

## Why Jammie Dodgers are perfect with a Darjeeling

IT'S one of life's simple pleasures – sitting down to a cup of tea and a biscuit or two.

But a quick cuppa could be about to get a lot more complicated, as experts say tea and biscuits should be paired in the same way as wine and food.

Just like a sommelier, a master tea blender has compiled a guide to which biscuits should be eaten with which blends.

Philippa Thacker, of Twinings, came up with the guide for housewives' bible Good Housekeeping magazine.

And she found that the best biscuit for an everyday cuppa is

### Biscuits and brews

**Digestive with English breakfast**  
Jammie Dodger with Darjeeling  
**Chocolate**  
**digestive with chai**  
Hobnob with Assam  
**Custard cream with Ceylon**  
Bourbon with ginger tea  
**Rich tea with 'everyday'**



a rich tea. For those who prefer a ginger tea, a bourbon's chocolate flavour means it is the best

choice. Ms Thacker said: 'When you've been tasting for a long time you hone your palette as you're constantly assessing how things go together. The rich tea biscuit goes well with an ordinary cuppa. It's quite a plain biscuit with not a lot of flavour, so requires something equally plain to be drunk with.'

'An everyday blend is a good choice in this case, and the biscuit will soak up the tea and milk particularly well.'

Good Housekeeping insist the guide is not snobbery but simply aimed at improving the 'tea and biscuit experience'.

**SANCTUARY:** The Yes We Can Youth Clinic in Holland



By **KATIE HIND**

**A**SIDE from a small safari park, there is nothing remarkable about the leafy town of Hilvarenbeek, 90 minutes south of Amsterdam.

Unless, that is, you are a resident of one white-painted compound down a tree-lined driveway.

For the young people staying there, Hilvarenbeek means a new and quite extraordinary regime – hour upon hour of exercise, rigorous scheduling, a careful diet and a complete ban on mobile phones.

With good reason. For the teenagers at this pioneering centre include a rapidly growing number of uniquely vulnerable victims – the young women who are addicted to 'sexting'. And for them, the consequences can be catastrophic.

The Mail on Sunday has established that increasing numbers of desperate British parents are spending £70,000 a time on specialist courses of therapy abroad at centres like these, because their daughters have become hopelessly hooked on sending naked photographs of themselves using their mobile phones and the internet.

Specialists here at the Yes We Can Youth Clinic in Holland say that the facility is inundated with enquires from British families, and that dozens of British girls have already been booked in for addiction to sexting after suffering catastrophic mental breakdowns, including depression and suicidal feelings.

It is a phenomenon that is escalating at an alarming rate, along with the accompanying side effects. Childline expects the number of counselling sessions it provides in relation to sexting to increase significantly for 2016/17, having already provided

### 'Dozens of British girls have been booked in'

1,392 sessions last year – a 15 per cent rise in one year alone.

To many teenagers, sexting it is just a high-tech way of fooling around.

Yet the founder of the clinic, Jan Willem Poot, said it can have the same destructive effects as drugs or gambling on its victims – predominantly girls – who grow ever more hungry for the excitement and attention of exposing themselves online.

In fact, it is the fastest-growing addiction among young women,

matched only by addiction to computer games among young men.

Mr Poot is particularly concerned that the consequences are long-term and can lead girls to indulge in serious risk-taking behaviour – and even prostitution – as the addiction takes hold, in the search for a similar but ever-more intense 'high'.

'Young girls have been seriously affected by screen addiction in recent years – to social media and [encrypted texting service] WhatsApp,' he explains.

'This has become a way of living for many teenagers but the most extreme part of it is sending pictures.'

'Sexting has become such a big problem and we are treating many girls for it, now from Britain as well. It is attention-seeking at its most

### 'It's a form of addiction which can be compulsive'

extreme. They send naked pictures to a friend or a group on WhatsApp, and the compliment – someone saying, "Wow, you look great" – is all they are thinking about. They want the response telling them that their body is beautiful. That is a stronger feeling than seeing the consequences.'

Psychotherapists say that sending of a 'sext' message can produce an addictive rush of chemicals, similar to the effect of taking drugs. And according to Mr Poot, these consequences can be so serious that they cannot be resolved within once-a-week standard therapy sessions.

'At this point something more intensive needs to be done or their behaviour is at risk of getting worse,' he said. 'It starts around the age of 13 and if it isn't treated, it gets worse and some of them will end up offering or selling their bodies to get that same feeling – that "wow" feeling.'

Problems associated with sexting have dramatically increased in the last three years. In some cases, young people send each other explicit images of themselves, which are then shared around a wider peer group, or posted publicly on social media platforms, leading to humiliation and bullying.

In other cases, girls are encouraged to send images of themselves to those intent on 'grooming' them.

