



healthy arts!

a creative healthy living centre for young people

healthy arts works with young people to create plays, magazines, DVDs, graffiti art, music and dance to celebrate young peoples lives and to promote health and well being.

If you would like to find out more contact
 Linda Meagor, Hope Street Ltd,
 13a Hope Street, Liverpool L1 9BQ
 Telephone 0151 708 8007
 Email linda@hope-street.org
 www.hope-street.org/healthyarts

Partner organisation



Funders



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healthy arts!

YOUTH VOICE ISSUE

ChAnGeS

A health magazine by and for young people

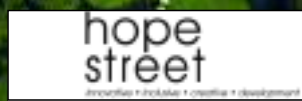
“ it's about YOUNG PEOPLE'S EXPERIENCES ”
 with advice from YOUNG PEOPLE!



Ever wanted to know about young people's views on?

- My Fantastic Life
- My Life Experience
- Friendship
- Prejudice
- Relationships
- Sexual Health

Well look no further – look in Changes!



D•MYST

Supported by
**SmokeFree
Liverpool**

- It's not just 'the suits' who make all the decisions. Air your views on tobacco and play a key role in the smokefree movement.
- Educate, motivate, get involved in the debate. The future belongs to you.
- Join the campaign for a smokefree future:
www.d-myst.info

D-MYST is a smokefree movement run by and for young people in Liverpool.
For further information contact: Gina McDaid - Project Co-ordinator
Tel: (0151) 707 1555 x 110 or email: gina.mcdaid@centralliverpoolpct.nhs.uk



atyc

anti-tobacco youth campaign



atyc is an exciting new campaign run by
YOUNG PEOPLE for YOUNG PEOPLE

Do you feel passionately about protecting yourself and others from the dangers of second-hand tobacco smoke?
Do you want to quit smoking or want to help others quit smoking?
Do you feel strongly about how the tobacco industry exploits developing countries?

Do you want to get actively involved in campaigning about these issues and many more?
If you answered 'YES' to any of the above, then the anti-tobacco youth campaign is for YOU.

For more details contact Lisa on 0871 220 5398



The Roy Castle Lung Cancer Foundation, informed by research conducted by Liverpool John Moores University, is working to significantly reduce the rates of smoking amongst children and young people. This is part of the Foundation's programme to help them make positive decisions not to smoke. For more information go to www.roycastle.org or www.cph.org.uk/publications



healthy arts! cHaNgEs

YOUTH VOICE ISSUE

*This is our time to
shout about our lives*

Introductory Comment by Youth Editor Janie Bannister

Hello it's Janie!

This is the voice of youth! Brought to you by young people who want to tell you about their life experiences. What do you think young people think of themselves and their impact on the older hairier generation? Do we all pick our noses and listen to Girls Aloud? No. Today's generation are opinionated and well aware of their surroundings. We'll give you an introduction to our Fantastic Life, Life Experiences, Friendship, Prejudice, Relationships & Sexual Health. This is our time to shout about our lives. Have a read and it may give you a reason for your shout to be heard!

Keep shouting! Take care – Janie

HEALTHY ARTS PARTNERS

Hope Street. Ltd, The Big Issue in the North, Brook, N.W.R.Y.S.U., Dream Ticket Productions

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Changes Coordinator / Workshop leader – Daniel Williams
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PARTICIPATING CENTRES

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my

FANTASTIC

Your life is fantastic, interesting, different, challenging, healthy and full of great achievements! But why is it important to feel really good about ourselves? Young people tell all.

“ If you do not respect yourself then others will not see how to respect you ”

“ If we didn't we may find ourselves stopping doing the things we like ”

“ To understand that everybody is different and realising that will bring you equal respect ”

“ If we do we'll give off a positive vibe ”

We've gotta feel good about ourselves as much as possible. So, what can we do to keep feeling good about who we are? Young people give their suggestions...

