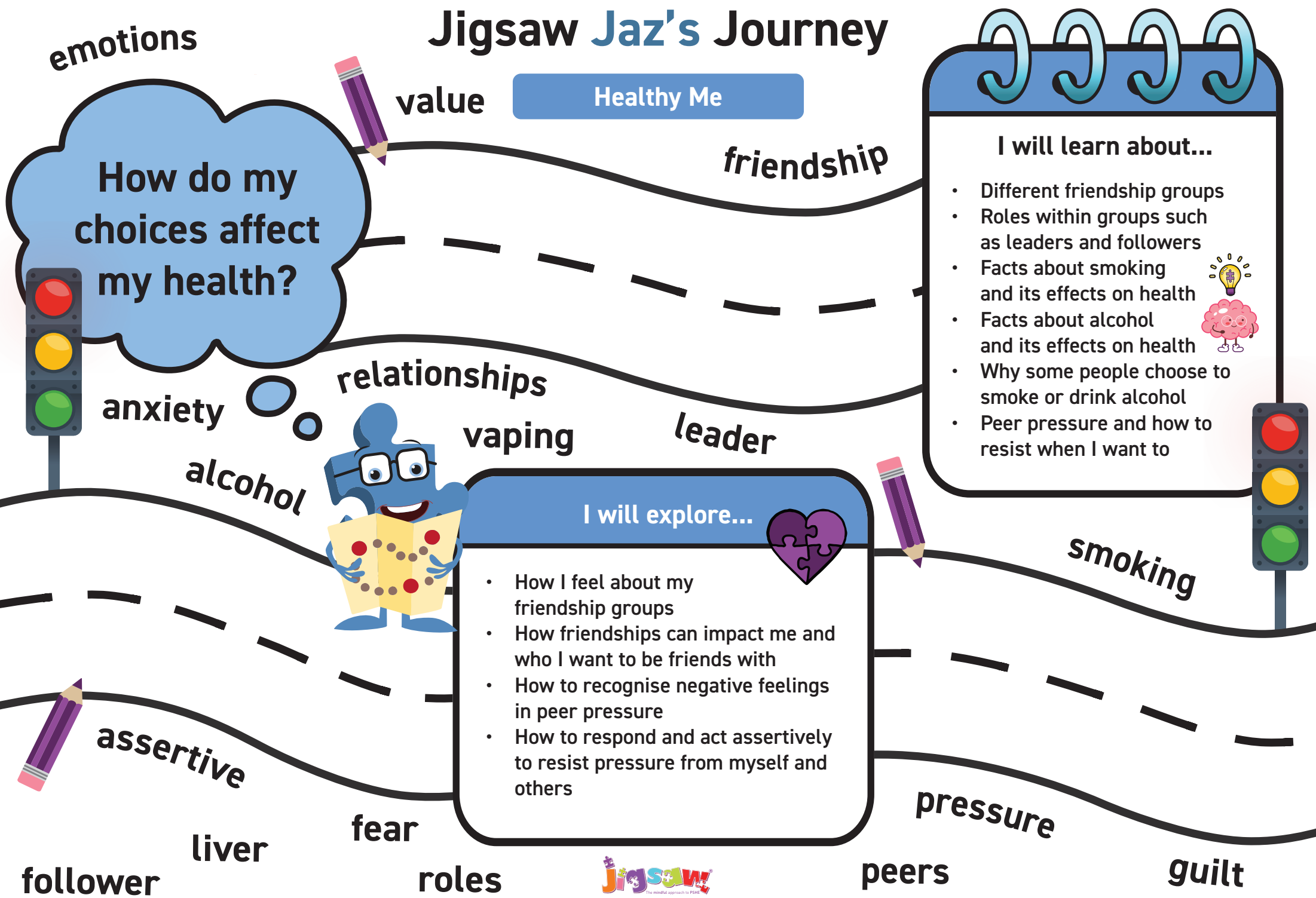


# Jigsaw Jaz's Journey



Healthy Me

emotions  
value  
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

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

anxiety  
relationships  
vaping  
leader  
alcohol  
assertive  
liver  
fear  
roles

smoking  
pressure  
peers  
guilt