

Jigsaw **Jem's** Journey

strategies
mental health



How do my choices affect my health?

gangs

Healthy Me

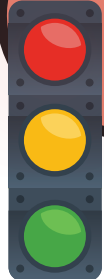
over-the-counter

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

anti-social behaviour

stress

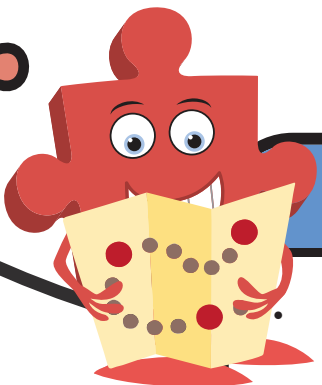


effects

unrestricted

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



vulnerable

volatile substances

immunisation

prescribed

exploited

restricted

illegal



Jigsaw **Jem's** Journey



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

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

My Thinking Pad

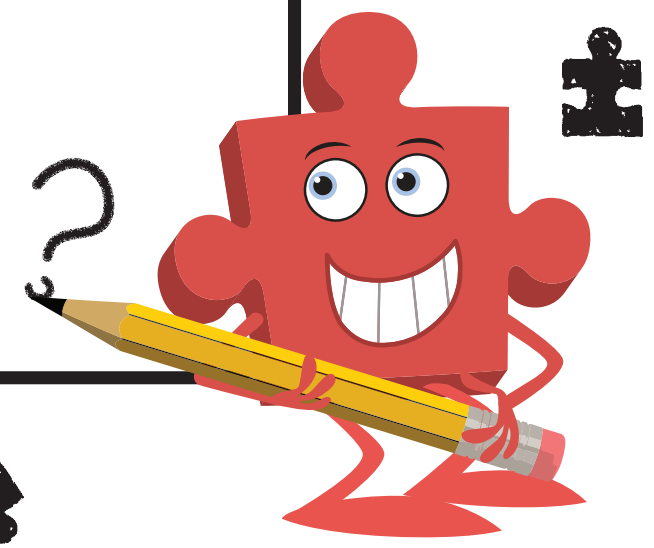
What have I learnt in this puzzle that helps me to be mentally and physically healthy?

I can help to keep myself mentally healthy...

Misusing substances can affect someone by...

Someone may be exploited by someone else when...

What strategies help you to stay emotionally well?



Healthy Me

