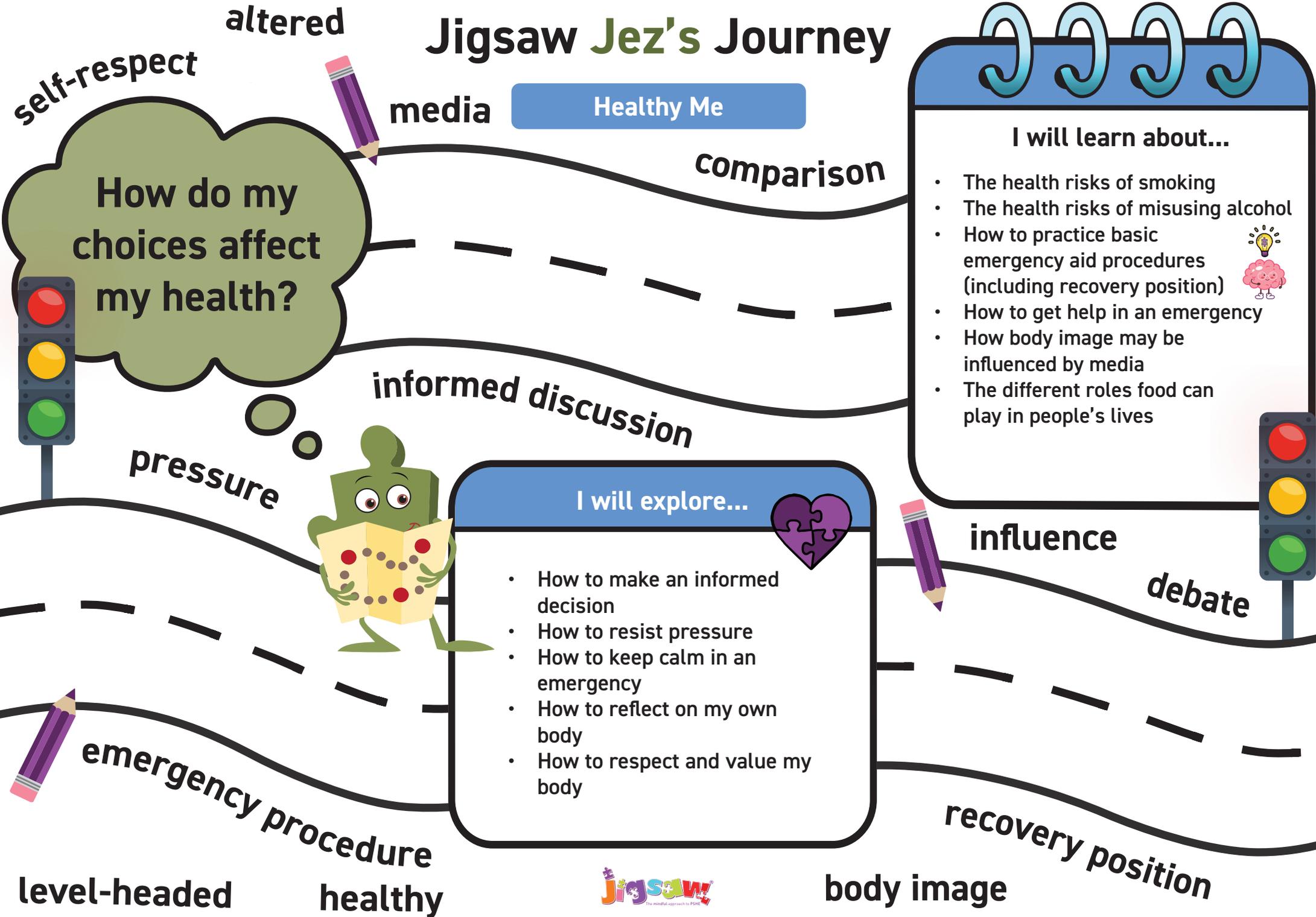


# Jigsaw Jez's Journey



How do my choices affect my health?

## Healthy Me

## I will explore...

## I will learn about...

- 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

- 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

# 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

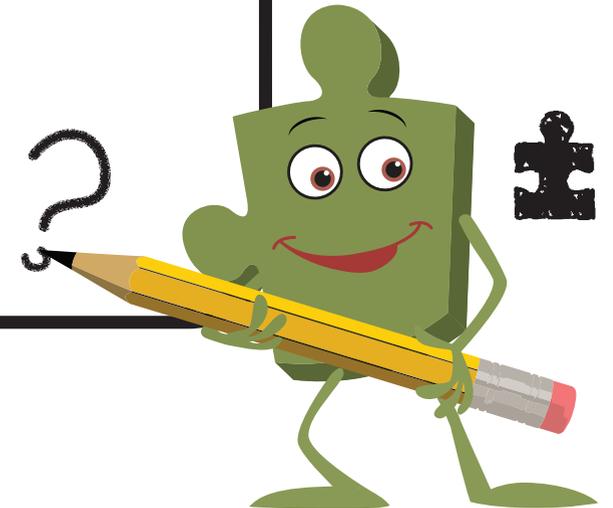
What have I learnt in this puzzle that helps me to be mentally and physically healthy?

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

