

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



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y7 HALFTERM 1 – GROWING UP SUPPORT & SIGNPOSTING

Further Support

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

Childline: www.childline.org.uk or 0800 1111.



Further Support

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

Brook: www.brook.org.uk or 0808 802 1234

Childline: www.childline.org.uk or 0800 1111



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 Phone: 0800 1111

Young Minds:
www.youngminds.org.uk

Samaritans:
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/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school

Visit:

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



Y8 HALF TERM 1 – BODY EXPECTATIONS SUPPORT & SIGNPOSTING

Further Support

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

Brook: www.brook.org.uk/help-advice

Childline: www.childline.org.uk or 0800 1111

Freedom Charity: www.freedomcharity.org.uk
0845 607 0133 or text 4freedom to 8802



Further Support

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

Brook: www.brook.org.uk/help-advice

Childline: www.childline.org.uk or 0800 1111

LGBT+ helpline: 0300 330 0630



Y9 HALFTERM I – HOW OTHERS TREAT MY BODY SUPPORT & SIGNPOSTING

Further Support

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

Report a crime by calling 999 in emergencies, or 101 to make a non-urgent report

Brook: www.brook.org.uk/help-advice

Childline: www.childline.org.uk or 0800 1111



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 Phone: 0800 1111

Young Minds:
www.youngminds.org.uk

Samaritans:
www.samaritans.org Phone: 116 123

In a crisis, text 'Shout' to 85258

Further Support

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

Childline: www.childline.org.uk 0800 11 11

Thinkuknow: www.thinkuknow.co.uk

CEOP www.ceop.police.uk

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

Victim Support: 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 0800 111
- Explore advice on Brook website www.brook.org.uk
- Contact Victim Support: www.victimsupport.org.uk
- Contact Rape Crisis: 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
- **Childline:** www.childline.org.uk 0800 1111
- **Refuge:** www.refuge.org.uk
- **Women's Aid:** www.womensaid.org.uk
- **Mankind:** www.mankind.org.uk
- **Domestic abuse helpline:** 0808 2000 247



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

