

# RESPECT

# BELONGING

# CONNECTION

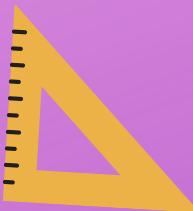
# WELLBEING

# IN

# SCHOOL

# FRIENDSHIP

# SAFETY

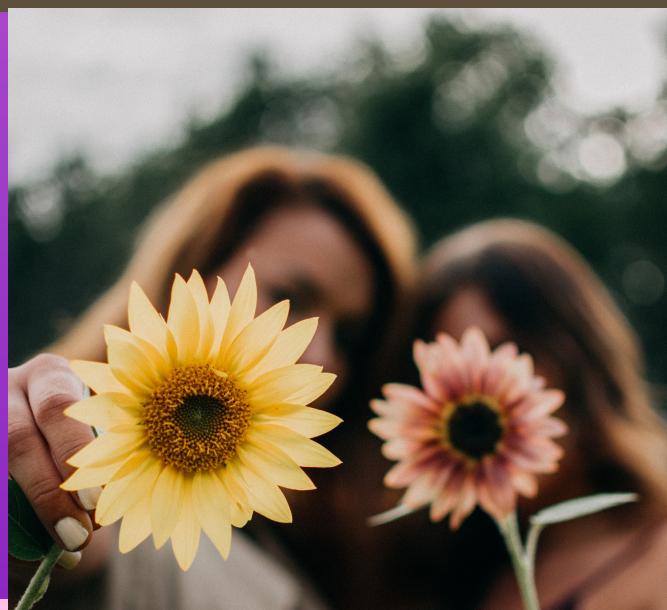


Bullying is Not Okay  
Lets Prevent Bullying in  
School  
If You Recognise the Signs  
TELL A TEACHER

Take Care of Your Body  
Eat healthy foods  
Get plenty of sleep  
Try to be active  
Keep to a healthy weight

It is often difficult to recognise  
if someone is feeling anxious  
or depressed.  
Teenage years can be difficult  
Look out for your friends

**BODY IMAGE**  
Accept Your Body  
Nobody is perfect.  
Everyone should be accepted  
for who we are.  
Like Your Body  
Find things you like about yourself.  
Be kind to yourself.  
Respect yourself





**Alcohol**  
Drinking alcohol during teenage years  
can cause problems.  
It can affect schoolwork  
and sports performance.  
Alcohol can make young people  
feel low or unable to cope,  
stop them sleeping properly,  
cause weight gain.  
It can affect relationships  
with family and friends.  
For Teeagers the safest choice  
is no Alcohol



## HOW DO YOU BUILD RESILIENCE IN SCHOOL?

- \* Build positive relationships between students and teachers.
- \*Teach respect for others
  - \*Foster positivity
  - \* Identify strengths
- \* Build a sense of purpose