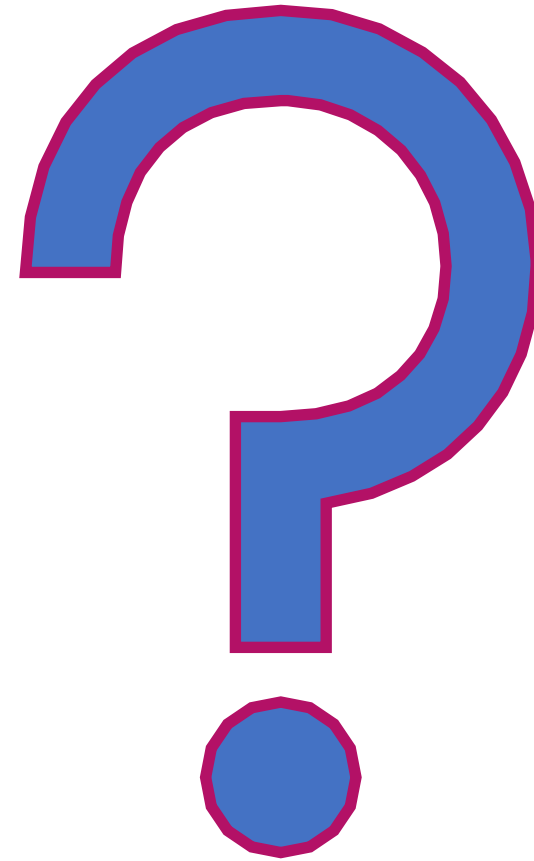


**Guess
Who / What**





Someone can make an appointment to see me if they are worried about their health. Who am I?



Doctor



**You should use me to protect your skin.
I have an SPF number. What am I?**

Sun cream



I am in some drinks. There is an age-limit because I am a drug. If people misuse me it can damage their health, especially the liver. Anti-social behaviour can result if people drink too much of me. What am I?

Alcohol



Some people don't like visiting me, but I'm very important to help care for a specific part of your body. Who am I?



Dentist



**I am used in food to improve the flavour.
Too much of me can damage a person's heart,
circulation and kidneys. I am labelled on some
foods so that people know how much of me
has been added. What am I?**



Salt



I am written on lots of different things and also am in lots of the country's laws. Video games show me as a PEGI rating. I can help people know how old they have to be to buy, use or do something?



Age-limit



I am given to babies and children to stop them from catching some illnesses. Adults need me too, for example when they travel abroad or to stop them from getting flu. What am I?



Immunisations/vaccines



I am a legal drug. I can damage a person's lungs and heart. Some people use me to look 'popular' or 'tough'. I make people's breath, clothes and hair smell stale, and their fingers go yellow.



