

PERSONAL DEVELOPMENT LESSONS, HALF TERM 2 - EMOTIONAL WELLBEING



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y7 HALFTERM 2 – COMPARING MYSELF TO OTHERS

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.



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

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Signposting

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

In school – class teacher, support assistants, playtime/midday supervisors

Home – 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: www.brook.org.uk 0808 802 1234

Childline: www.childline.org.uk 0800 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 View what's
right for you

Y10 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.



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www.childline.org.uk Phone: 0800 1111

Young Minds:
www.youngminds.org.uk

Samaritans:
www.samaritans.org Phone: 116 123

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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



**A BETTER
MEDWAY**
Easier ways to be healthy

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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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Y11 HALF TERM 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

