

# PERSONAL DEVELOPMENT LESSONS, HALF TERM 1 - ME AND MY BODY



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y10 HALF TERM 1 – HOW I TREAT OTHER PEOPLE'S BODIES

## SUPPORT & SIGNPOSTING

### Further support

If you have questions or concerns about your experience of social media, you can always speak to your parent or carer, or a teacher in school for more advice and support.



There are lots of places to get advice about emotional wellbeing, social media or to discuss feelings.

**ChildLine:**

[www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111

**Young Minds:**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Samaritans:**

[www.samaritans.org](http://www.samaritans.org) Phone: 116 123

In a crisis, text 'Shout' to 85258

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### Further Support

Speak to a tutor, head of year or other trusted member of staff in the school

Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 11 11

Thinkuknow: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

CEOP [www.ceop.police.uk](http://www.ceop.police.uk)

Call the police (999 for an emergency, 101 to report a non-urgent crime)

Victim Support: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)



# Y10 HALF TERM 1 – HOW I TREAT OTHER PEOPLE'S BODIES

## SUPPORT & SIGNPOSTING

### Signposting support

There is a lot of support out there for people who have concerns about themselves or someone else, related to sexual assault or rape.

- Speak to a parent, tutor, head of year or trusted member of staff
- Contact Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 111
- Explore advice on Brook website [www.brook.org.uk](http://www.brook.org.uk)
- Contact Victim Support: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)
- Contact Rape Crisis: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)
- Call the police (999 for an emergency, 101 to report a non-urgent crime)

### Signposting support

If you would like further guidance or support, speak to:

- a parent/carer, tutor, head of year
- school nurse/counsellor or other trusted member of staff in the school

- **Domestic Abuse Support in Medway:** [www.domesticabuseservices.org.uk](http://www.domesticabuseservices.org.uk)
- **Childline:** [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- **Refuge:** [www.refuge.org.uk](http://www.refuge.org.uk)
- **Women's Aid:** [www.womensaid.org.uk](http://www.womensaid.org.uk)
- **Mankind:** [www.mankind.org.uk](http://www.mankind.org.uk)
- **Domestic abuse helpline:** 0808 2000 247

