

# PERSONAL DEVELOPMENT LESSONS, UNIT 4 - ONLINE SAFETY, ABUSE AND PROTECTING MY BODY

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St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y11 UNIT 4 – PROTECTING MY BODY SUPPORT & SIGNPOSTING

- Domestic Abuse Support: [www.domesticabuseservices.org.uk](http://www.domesticabuseservices.org.uk)
- Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 11 11
- Refuge: [www.refuge.org.uk](http://www.refuge.org.uk)
- Women's Aid: [www.womensaid.org.uk](http://www.womensaid.org.uk)
- Mankind: [www.mankind.org.uk](http://www.mankind.org.uk)
- Domestic Abuse Helpline: 0808 2000 247
- Call the police (999 for an emergency, 101 to report a non-urgent crime)