

HEALTHY ME

Jigsaw **Jem's** Journey

How do my choices affect my health?

responsibility
 pressure
 reputation
 overwhelmed
 conflicted
 influenced
 coerced
 impulsive
 vulnerable



I will explore...

- how to motivate myself to care for my physical and emotional health
- different ways to be happy and cope with life situations
- different ways that someone who is being exploited can help themselves
- strategies to avoid being pressured
- strategies to manage stress and pressure
- how to ask for help and from whom

exploited
 vulnerable
 criminal
 gangs
 anti-social
 behaviour
 intimidated
 persuaded

I will learn about...

- how to take responsibility for my health
- making positive choices that benefit my health and wellbeing
- different types of drugs and their effects on the body
- exploitation and things that are against the law
- why some people join gangs and the risks involved
- what it means to be emotionally well

immunisation
 effects
 prevention
 prescribed
 restricted/
 unrestricted
 over-the-counter
 illegal
 volatile
 substances
 synthetic highs
 psychoactive
 substances

emotional
 health
 mental
 health
 mental
 illness
 triggers
 stress

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What strategies help you to stay emotionally well?

My Thinking Pad

What have I learnt in this puzzle that helps me to be mentally and physically healthy?

I can help to keep myself mentally healthy by ...

Misusing substances can affect someone by...

Someone may be exploited by someone else when...

Why might some people take risks with their behaviour or the things they put in their body?

What do people mean when they talk about anti-social behaviour?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

