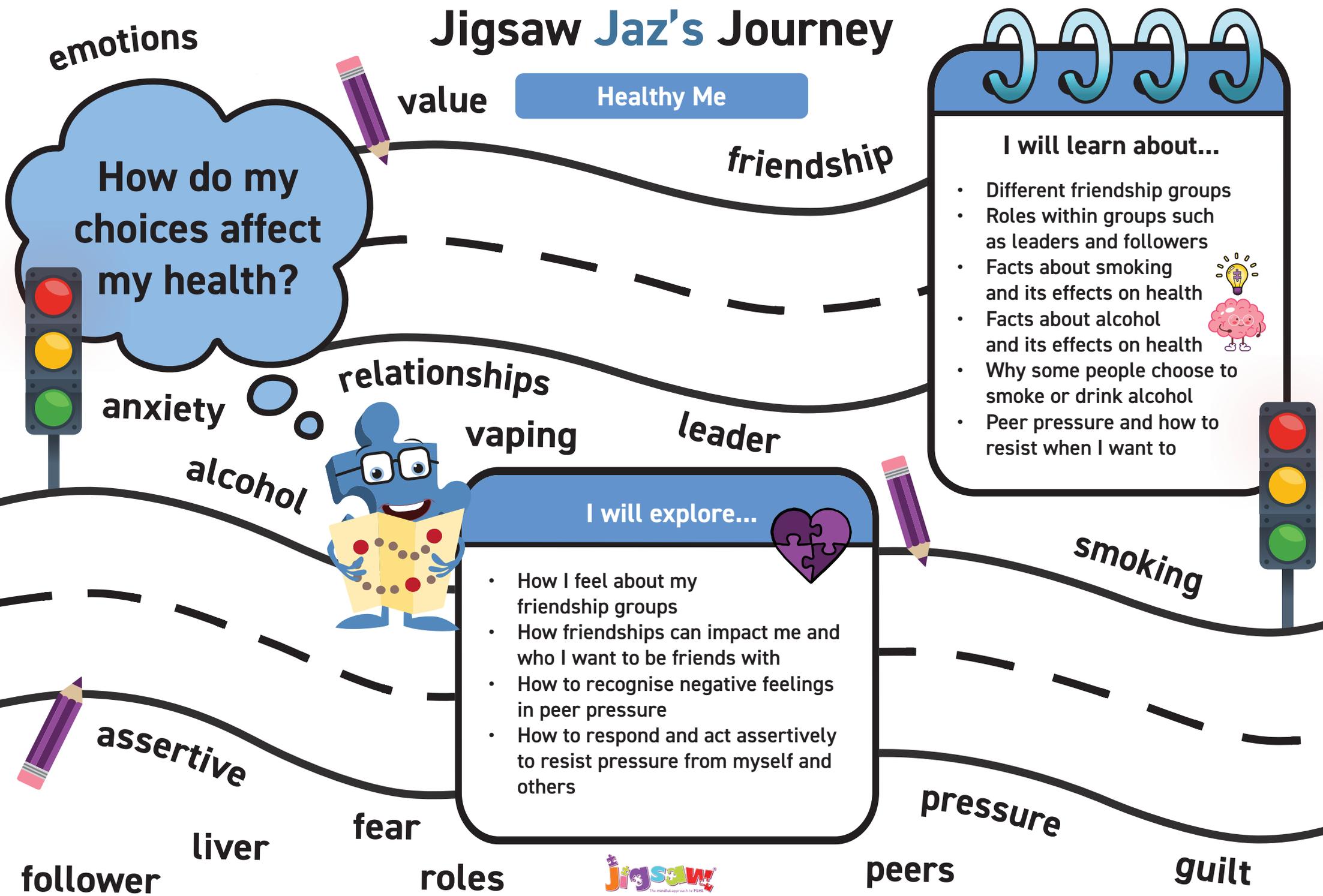


Jigsaw Jaz's Journey



value **Healthy Me**

emotions
How do my choices affect my health?

friendship

I will learn about...

- Different friendship groups
- Roles within groups such as leaders and followers
- Facts about smoking and its effects on health 
- Facts about alcohol and its effects on health 
- Why some people choose to smoke or drink alcohol
- Peer pressure and how to resist when I want to

anxiety

relationships

vaping

leader

alcohol



I will explore...

- How I feel about my friendship groups
- How friendships can impact me and who I want to be friends with
- How to recognise negative feelings in peer pressure
- How to respond and act assertively to resist pressure from myself and others

smoking

assertive

follower

liver

fear

roles

pressure

peers

guilt

Jigsaw Jaz's Journey



If you were experiencing peer pressure, what could you do?

How might someone feel who is being pressured by a peer?

My Thinking Pad

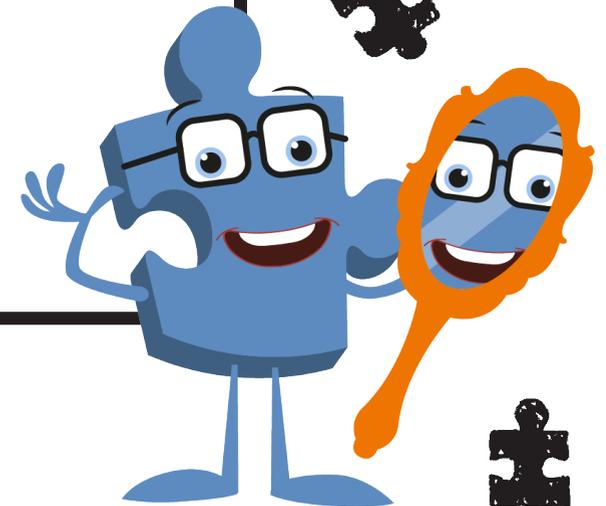
What have I learnt in this puzzle that helps me to be mentally and physically healthy?

Peer pressure is when...

I know I can resist negative peer pressure by...

I can make healthy and safe choices by...

Can you describe a healthy, positive friendship?



Healthy Me

