

HEALTHY ME

Jigsaw Jez's Journey

How do my choices affect my health?



body image
comparison
altered
self-respect
obesity

tobacco
nicotine
addicted
vaping

I will learn about...

- 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 situation
- how body image may be influenced by media
- the different roles food can play in people's lives
- eating problems and body image pressures

I will explore...

- how to make an informed decision
- how to resist pressure
- how to question some of the messages we see or hear in the media
- how to keep calm in an emergency situation
- how to reflect on my own body image
- how to respect and value my body
- who I feel I can go to for help and support

healthier
less healthy
motivation
informed decision
pressure
media
influence
debate
fact
social media

emergency
recovery
position
level-headed

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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...

Does the media and social media help us to live healthy and safe lifestyles?

How can you build your self-confidence?

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?

