

# HEALTHY ME

## Jigsaw Jaz's Journey

How do my choices affect my health?



emotions  
 anxiety  
 guilt  
 embarrassed  
 assertive  
 unsure  
 uncomfortable  
 confused

### I will learn about...

- different friendship groups
- roles within groups such as leaders and followers
- facts about smoking and its effects on health
- facts about alcohol and its effects on health
- why some people choose to smoke or drink alcohol
- peer pressure and how to resist when I want to
- what I believe is right and wrong

curious  
 fear  
 opinion  
 trust

### I will explore...

- I feel about my friendship groups
- friendships can impact me and who I want to be friends with
- to recognise negative feelings in peer pressure
- peers can have an influence on my physical and emotional health
- to respond and act assertively to resist pressure from myself and others

relationships  
 lonely  
 value  
 friendship  
 puberty  
 roles  
 leader  
 follower  
 pressure

smoking  
 vaping  
 peers  
 alcohol  
 liver