

PERSONAL DEVELOPMENT LESSONS, UNIT 3 - LIFE CYCLES



St Antony's
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

Y7 UNIT 3 – WHAT MAKES FAMILY SUPPORT & SIGNPOSTING

Further Support

Speak to a tutor, head of year 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

Brook: www.brook.org.uk/help-advice

Childline: www.childline.org.uk or 0800 1111



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@nspccc.org.uk
- Police: 101 (emergency: 999)

Y8 UNIT 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/>

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Email: fgmhelp@nspcc.org.uk
- Police: 101 (emergency: 999)

Y9 UNIT 3 – FAMILY PLANNING SUPPORT & SIGNPOSTING

Further support

- Speak to a tutor, head of year, school nurse or other trusted member of staff in the school
- Contact GP surgery or local sexual health clinic
- Contact Childline www.childline.org.uk 0800 1111
- Visit www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant
- Visit www.brook.org.uk/topics/pregnancy
- Visit www.nhs.uk/SERVICE-SEARCH/sexual-health



Sources of support

If you are concerned about anything you have watched you can talk to:

- Parents/carers
- Tutor
- PSHE Teacher
- Head of Year/House



BBFC Education

Further information about films, including new releases and age ratings can be found on CBBFC website: www.cbbfc.co.uk or www.bbfc.co.uk/education

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 0808 802 1234

Childline: www.childline.org.uk 0800 1111



Lesson 2: Relationships on-screen

bbfc View what's right for you

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Y10 UNIT 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

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- 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)

Y11 UNIT 3 – MY ROLE IN A FAMILY 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:

A Better Medway: www.abettermedway.co.uk

Brook: www.brook.org.uk 0808 802 1234

Childline: www.childline.org.uk 0800 1111



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

- **Domestic Abuse Support in Medway:** www.domesticabuseservices.org.uk
- **Childline:** www.childline.org.uk 0800 1111
- **Refuge:** www.refuge.org.uk
- **Women's Aid:** www.womensaid.org.uk
- **Mankind:** www.mankind.org.uk
- **Domestic abuse helpline:** 0808 2000 247

