

# PERSONAL DEVELOPMENT LESSONS, HALF TERM 3 - LIFE CYCLES



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y7 HALF TERM 3 – WHAT MAKES FAMILY 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](http://www.brook.org.uk/help-advice)

Childline: [www.childline.org.uk](http://www.childline.org.uk) or 0800 1111



# Y8 HALF TERM 3 – FAMILY FUNCTION SUPPORT & SIGNPOSTING

## FURTHER HELP AND SUPPORT

### For further help and support in school contact:

- Your form teacher/ PSHE teacher
- Your Head of Year
- The pastoral support team

### For further help and support outside of school:

- ChildLine: <https://www.childline.org.uk>
- Muslim Youth helpline: <https://myh.org.uk/>
- National Youth Advocacy Service: <https://NYAS.net>
- Citizen's Advice: <https://www.citizensadvice.org.uk>
- AdviceNow: <https://www.advicenow.org.uk/>



# Y9 HALF TERM 3 – FAMILY PLANNING SUPPORT & SIGNPOSTING

## Further support

- Speak to a tutor, head of year, school nurse or other trusted member of staff in the school
- Contact GP surgery or local sexual health clinic
- Contact Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- Visit [www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant](http://www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant)
- Visit [www.brook.org.uk/topics/pregnancy](http://www.brook.org.uk/topics/pregnancy)
- Visit [www.nhs.uk/SERVICE-SEARCH/sexual-health](http://www.nhs.uk/SERVICE-SEARCH/sexual-health)



## 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](http://www.brook.org.uk) 0808 802 1234

Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111



## Sources of support

If you are concerned about anything 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](http://www.cbbfc.co.uk) or [www.bbfc.co.uk/education](http://www.bbfc.co.uk/education)



Lesson 2: Relationships on-screen

**bbfc** View what's right for you

# Y10 HALF TERM 3 – BEING A SPOUSE/PARENT 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

# Y11 HALF TERM 3 – MY ROLE IN A FAMILY 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

- **Domestic Abuse Support in Medway:** [www.domesticabuseservices.org.uk](http://www.domesticabuseservices.org.uk)
- **Childline:** [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- **Refuge:** [www.refuge.org.uk](http://www.refuge.org.uk)
- **Women's Aid:** [www.womensaid.org.uk](http://www.womensaid.org.uk)
- **Mankind:** [www.mankind.org.uk](http://www.mankind.org.uk)
- **Domestic abuse helpline:** 0808 2000 247



## 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:

A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)

Brook: [www.brook.org.uk](http://www.brook.org.uk) 0808 802 1234

Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

