

Jigsaw Jez's Journey

media

Healthy Me

comparison

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
- How body image may be influenced by media
- The different roles food can play in people's lives

influence

debate

recovery position

body image

informed discussion

I will explore...

- How to make an informed decision
- How to resist pressure
- How to keep calm in an emergency
- How to reflect on my own body
- How to respect and value my body

recovery position

How do my choices affect my health?

pressure

emergency procedure

level-headed

healthy

Jigsaw Jez's Journey



Does the media and social media help us to live healthy and safe lifestyles?

What helps you make an informed choice?

My Thinking Pad

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

I can respect and value my body by...

Smoking and alcohol misuse is unhealthy because...

I can make healthy choices by...

How can you build your self-confidence?

Healthy Me

