

PERSONAL DEVELOPMENT LESSONS, HALF TERM 3 - LIFE CYCLES



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y10 HALF TERM 3 – BEING A SPOUSE/PARENT SUPPORT & SIGNPOSTING

Local and national services such as:

- **A Better Medway:** <http://www.abettermedway.co.uk/>
- **Childline:** www.childline.org.uk
Contact number: 0800 1111
- **Crimestoppers:** <https://crimestoppers-uk.org/>
Contact number: 0800 555111
- **Victim support:** www.victimsupport.org.uk
Contact number: 0808 16 89 111
- **Runaway helpline:** <http://www.runawayhelpline.org.uk/advice/gangs/>
Call or Text 116 000 or email 116000@runawayhelpline.org.uk.

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

Who to ask for help

If someone is concerned for themselves or someone they know, they should talk to an adult or organisation they trust, such as:



- A teacher, form tutor or another adult in school
- An adult at home or outside the family
- Their GP
- ChildLine: 0800 1111 www.childline.org.uk
- NSPCC FGM helpline: 0800 028 3550;
Email: fgmhelp@nspcc.org.uk
- Police: 101 (emergency: 999)