“ Go to m8s for a cuppa ”

“ Helping others to realise their full potential and self-worth ”

“ Compliment yourself! ”

“ Go for a walk ”

“ Re-do our room ”

“ Going out to town and dancing like a Britney wannabe, there is nothing better than making a fool out of yourself, knowing it and not caring! ”



**Why is your life fantastic?
What do you love?
What do you wish for?**

Below young people tell us what they love, makes them laugh, what a holiday is to them and more. Why don't you give your answers to these fantastic questions in the spaces below.

My life is fantastic...

“Because I feel that I'm doing something with my life”.

The places I go to relax are...

“The lighting section in B&Q”.

What I love is..

“The weirder things in life as they make me smile and laugh”.

Through my life I have achieved...

“Getting over self hate and being proud of everything I am”.

One of the best things I've done in my life...

“Fought for animal rights”.

It's healthy to express yourself...

“Coz it gets it all off your chest. Being open and truthful is always best”.

I wish...

“The war to stop one day no more war”.

I love...

“To be free like others in the world”.

What I want from my life...

“To be a fire or ambulance man”.

My favourite part of my body...

“My face! I love it because no one else has the same face as me”.

A holiday to me is...

“Somewhere I can relax, with an interesting historic culture and a vibrant political background”.

Did you know that...

“We are all the same”.

The last time I hugged someone...

“My little brother (about 5 hours ago)”.

My LIFE experience



Q&A with Daniel Tzegay

What are your experiences of being a Refugee in the U.K.? I'll say I'm really lucky, I was really lucky to get a chance to live in this country and learn English. One of the most useful languages in the world.

What country are you from? Can you tell the reader anything about your country? I'm from Eritrea. It's a country next to Ethiopia, at the corner of Africa, East Africa. It is really, you know, a sad country, we have had a lot of wars with the country next to us to get independence. And the consequence of this country at present, is poverty, no information so people are really sick, sick because they haven't got information to be healthy, safely. Because the war took everything from my family, from my life. So I just live myself in the present.

Do you have a hero? Yeah I got my hero, a singer called Snoop Dogg. I like his style and how he talks, everything.

Do you think that it is important for people to express how they are feeling? Yeah, people like Snoop Dogg express how they're feeling in different situations – that helps me. I think he gives to people.

What makes you happy? Friends, my drum, my soul.

What do you do to stay fit and healthy? Everything. I play games and activities. I keep my brain busy with the drums. I'm doing activities like acting and drumming and I play basketball.

How important do you think it is for health to be fun? It's really important cos it jus' helps you to do it and keep doing it.

Do you think that it is vital for persecuted people to leave their country for a safer life in Britain? It is really important because it makes your brain much clever and knows what is going on in the rest of the world. In a country where you can get much more information and much easier to get those information. And er yeah it is really important to live for a while and to get away from what has happened and to go back when you feel you are ready and not at a time when people say that you've got to leave. People when they don't get accepted by the government they get asked on their eighteenth birthday to leave a country and to return to their homeland.

Why is it unfair? Is it because it might not be safe for them to return to their homeland? Yeah.

What things like food, culture, festivals and music would you like to bring to Britain from your country? I would like to bring traditional food from my country, special parties, my country music and funny times.

If you could give a summary of your life what would you say? The summary of my life – I've met a lot of different people in a short space of time.

“I got my hero, a singer called Snoop Dogg.”



“Always on the end of the phone”

What do you think is needed to make a positive and healthy friendship? Friends who challenge you? Friends who make you feel good about yourself? Or friends who are always on the end of the phone?

In the speech bubbles below, young people have given their views on what they look for in a friend. Why don't you write down what you think makes a good friend in the empty speech bubbles. Or even ask some of your mates!



