

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



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y11 HALF TERM 1 – WHAT I PUT INTO MY BODY

SUPPORT & SIGNPOSTING

Further Support

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

Contact Childline www.childline.org.uk 0800 1111

Visit www.youngminds.org.uk

Visit www.samaritans.org or call 116 123



Further Support

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

Contact Childline www.childline.org.uk 0800 1111

Visit www.talktofrank.com 0300 1236600

Visit www.nhs.uk/live-well/alcohol-support