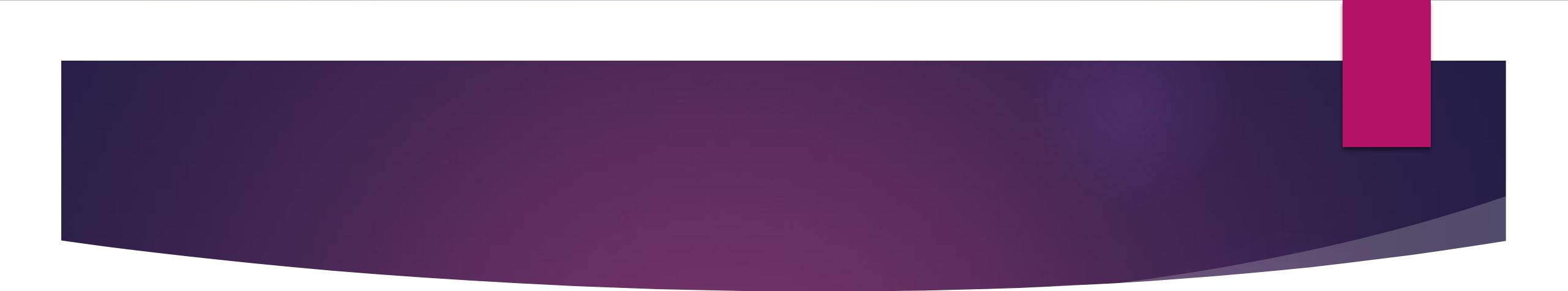
Cigarettes



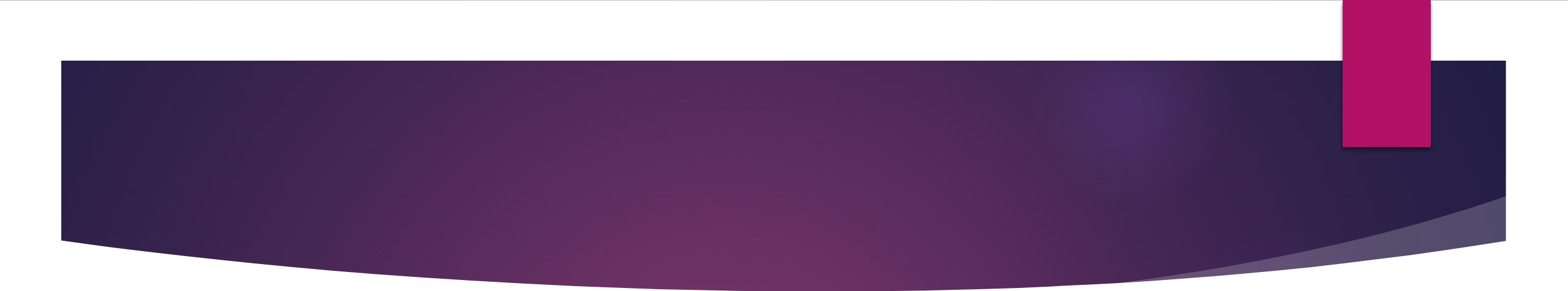
People should try to do me for 60 minutes every day. I can help a person's body stay fit and healthy. Too little or too much of me can damage a person's health. What am I?



Exercise



What is the connection
between all of the things we
have just mentioned?



They are all things that we
need to take personal
responsibility for to stay healthy
and safe.

Today, we are all going to be Agony Aunts.

An agony aunt is a person (it doesn't have to be female) who gives advice.

Have you ever seen or heard any agony aunt advice e.g. on the TV, online, TV, magazines etc?



Have a look at the following questions that have been submitted to our Agony Aunt.

What advice would you give to this person?

Dear Agony Aunt, I am feeling very sleepy lately and find it difficult to concentrate on my homework. I play a lot of video-games and sometimes I do stay up late if I need to finish a level. I sometimes miss a meal because I don't want to stop the game, but I have chocolate, snacks and energy drinks in my room in case I need a boost. Do you think the video games are making me sleepy?

Dear Agony Aunt, My friends have started to smoke. I am worried that if I don't join in they will cut me out of the group. I know smoking is bad for me but if I lose these friends, I won't have any at all. My friends are everything to me and without them I will feel miserable and depressed. What should I do?

Dear Agony Aunt, I have not been feeling very well lately. I eat a balanced diet and I go running three times a week. Last week I noticed a strange mark on my arm that wasn't there before. I have a very active job that keeps me fit and I'm outside a lot. I do forget to use sunscreen sometimes. I am starting to get worried. What should I do?

Dear Agony Aunt, I drink a lot of sugary drinks and I think it has caused one of my teeth to ache. It's starting to hurt when I eat anything chewy. I am so frightened about going to the dentist, that I am thinking of not going and just putting up with the pain by taking some over-the-counter medicine. Can you offer me any advice?

Dear Agony Aunt, I spend a lot of time with my friends and we hang around in the park and the local shopping arcade. My friends have started to bring alcohol along. I don't know where they get it from. Last week one of them got drunk and threw a rock through a shop window. The shop alarm went off and we had to run away. The shop owner called the police, but we weren't caught. I'm worried I will get into trouble if I keep going out with them. What should I do?

Dear Agony Aunt, I am putting on weight. My Mum does all the shopping and cooking so I don't have any choice about what I get to eat. I do eat snacks in between meals and I admit that sometimes I forget to read the labels on the packets. Do you think I should ask my Mum to buy healthier food? We don't have much money and I know she buys what we can afford. I think she will get upset if I criticise her. What do you think?