Non-judgemental and a good laugh

Always on the end of the phone

Individuality, not afraid to be different

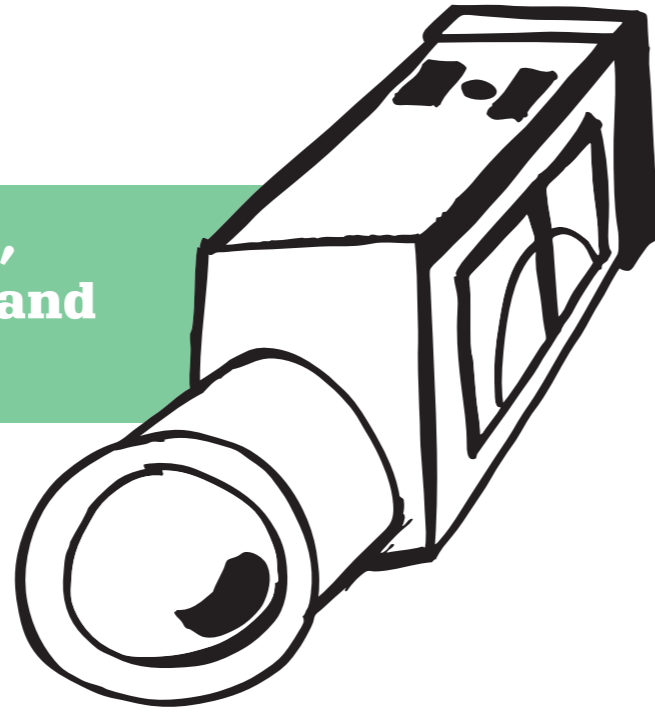
Support and trust

A good listener

Friendship



“ I have a plan for my future,
which is to write, produce and
direct my own films ”



My LiFe experience

I am seventeen and a young offender, even though I haven't been convicted of anything yet. I am now a part of the ISSP, which is a scheme to help 'young offenders' who are on bail or have been convicted and then put on the scheme. I am on bail after being remanded in custody for a few weeks.

My bail consists of doing twenty five and a half hours at the ISSP every week. I am on an electronically monitored tag, which means that I have to be in every night before eight o'clock and I am not allowed in any licensed premises. In a week or two I have to go to court to give in my plea and they will set a date for my trial which will probably be just after Christmas.

The only real benefits from my point of view of being on the ISSP is the fact that it gets me out of jail, but at the same time there are no real bad points about it except obviously having to be in every night before 8pm.

Most people say, and statistics supposedly show, that young people cause the majority of crime in Britain. I do not think that this is true. I think that more of an effort goes into catching young people doing minor crimes than adults or more experienced criminals. I believe that there would never be as many questions asked about why they arrested a 17-year-old lad with a hooded top. As there would be if the law confronted a large corporation for threatening people out of their homes in order to build a new casino.

Even if young people are responsible for most of the crime people do not tend to look into the reasons behind it. Whether it is a lack of things to do or genuine peer pressure people tend to forget that young people get arrested and pressured for things all too easier than adults.

I am one of those people who stand on street corners in groups and wear hooded tops and I know what people think when they see us "they are up to no good" or "they will never amount to anything". But what they don't know or even bother to ask is that I have a plan for my future, which is to write, produce and direct my own films. I am on a media course at college and have actually written two of my own full-length screenplays. Most of my mates who wear hoods have similar goals when they are older. One is on a course studying law, one is a D.J. in a club and my other friend is on his way to becoming a plumber to support his family. I bet that no one would assume that those are our aspirations if they walked past us in the street. Not because of the way that we are or act, but because of the way that people like my friends and me are represented in society and the media.

I saw two posters the other day, one was of a picture of a couple of lads who were wearing hoods and looked just like me and underneath the picture it said "Hats off to beat crime". So basically if we're the ones who get the blame for a crime before it even happens then does that not mean that maybe, just maybe, there is something wrong in society today and it is not us?

