

## Lifestyle



Lifestyle



Welcome

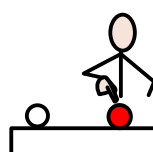
to

the

"Lifestyle"



book.



This



book



will

talk about

the



things

you



can do

in

your

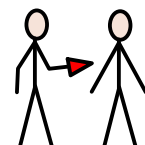


spare



time

when



you

are



not

at

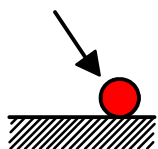


school

or

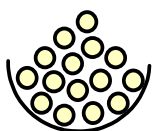


college.



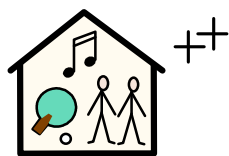
There

are



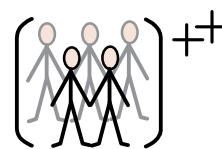
lots

of



clubs

and



groups



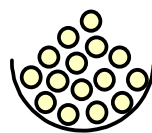
you can

go to

and

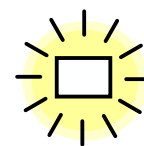


meet

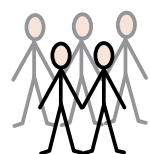


lots

of



new



people.

You

could



go to



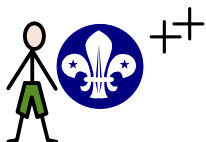
dance,



football,



swimming,

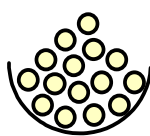


scouts,



guides

and



much



more.



What



things

do

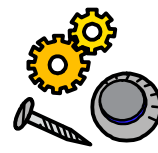
you



do

in

your



spare



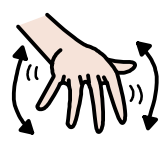
time?



What



things



would

you



like

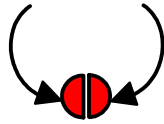
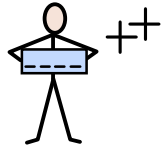
to



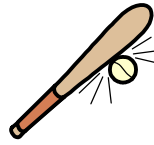
do?



Bullying is when someone hurts you. They might



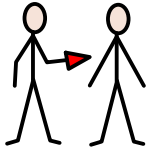
call you names, make things up to get you



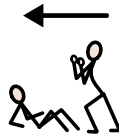
into trouble, hit, pinch, bite or push you,



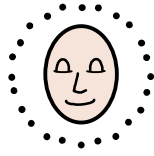
these are some of the things they could do.



If you are being bullied you should speak to



someone you



trust



who

can



help

you.



Who would you speak to?





Do

you



have



any

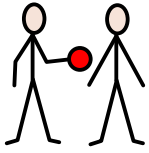


questions

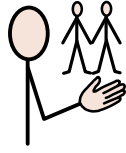
you

can

ask



your



social worker?

