

## Worksheet 1 Activity 1: Maintaining mental health

### Maintaining mental health

#### Feeling safe and looked after



#### Being able to voice your opinions and have people listen to you



#### Giving positive attention to others (it could be a person or a pet)



#### Getting respect for things you are good at



#### Having help with money and finances



Together we can make a difference!

# Worksheet 2 Activity 2: What leads young people to take drugs

## Character 1



### Nancy

Why do you think Nancy took drugs?

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What were the negative effects on Nancy?

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## Character 2



### Justin

Why do you think Justin took drugs?

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What were the negative effects on Justin?

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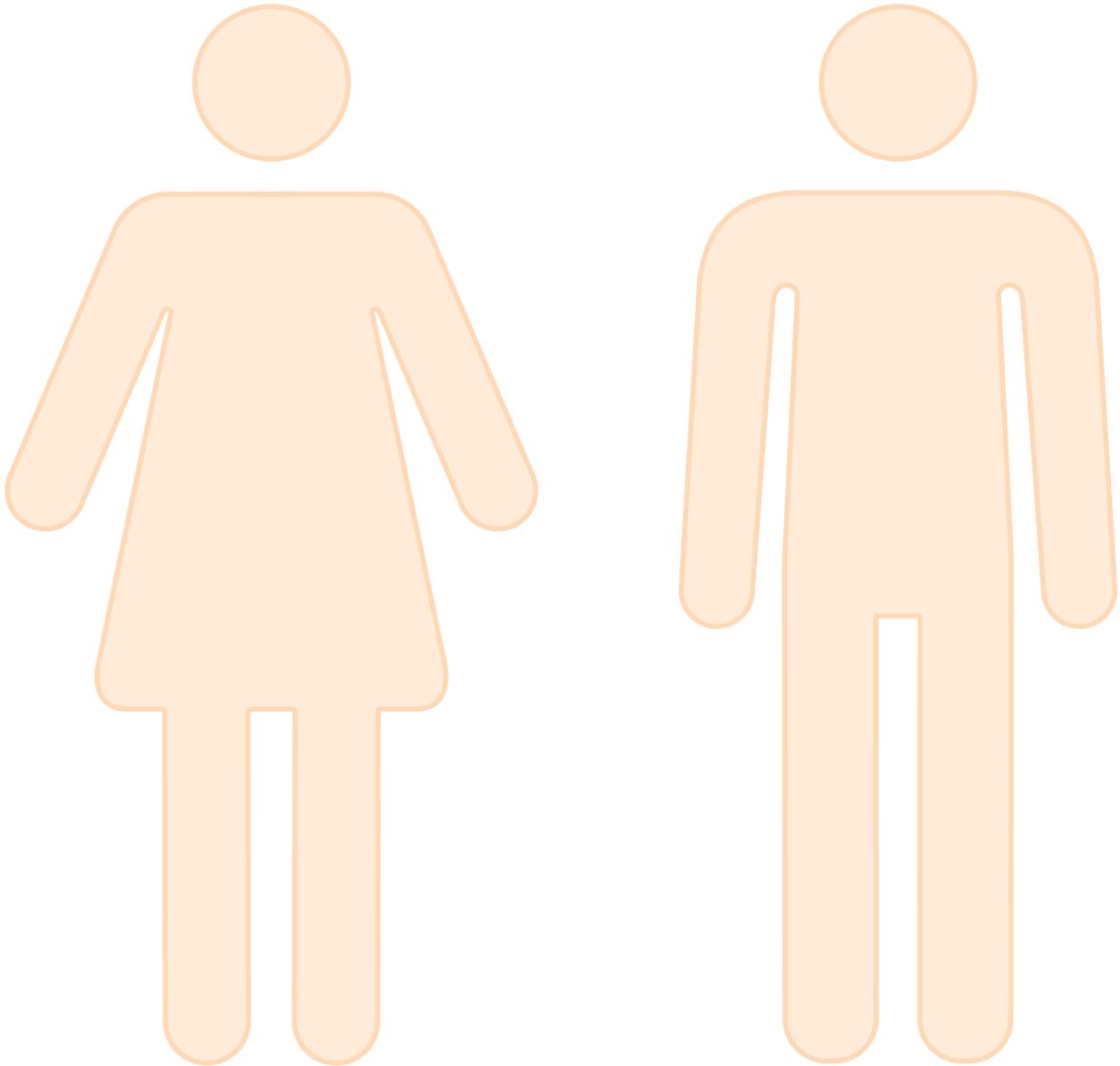


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## Worksheet 3 Describing body image



Add labels to the picture below to describe how young people might describe their body image.



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