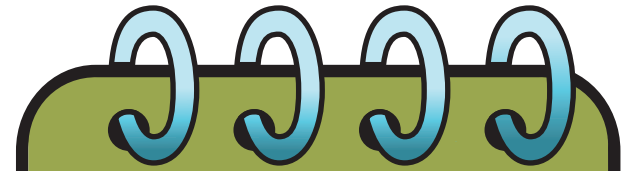


# Jigsaw **Jem's** Journey

mental health

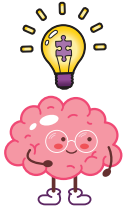
grief

Relationships

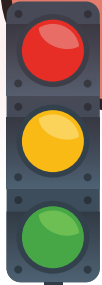


## I will learn about...

- The importance of taking care of my mental health
- How to take care of my mental health
- Stages of grief and different types of loss
- How to recognise when people are trying to gain power or control
- Ways to judge whether something online is safe and helpful for me
- Using technology to communicate positively with others



How can I build positive, healthy relationships?



stress

assertive

coping strategies

## I will explore...



- Problems that people can get with mental health
- How to help myself and others when worried about a mental health concern
- Strategies to manage loss
- Different ways to stand up for myself and others when someone is trying to gain power or control
- How to resist pressure to do something online that might hurt myself or others
- How to take responsibility for my own safety and well-being

self control



judgement

self care

anxiety

control



support

power

# Jigsaw Jem's Journey

Is it easier or harder to stand up for what is right when you are online instead of face-to-face?

How could you stand up for yourself or a friend when someone may be using controlling behaviour?

Can you explain why people may experience a range of feelings associated with loss?

## My Thinking Pad

What have I learnt in this puzzle that helps me to build positive, healthy relationships?

People might feel...

if they lose someone special to them because...

I know that someone might be trying to gain power or control in a relationship when they...

I know that I can try to manage a situation like this by...

Relationships