For more information on being stopped and searched:
Association of Police Authorities – Find out what your rights are if you're stopped and searched by the police and also info on how the stop and search powers work to help the police.
www.apa.police.uk/index.htm

Coz the youth of today are on to it

A poem by a Changes project participant

**Poverty it's an issue all over the globe,
Rich people ignore it but criticise the dole,
What else am I to do when I'm stuck in this hole,
Turn down free money, I don't think so,
Choices ran out my possessions are sold,
My hope has ran out of achieving my goal,
Last chance I pray of saving my soul,
Lord doesn't answer looks like am doing it alone,
Chances of getting a job they seem to be going,
Ask if I get a criminal record but they already know it,
Can't disguise my attitude I gotta show it,
Got something in my hands and I gotta throw it,
It must be my anger locked up inside,
It's got nowhere to go, nowhere to hide,
Tensions are exploding paths are gonna collide,
And it's all coz of a lack of opportunity,
Peer pressure and drugs in the community,
Small areas where the rich keep the poor like you and me,
Those areas get left for themselves,
No more rebuilding just more liquor stores,
Now property sales go down so we can afford it,
Move there nothing but crime, now we wish we hadn't bought it,
Don't you see this life was forced upon us?
Government dumps us here so they can take everything from us,
But this won't last long I promise,
Coz the youth of today are on to it.**

Fill people's hearts with passion, not fear and hate

A poem about prejudice by a Changes Project participant

Fill people's hearts with passion not fear and hate
Everyone's scared of different cultures and races
Crap themselves when they see different colours on faces
Don't trust anyone who say they from different places
The worlds messin' up all because of hatred

What is prejudice? young people give their views

“ Judging a person or a group before you get to know them ”

“ If people don't understand a certain issue they may mock people who believe in it ”

“ Singling someone out because you see them as different ”



“ if one negative comment has the potential to affect a whole community, imagine what one positive comment will do ”

Article by Tom Prosser



For confidential help and advice:

BBC One Life

One Life Line: 0800 110 100
www.bbc.co.uk/radio1/onelife

Commission for Racial Equality (CRE)

Provide information and advice to people who think they have suffered racial discrimination or harassment.
www.cre.gov.uk

The Disability Rights Commission

This is a good place to start if you have any questions about your rights. www.drc-gb.org

Stonewall

Equality & Justice for Lesbian, Gay & Bisexual people.
www.stonewall.org.uk



So why are people prejudiced?

I think that everybody is prejudiced in one way or another, as we all judge others at some point. People may be prejudiced because they feel threatened, they may have a fear of the unknown or even a fear of change. I think that fear of the unknown and a lack of understanding of other people's cultures, beliefs and lifestyles are often the cause of prejudice, and this needs to be changed.

Who is affected by prejudice?

One prejudiced remark can affect a lot of peoples' opinions in a short space of time. Prejudice is a vicious circle, and one single comment can potentially affect everybody. Prejudice and discrimination only serve to create rifts in our society and push people apart.

With better education people may be more accepting of others. There is a lot being done to help curb the nurturing of prejudice and to stop it from continuing, but it is not enough. I believe that with better education (and not just for young people, but adults too) people may be more accepting of others.

People need to be taught why they should be accepting of others, and not just told. I think that this is a common mistake that is being made. As new policies concerning equal opportunities are being introduced into mainstream society, people are forced to accept things that they don't understand. I feel that only with understanding we can learn to accept everybody. I believe that if people are taught to understand the differences in others and appreciate the diversity in our society, then prejudice can be prevented or even stopped!

You can make a difference to yourself and to those around you. Share your positive thoughts with others, and try to identify where your negative opinions come from. We need to embrace the diversity in our society and take pride in the fact that we are a culturally diverse nation. After all, if one negative comment has the potential to affect a whole community, imagine what one positive comment will do, coupled with one positive community, and eventually, one positive world!





my life experience
by Tom Prosser

“I would like to get into politics... as I believe that there are too few positive representatives of the gay community in today's society”

People have often asked me what I mean when I say that I am gay.

