

# PERSONAL DEVELOPMENT LESSONS, UNIT 2 - EMOTIONAL WELLBEING



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y10 UNIT 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](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

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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](http://www.childline.org.uk) 0800 11 11

Thinkuknow: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

CEOP [www.ceop.police.uk](http://www.ceop.police.uk)

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

Victim Support: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

