

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



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y8 HALF TERM 1 – BODY EXPECTATIONS 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

## Signposting support

If you would like further guidance or support:

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

Visit:

- A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
- Brook: [www.brook.org.uk/help-advice](http://www.brook.org.uk/help-advice)
- Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- Freedom Charity [www.freedomcharity.org.uk](http://www.freedomcharity.org.uk) 0845 607 0133 or text 4freedom to 8802



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LGBT+ helpline: 0300 330 0630