To me, being gay means that I prefer being with men when it comes to relationships, nothing more and nothing less, but what a lot of people don't understand is that being gay is a lifestyle – no matter how you choose to live it. Over the last five years I have tried to be so many different people, until I discovered that honesty is the best policy, and you can't beat being yourself! After a few years of struggle I eventually came to realise that being gay doesn't make you good or bad, right or wrong. The decisions are always up to you, as is the choice to be who you want to be.

I used to view being gay as a problem, and worry about how I could live a 'normal' life. I would look at people around me, like the 'popular' kids in school, and judge myself by them and the way they behaved. Then one day I decided that nobody had the right to judge me for being who I am, nobody could tell me I was not normal. That day was a big turning point for me, as I learned that to appreciate the differences in others you must first appreciate the differences in yourself. I came to understand that yes, I may be different, but so is everybody else around me – the world would be a boring place if we were all the same! These thoughts gave me the confidence to be myself and explore what being gay meant to me.

Since 'coming out' my life has changed dramatically, and I have been fortunate that all of my family have been very supportive of me. The first person I told about my sexuality was my best friend at school, and without her I would not have had the confidence to be who I am today. I think it is best to tell friends you can trust first, as you will always have their support. Coming out gave me the opportunity to openly be who I am – and I have never looked back since. My friends

taught me that it didn't matter if I was gay – I am still the same person, and coming out enabled me to be open with my friends, which lifted a great weight off my shoulders.

The best piece of advice I can give to young gay and straight people out there, is to access the help and services that are available to you. There are countless organisations, groups and charities etc. that have been set up to help you! You can find these by contacting your local lesbian and gay switchboard, or by searching online. Why is this the best piece of advice I can give? Because the people that you can talk to know what you have been through as they have been through it themselves. I have made use of some of the services available in Liverpool, and after that initial fear of telling somebody about my sexuality, I found their help to be invaluable. This is definitely relevant if you are straight too, as support is also available to help you in dealing with others sexuality, for example a member of your family or a close friend who may have recently come out.

All this has brought me to where I am today and I finally feel comfortable with who I am. I have not changed anything about myself physically to achieve this – only mentally. As I have mentioned before, nobody has the right to judge me for being myself. Don't be bullied by some image you might have in your mind about how to be gay – just be yourself. I would like to get into politics when I am older, as I believe that there are too few positive prominent representatives of the gay community in today's society. It is said by some that homophobia is the last acceptable prejudice. I feel that not enough is done to educate young people against this, and if everybody worked together then prejudice against anybody would soon be a thing of the past, not a battle of the future.

There is one last thing: You don't have to be out, to be proud.

relationships



Looking for that perfect partner?

Is there such a thing as “perfect” or can we only find it in the latest Disney movie? Chances are we can't find perfection in a relationship, but we can try to find one where both people have fun and care for one another.

“In a healthy relationship I look for...” young people tell all

“ I think a healthy relationship needs to have trust and companionship ”

“ I think there needs to be mutual respect and they have to value each other ”

“ There needs to be reliability and the couple needs to have fun! ”

Warm Heart

What qualities do you look for in a girlfriend or boyfriend? “Mutual attraction”? “Trust”? “Humour”? That's what a few young people said, but how about you?

What do you look for in a partner? Fill in the white hearts with what you think is needed to make someone that special someone.

A grid of 12 heart-shaped callouts on a patterned background. Each heart contains a quote about relationship qualities:

- “Mutual respect, love and trust.”
- “Open minded.”
- “I think there needs to be a mutual attraction physically and personally.”
- “Some one who will share ideas with you.”
- “Up for a laugh with a sense of humour.”
- “I think that it is important to be available for each other through the good and bad times.”
- “Good and honest communication.”
- “Warm heart.”



Why is it important to visit a sexual health clinic?

So that you take responsibility for yourself and look after your own sexual health and that of your partner. You can get information / contraception / tested for infections / advice / re-assurance.

