

# PERSONAL DEVELOPMENT LESSONS, HALF TERM 3 - LIFE CYCLES



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y8 HALF TERM 3 – FAMILY FUNCTION SUPPORT & SIGNPOSTING

## FURTHER HELP AND SUPPORT

### For further help and support in school contact:

- Your form teacher/ PSHE teacher
- Your Head of Year
- The pastoral support team

### For further help and support outside of school:

- ChildLine: <https://www.childline.org.uk>
- Muslim Youth helpline: <https://myh.org.uk/>
- National Youth Advocacy Service: <https://NYAS.net>
- Citizen's Advice: <https://www.citizensadvice.org.uk>
- AdviceNow: <https://www.advicenow.org.uk/>

## 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](http://www.childline.org.uk)
- NSPCC FGM helpline: 0800 028 3550;  
Email: [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)
- Police: 101 (emergency: 999)