

HEALTHY ME

Jigsaw Jaz's Journey

How do my choices affect my health?



emotions
 anxiety
 guilt
 embarrassed
 assertive
 unsure
 uncomfortable
 confused

relationships
 lonely
 value
 friendship
 puberty
 roles
 leader
 follower
 pressure

I will explore...

- I feel about my friendship groups
- friendships can impact me and who I want to be friends with
- to recognise negative feelings in peer pressure
- peers can have an influence on my physical and emotional health
- to respond and act assertively to resist pressure from myself and others

curious
 fear
 opinion
 trust

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
- what I believe is right and wrong

smoking
 vaping
 peers
 alcohol
 liver

HEALTHY ME

Jigsaw Jaz's Journey

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

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...

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

Can you describe a healthy, positive friendship?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

When could you use the Safety STAR?