Research in 2015 carried out by South West Grid for Learning and the University of Plymouth found more than one third – 38 per cent – of 13-18

# The parents paying this clinic £70,000 to cure their teenage...

## SEXT ADDICTS



**TREATMENT:** A 'fellow' at the centre and, above, group therapy, in pictures supplied by the Yes We Can clinic



### CASE STUDY

## 'I felt suicidal after my photo was shared around school'

**LIZA**, from Hampshire, was just 14 when she sent a picture of herself wearing a red bra to her then-boyfriend. But she says her life changed when the picture was shared around her school.

She said: 'It was my first time sexting and I had no idea it would turn out the way it did. I was called lots of names. My self-esteem disappeared and I started to become very depressed. I got to the stage where I became suicidal so I got psychiatric help.'

'I gradually put my life back together but it took a long time. I would have done anything not to have sent that picture.'

year-olds had received sexually explicit messages and a similar figure admitted to sharing such images. And official figures from Internet Matters, a not-for-profit organisation dedicated to keeping children safe online, also show that between 2013 and 2015, more than 2,000 children under 18 were reported to police for crimes linked to indecent images.

Dr Graham Music, consultant child and adolescent psychotherapist at the specialist Tavistock and Portman NHS Foundation Trust in London, which treats mental health disorders, said girls made themselves 'more vulnerable' by sending explicit pictures.

'They do it largely to get attention because they can be made to feel very special, but they may be being groomed alongside many other girls being asked to do the same,' he said. 'It's a form of addiction, which can be compulsive.'

In February last year, one of Britain's top judges, Sir Brian Leveson, warned teenagers that sexting

and could even lead to jail following the case of a 19-year-old, who left an underage girl suicidal after he threatened to expose her naked texts.

And in January 2016, a sexting scandal involving 42 pupils at £30,000-a-year Dauntsey's School in Wiltshire sparked outrage when boys as young as 11 were asked to send explicit images of themselves to someone posing as an older teenage girl.

The 24-bed Yes We Can clinic, which also treats social media, gaming, drugs and alcohol addictions for 13-25 year-olds, has a strict daily regime where 'fellows' – as the patients are referred to – are given little free time.

Instead, the £55,000 programme requires them to undergo six hours of therapy per day, both one-on-one and in group sessions. The most popular to treat screen-based addictions such as sexting is cognitive behavioural therapy, a talking therapy that aims to change the pattern of negative thoughts and behav-

aviours. All participants are also required to engage in three-and-a-half hours of sport in the clinic's vast 17-acre grounds, and complete homework assignments.

The white-painted interior contains slick, modern bedrooms that have no bars or locks, and brief flashes of colour provided by bright artwork on the walls. The patio doors open out onto a sprawling

### 'Parents need to be firm, precise and direct'

field and healthy meals – no junk food here – are prepared by specially qualified chefs.

Each therapist treats just four fellows and the programme also includes four days when the addict's family joins the clinic for therapy together. Upon their discharge, the patients undergo a £15,000, four-week stint of aftercare with

a coach in their own country.

The English-speaking clinic has also provoked huge interest from both Germany and Spain.

While drugs and alcohol addictions remain the main focus, boys are increasingly being treated for gaming addictions.

'This is a huge issue at the moment,' Mr Poot explained.

'Young men, from teens into their early 20s, spend over 20 hours each day gaming, playing games on their phones or other electronic devices.'

It becomes so addictive that it gets to the stage where these young men are unable to live normal lives or have any kind of friendships or relationships. We are getting lots of people at this stage in their addiction calling us and booking in. It is a new thing but it's frightening how fast it is growing as a problem for young men.'

The general manager of Internet Matters, Carolyn Bunting, is urging parents to talk to their children about sexting. 'Talk to your children about the risks before they

start using social media or own a smartphone,' she said. 'It's a delicate issue, and can be a tricky topic to bring up, but treat it like it is the digital birds and bees.'

'One confused dad recently asked us: "What am I supposed to do, tell my daughter not to take pictures of her private parts?" Yes! Many teens may see sexting as harmless, but it can have long-lasting effects on their self-esteem. Be firm, precise and direct with your advice.'

'Tell them about the "T-shirt Test" – never send anything to anyone that you wouldn't want printed on the front of your T-shirt. They should understand that once an explicit image has been sent, it is no longer in their control.'

Dr Music agrees. 'We want parents to know there are dangers in more compulsive ongoing use of all technologies. Adolescence is naturally a time to experiment and take a few risks, but for the more vulnerable ones, or at more vulnerable times, such use of technology can have a worse effect.'

HM Government

'I know how to avoid a soggy bottom  
But I don't know how much my pension will be'

Get to know yours

Find out when your State Pension begins and how much it'll be. Search 'your State Pension'

YOUR STATE PENSION