

HEALTHY ME

Jigsaw Jez's Journey

How do my choices affect my health?



body image
comparison
altered
self-respect
obesity

tobacco
nicotine
addicted
vaping

I will learn about...

- the health risks of smoking
- the health risks of misusing alcohol
- how to practice basic emergency aid procedures (including recovery position)
- how to get help in an emergency situation
- how body image may be influenced by media
- the different roles food can play in people's lives
- eating problems and body image pressures

I will explore...

- how to make an informed decision
- how to resist pressure
- how to question some of the messages we see or hear in the media
- how to keep calm in an emergency situation
- how to reflect on my own body image
- how to respect and value my body
- who I feel I can go to for help and support

healthier
less healthy
motivation
informed decision
pressure
media
influence
debate
fact
social media

emergency
recovery
position
level-headed