The following are some fears expressed by young people about attending a sexual health clinic.

- 1. My parents / guardian might find out.**
Brook has a strict confidentiality policy and will not tell anyone about your visit without your permission.
- 2. I might get a lecture off the staff at the clinic and be seen as being dirty.**
The people working in sexual health clinics will do all they can to reassure you and make your visit as comfortable as possible. They're there to give information and advice, not to judge you.
- 3. I will have to pay for the service.**
No, everything is free.
- 4. I'm scared of what might be said or what I might have caught.**
No-one will judge you and it is far better to have a condition diagnosed and to get treatment for it.
- 5. Medical records might affect me in the future.**
Your medical records are confidential.

Merseyside Brook services are for young men and women under 25

We can offer you confidential sex advice, counselling, pregnancy testing, contraception, condoms, emergency contraception, chlamydia testing and full STI screening (by appointment).

Liverpool Brook Centre
81 London Road, Liverpool, L3 8JA
(on corner of London Road and Norton Street, opposite Laser School Wear) entrance on Norton Street
Tel: 0151 207 4000

Opening Hours
Monday, Wednesday, Thursday & Friday 10am – 6pm
Tuesday 10am – 7pm, Saturday 10am – 2pm

Wirral Brook Centre
14 Whetstone Lane, Birkenhead
Tel: 0151 670 0177

Opening Hours
Monday to Friday 3pm – 6.30pm
Tuesday 9.30am – 12noon then 3pm – 6.30pm
Saturday 1pm – 3.30pm
Young Men's Session – Wednesday 4pm – 6pm

CONTACTS

Need to talk to someone confidentially?
By talking you may find that you are not the only one and there is always a way out. You could talk to a friend or someone who you can trust. It may help if you write down how you are feeling, so that you can organise your worries, then find strategies for positive change. Here are some advice lines that may be able to help.

Sexual Health and Sexuality

Brook – Clinics for young people for contraception, abortion, sexual and relationship issues.
Telephone 0800 0185 023 for your nearest clinic.

Liverpool Brook
81 London Road, Liverpool, L3 8JA.
Telephone 0151 207 4000.

Sexwise – Telephone 0800 28 29 30.

ABACUS – a contraception and sexual health service.
40–46 Citrus House, Dale Street, Liverpool, L2 5SF.
Telephone 0151 284 2500.

Armistead – advice and support for gay and bisexual men and women. 1st floor, Musker Buildings, 1 Stanley Street, Liverpool, L1 6AA. Telephone 0870 990 8996.

Queer Notions – gay and bi-sexual phone line and drop in centre. Telephone 0151 227 9977.

Giro – gay youth are out. 36 Bolton Street, Liverpool. Telephone 0151 709 6660.

Black Health Agency
464 Chester Road, Old Trafford, Manchester, M16 9AT.
Telephone 0845 450 4247.

Gum Clinic – Genito Urinary Medicine.
Sexual health clinics, Royal Liverpool Hospital.
Telephone 0151 706 26201.

Young Persons Advisory Service
Telephone 0151 707 1025.

Drugs and Alcohol

Frank about Drugs. Telephone 0800 77 66 00.

Armistead – Drugs Advice
Telephone Lyn Mathews on 07796 265 814.

Y.P.A.S. – Substance Misuse Project
Telephone 0151 707 1025.

Mental Health

Childline – 24 hour help line for young people with any issue. Freephone 0800 1111.

Youth Access – for your nearest counselling service
freephone 020 8772 9900.

Youngminds – www.youngminds.org.uk

Rethink – Telephone 020 8974 6814.



Do you have any comments, complaints, or suggestions about the magazine? If so we'd love to hear from you!

Email us at:
changemagazine@hotmail.co.uk

Thanks!

healthy arts!



Supported by



Changes magazine was printed in December 2005. For health reasons aspects of this supplement may need to be revised.