

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



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y7 HALF TERM 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

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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

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



Y9 HALF TERM 1 – 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 OTHERS TREAT OTHER PEOPLE’S BODIES 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

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



Y11 HALF TERM 1 – 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



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