

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