# PERSONAL DEVELOPMENT LESSONS, UNIT 3 -LIFE CYCLES



# **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 <u>www.childline.org.uk</u>
- NSPCC FGM helpline: 0800 028 3550; Email: fgmhelp@nspccc.org.uk
- Police: 101 (emergency: 999)

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

## Who to ask for help

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- A teacher, form tutor or another adult in school
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- Their GP
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- Police: 101 (emergency: 999)

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# 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-andbaby/teenager-pregnant
- Visit www.brook.org.uk/topics/pregnancy
- Visit www.nhs.uk/SERVICE-SEARCH/sexual-health

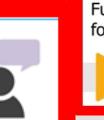


## **Signposting support**

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: <u>www.brook.org.uk</u>0808 802 1234 Childline: <u>www.childline.org.uk</u>0800 1111



## 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



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

bbfc View what's right for you

**BBFC Education** 

# YIO UNIT 3 – BEING A SPOUSE/PARENT SUPPORT & SIGNPOSTING

Local and national services such as:

- A Better Medway: <u>http://www.abettermedway.co.uk/</u>
- Childline: <u>www.childline.org.uk</u> Contact number: 0800 1111
- Crimestoppers: <u>https://crimestoppers-uk.org/</u> Contact number: 0800 555111
- Victim support: <u>www.victimsupport.org.uk</u> Contact number: 0808 16 89 111
- Runaway helpline: <a href="http://www.runawayhelpline.org.uk/advice/gangs/">http://www.runawayhelpline.org.uk/advice/gangs/</a> 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

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- 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)

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# YII UNIT 3 – MY ROLE IN A FAMILY SUPPORT & SIGNPOSTING

