## PERSONAL DEVELOPMENT LESSONS, HALF TERM 2 -EMOTIONAL WELLBEING



# Y7 HALFTERM 2 – COMPARING MYSELFTO OTHERS SUPPORT & SIGNPOSTING



# Y8 HALF TERM 2 – BOUNDARIES 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

Remember! There is always someone you can speak to. If you have questions or concerns, you can speak to:

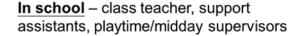
- · Your tutor or PSHE teacher
- Your head of year or a member of the safeguarding team
- · School nurse / counsellor

There are also organisations where you can find more and speak to trusted adults, such as:

Childline: 0800 111 www.childline.org.uk

### **Signposting**

There is lots of support at <u>home</u> and <u>school</u> if you have experienced any physical contact that has made you feel worried, unsafe, or uncomfortable including:



<u>Home</u> – trusted adults e.g parent, older siblings, community leaders, club leaders



You can also contact Childline on 0800 1111 or www.childline.org.uk

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# Y9 HALFTERM 2 – GUARDING MY MIND SUPPORT & SIGNPOSTING

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

Visit:

Brook: <a href="https://www.brook.org.uk.0808.802">www.brook.org.uk.0808.802</a> 1234 Childline: <a href="https://www.childline.org.uk.0800">www.childline.org.uk.0800</a> 1111



### Sources of support

If you are concerned about watching a film or a film you have watched you can talk to:

- Parents/carers
- Tutor
- PSHE Teacher
- Head of Year/House

Further information about films, including new releases and age ratings can be found on CBBFC website: www.cbbfc.co.uk or www.bbfc.co.uk/education

Lesson 1: Deciding what to watch



BBFC Education

# Y 10 HALF TERM 2 – KNOWING WHAT I STAND FOR 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

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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 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



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### **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)

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# YII HALFTERM 2 – MAKING BETTER CHOICES 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