



Welcome to the second edition of The Junction's

# E-ZINE



**The Junction – Young People Health and Wellbeing  
160-162 Great Junction Street, Edinburgh EH6 5L**

The **E-ZINE** is a new monthly wellbeing information bulletin for young people in Leith and North East Edinburgh. It tells you about The Junction and the services we provide, including stuff like when we are open and what's on.

It features a different Hot Health Topic each month, plus a competition with 2 cinema tickets for the Ocean Terminal for the winning entry.

This is only the second edition and we would welcome your feedback and suggestions for ways it could be made better.

Email [michael@the-junction.org](mailto:michael@the-junction.org) and tell us what you think!

# JUNE'S HOT TOPIC

## What is bullying?

- Bullying is behaviour, usually repeated over time
- It is done to intentionally hurt another individual or group, physically or emotionally.
- One person or a group can bully others.



- 1 in 5 young people have experienced cyber-bullying
- Almost half of children and young people say they have been bullied at school at some point in their lives
- Girls are twice as likely than boys to experience cyber-bullying

## How does bullying differ from banter?

- There is a deliberate intention to hurt or humiliate.
- There is a power imbalance that makes it hard for the victim to defend themselves.
- It is usually persistent.



- Bullies try to justify their actions by saying that it is their victim's fault for being different.
- They may pick on someone who is tall or small, fat or thin, wears glasses, has a different accent, is another religion, is shy or clever, good looking, disabled .....
- Any excuse will do, and if there is no real difference then the bullies will invent one.

If this is happening to you tell yourself that it is not your fault, and that it is the bullies who need to change, not you.

**If you would like support around bullying pop in and speak to a worker at one of our drop-ins. Monday 3-5pm, Wednesday 4:30-7:30pm & Friday 1-4pm**

<http://www.bullying.co.uk> <http://www.breathingspacescotland.co.uk> <http://www.childline.org.uk>

# WHERE WE ARE & WHAT WE DO

**the junction\***  
young people, health & wellbeing

160 - 162 Great Junction Street, Edinburgh EH6 5LJ



- \* for young people aged 12 - 21
- \* free, confidential support and information
- \* safe place to relax
- \* happier, healthier lifestyle
- \* mental wellbeing
- \* sexual health

They support you, listen to you and don't judge you.

**the junction\***  
young people, health & wellbeing

160-162 Great Junction Street  
Edinburgh EH6 5LJ  
Tel: 0131 553 0570 info@the-junction.org  
Text: 07758348850 www.the-junction.org



**Counselling**  
A safe, confidential space to talk to a counsellor about things that you may be struggling with from the past, present and how you may want to be in the future. Meeting on a weekly basis.

**Alcohol Service**  
Support & information on alcohol - your own use or that of a parent or carer - through One to One, Drop In, Group Work and Street Work

**Sexual Health Services**  
Sexual health and relationship information and support. Free condoms, chlamydia testing, pregnancy testing. Emergency contraception available on Mondays.

**Group Work**  
Contact us to find out about current group work opportunities.

**One to One Support**  
Free weekly individual support that is friendly, practical and confidential. Also available without an appointment during our drop-ins.

**The Chiller**  
Chill out before the weekend with a free massage.

**Drop In Information**

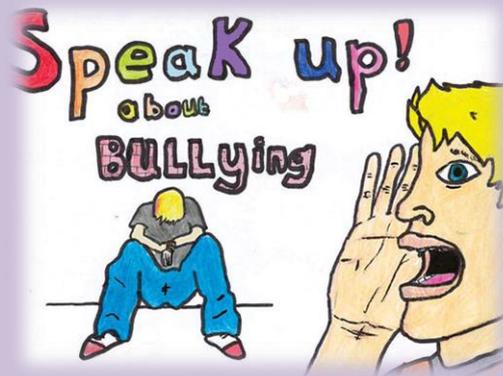
- Mondays 3pm - 5pm
- Wednesdays 4.30pm - 7.30pm
- Fridays 1pm - 4pm The Chiller

For more information come along to a Drop In and speak to a worker. Call 0131 553 0570. Check out our website [www.the-junction.org](http://www.the-junction.org)

# COMPETITION



Bullying can happen in many different ways.  
Can you name 3 effects that bullying can have on people?



For a chance to win 2 cinema tickets for Vue at Ocean Terminal. Email your **name** and **answer** to [competition@the-junction.org](mailto:competition@the-junction.org)

The winner will be contacted by email on the 30th of September 2013.

# JUNCTION YOUTH ADVISORS

The JYA meet monthly to identify and discuss health issues relevant to their peers, create promotional materials and strategies to improve the Junction's visibility in the community, and help shape the delivery of services.

Thanks to those people who took the time to fill in the stress questionnaire produced by the youth advisors

Over the coming months the youth advisors will create a resource about stress made by young people for young people.



## Watch this space

If you have any questions or would like to find out more about the Youth Advisors, please get in touch. email us: [youthadvisors@the-junction.org](mailto:youthadvisors@the-junction.org)

# LATEST NEWS

## Smoking Cessation



### Thinking about stopping smoking, or cutting down on cigarettes?

From September 2013 you can come along to the Wednesday Drop-In at The Junction between 4.30 and 7.30 pm and have a chat with Avril the new Smoking Cessation Worker about the best way to do this.

## Street Outreach



### You'll find us out on Tuesday afternoons in and around Leith

Stop and have a chat to find out a bit more about the Junction and info on different health and wellbeing topics.

We also have **mobile C.Card** for those who are over 16

## The Friday Chiller



### Pop in for a massage during September

#### **Back and Neck or Thai Hand**

Friday 6<sup>th</sup> 13<sup>th</sup> & 20<sup>th</sup> September

#### **Face and Table Massage**

Friday 27<sup>th</sup> September

Hope you found the E-ZINE useful and we see you at the Junction soon!