

# Jigsaw **Jem's** Journey

strategies  
mental health



How do my choices affect my health?

gangs

Healthy Me

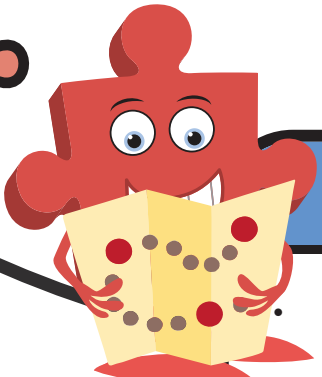
over-the-counter

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



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

effects  
unrestricted

volatile substances  
criminal

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?

What strategies help you to stay emotionally well?

## 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...

Healthy Me

