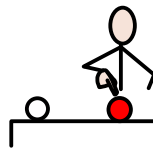
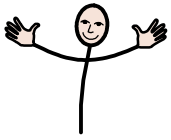


Lifestyle



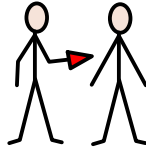
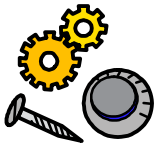
Lifestyle



Welcome to the "Lifestyle" book. This book



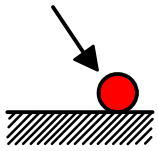
will talk about the things you can do in your



spare time when you are not at

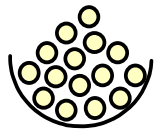


school or college.



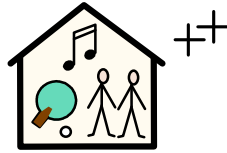
There

are



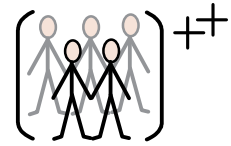
lots

of



clubs

and



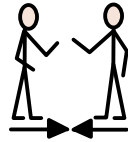
groups



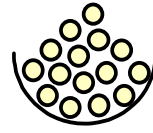
you can

go to

and

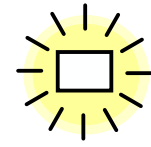


meet



lots

of



new



people.

You

could



go to



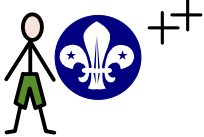
dance,



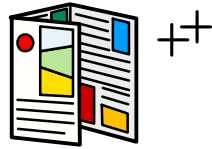
football,



swimming,

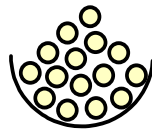


scouts,



guides

and



much



more.



What



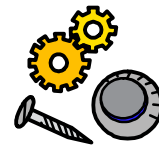
things

do you



do

in your



spare



time?

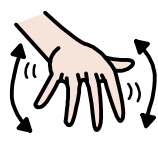
Blank writing area for the first question.



What



things



would

you



like

to

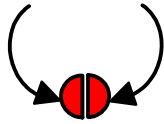
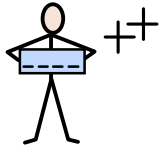


do?

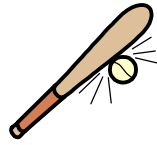
Blank writing area for the second question.



Bullying is when someone hurts you. They might



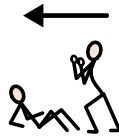
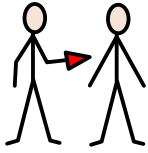
call you names, make things up to get you



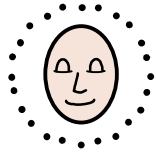
into trouble, hit, pinch, bite or push you,



these are some of the things they could do.



If you are being bullied you should speak to



someone you trust who can help you.



Who would you speak to?

Large empty rounded rectangular box for writing an answer.



Do

you



have



any

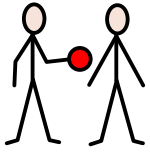


questions

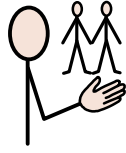
you

can

ask



your



social worker?

Large empty rounded rectangular box for writing or drawing.

