

# PERSONAL DEVELOPMENT LESSONS, UNIT 2 - EMOTIONAL WELLBEING



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y8 UNIT 2 – BOUNDARIES SUPPORT & SIGNPOSTING

## 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](http://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](http://www.childline.org.uk)

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