether you bled afterwards or not. Remember though that if you have unprotected sex that you will be placing yourself at risk of pregnancy or infection. If you want to discuss any of these issues then go and see one of the nurses at a young people's sexual health clinic near you. You can find details of these on the back cover.

Question 5:

Hi I'm 15 and I will be 16 in April. I will be in my last year at school and I'm not confident at all and I hate talking to new people because I go all red and then just do not talk. Everyone I know says I need to get more confident and not be as shy at school. I just sit at the back. I have got some friends but not a lot because I am so shy. What can I do to get more confident?

Answer 5:

Thank you for contacting us. I am sorry that you are feeling like this at the moment. Please be assured that many people feel as you do and you are not alone in the way you feel.

You mentioned that you do have a few friends? I wonder whether there is one friend that you could confide in? I am sure you will be surprised by how much this might help you. It always helps to talk to someone and you have made a good start by contacting us. If you don't feel able to talk to a friend is there a member of the family that you feel close to that may be able to help you through this difficult time?

I am not sure whether you live in Kingston? If you do then there is an organisation called Magic Roundabout at 23 Richmond Road, Kingston KT2 5BW Tel: 020 8974 9252. Magic Roundabout provides and free and confidential counselling services to young people aged 12-20. Perhaps you might feel able to give them a call?

We hope you have found this article useful and we will continue to provide you with updates on a regular basis to keep you informed, give you helpful information and to provide you with some support. Many young people have these concerns, so you are not alone.

And remember, in the meantime if you have a question or concern then please Ask4Help at [www.younglavin.org.uk/ask4help](http://www.younglavin.org.uk/ask4help)