



**nurse
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Body piercings, tattoos and ABI

“An ABI can make you act on impulse and body piercings and tattoos can be the ultimate in rebelling! Ask any adult why they had a body piercing or tattoo and you will get lots of different responses. Here are a few I heard recently:

- “My friends have all got tattoos.”
- “I thought it would be cool to have a piercing!”
- “I got really drunk and woke up with this tattoo on my arm.”
- “I don’t even know why I had a tattoo!”
- “It seemed like a really good idea at the time!”
- “My mum hates tattoos so I got one just to annoy her!”

The message in this is really simple: it is your body BUT just think long and hard about it before you do! You might regret it later!

Piercings hurt when you get them done (you can have all sorts of piercings from your nose, your ear, your lip, belly button) and they can get infected very easily. Not all of the infections are easy to treat and there can be permanent damage and scarring to your body afterwards!

Tattoos hurt when you get them done and they are quite expensive! Tattoos are the one thing that people really regret having later in life so think carefully before you get one:

- Think about whether you want to cover it up later in life and how you will do it. Not all tattoos are easy to hide!
- Tattoos can fade over time and not look so good a few years down the line!
- If you must have a tattoo, find a tattooist who is good at drawing! You don’t want a tattoo that looks nothing like you thought it would!
- Tattoos are expensive to get removed so most people have their tattoos for life!

Having an ABI can sometimes make you feel disinhibited and you may do things on impulse before thinking it through. If you decide you want a tattoo or body piercing, go with someone you know you can trust who will make sure that nothing bad happens to you or will stop you getting too carried away. You don’t want to end up leaving the shop full of holes and covered in tattoos!”

