

What is Respect Yourself?

It is a confidential educational stream providing a free daily SMS to 13-25 year olds. Information they may not learn at school or at home, or until it's too late. Every single day they'll receive useful information and lots of well-informed facts and figures from specialist organisations and charities. And they can even pass it on to the people around them.

Teens: Why do you need us?

Need help with bullying, sex, finance, health, the law or positive thinking? Do you look back on situations and think you could have handled them differently if you'd known what you know now? Maybe you wish you had information before being in a situation that needed it? RY provides life experiences from people who have already been through it.

How does it work?

Opt-in using the instructions on the back, and you'll receive a free daily text. It costs just one text to opt-in, the rest is FREE. Or you can view RY's messages online through the website, facebook and twitter.

Who funds the text messages?

We do local fundraising – Christmas parties, Easter fêtes, New Year parties, and a stand at local events. We need to raise £20 for one person to receive a year's worth of daily messages by SMS. You can help too!

How can parents & teachers work with RY?

You are welcome to opt-in for £20/year and support your teens by receiving the daily text message to work with your teen or your class. If you'd like to suggest subjects which would be helpful to share, just text us.



RESPECT YOURSELF



www.respectyourself.org.uk



facebook.com/RespectYourselfCharity



@RespectYourself



youtube.com/RespectYourselfUK



Send an SMS to **07537 404 715**



info@respectyourself.org.uk

Opt-In

Text **07537 404 715** with keyword

'15' (if you're aged 13-15)

'18' (if you're aged 16-18)

'23' (if you're aged 19-25)

'Parent' (if you're a parent)

'Teacher' (if you're a teacher)

then the **first part of your postcode**

e.g. text **15 NR9** to **07537 404 715**

It costs you one text to opt-in, texts are **FREE** to receive.

You can stop receiving SMS messages at any time. Simply text '**STOP**' back to any message and you won't receive any more.

There are

50,586

teens in Norfolk

(15-19 years old)



RESPECT YOURSELF

RY sends daily SMS messages to help teens make better life choices

Every young person is worth it!

RY's Philosophy

At RY, we feel every teen has the potential to grow and develop if one of the text messages helps them to stay on the right track for their future. At the same time they will gain a broader understanding of people and how the world really works!

Every charity, business and sector has lessons teens can learn from. RY is a channel to get these messages out.

We work with local and national charities

RY is a focussed and successful educational stream which collaborates with specialist charities to deliver their expert advice through simple text messages.

Working with Norfolk's Councils

With RY's unique way of getting messages straight to teens, we can get details of local initiatives to them the way they like to receive them.

Legacies & Donations

Leaving a gift in your will is a generous gesture, and provides us and the people we serve with a more secure future.

How can you get involved?

Anybody and everybody is welcome to volunteer and get involved with projects and fundraising.

How do I contact RY?

You can e-mail us at info@respectyourself.org.uk or text us on 07537 404715.

Every young person is worth it!

Feedback

These texts are really useful to me it seems like you know what's going on in my life because the right texts come through at the right time

You get so much right for each day it's incredible

Thank you this is very useful info

You decide your future don't let any one take that from you :) xx

Mental health, body image, disability, confidence and self esteem - these are the texts that I find most useful and made a difference as I suffer with these problems

Be true to who you are

I found all of them great it was an incentive for the day. Many thanks.

It's really eye opening and I'm sure I'll use most of them in the future.

The ones about money have helped the most, I've opened a bank account now and I'm saving! :)

Your texts on money really helped and sexual health



RY supports 13-25 year-olds



The people behind Respect Yourself



0-83 – all ages can work together