

# PERSONAL DEVELOPMENT LESSONS, UNIT 2 - EMOTIONAL WELLBEING



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y9 UNIT 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](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 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](http://www.cbbfc.co.uk) or [www.bbfc.co.uk/education](http://www.bbfc.co.uk/education)



Lesson 1: Deciding what to watch

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