



The PFC Club Ltd in partnership with Hichette UK

# Session 9

## Living well

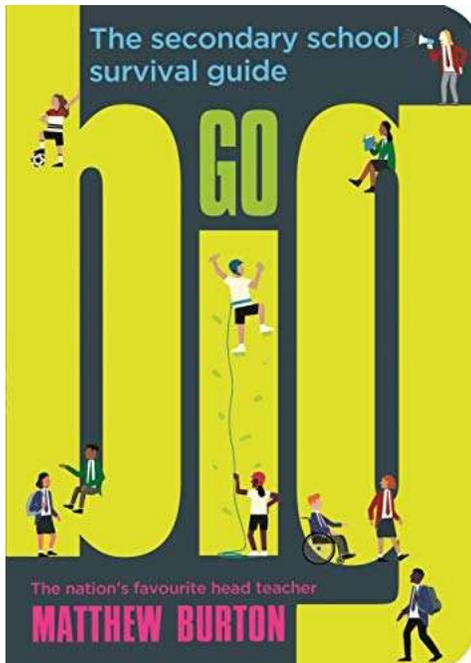


# Welcome to Session 9 – our very last session together. Last time, we looked at ‘friendships and fallouts’.

We looked at the kind of friends you want and the kind of friend you want to be.

We explored the idea that sometimes friendships change and that is OK, BUT also that we should always act with kindness in each circumstance.

Here is Matthew Burton one last time to explain how he thinks you can live well as you start secondary school.



Read from page 117 to the end, if you have a copy of 'Go Big'.

# You can't function well at school, or in life, if you don't look after yourself and 'live well'.

It is important that you have a healthy body and mind to cope with the transition of starting a new school.



# There are lots of different ways you can live well

- Switching off from technology
- Being kind to yourself and others
- Getting enough sleep
- Being patient
- Keeping fit and staying healthy



## If you have a phone now, use it wisely

**Put it away.  
Turn it off.**



- Try to limit your screen time so you can perform your best in and out of school.
- If you are doing homework, turn your phone off or put it away somewhere so that it doesn't distract you.
- Try to have time away from your phone and technology each day.
- Be very careful what you look at and what you send to others.

## If you are given a mobile phone for the first time, it is worth taking this advice:

“The simple way to do things is to live by this rule: if you wouldn’t write the message you’re about to send to that person on a T-shirt and go into the local shopping centre wearing it, then don’t send it! If you wouldn’t want that selfie you’re about to send to someone printed on scatter cushions and spread across the sofa in your living room when everyone comes round on a Sunday afternoon then DON’T SEND IT!”

**Matthew Burton, ‘Go Big’**

# If you are going to be online more and have a phone now that you're moving to secondary school, then you need to think about this...

“Look after yourself and think about what your actions say about you. Are you proud of that person who's the 'online' you? If so, then brilliant. If not, maybe it's time to make a change.”

**You get to decide the person you are going to be!**

**If you feel under pressure to do things that others are asking of you then remember this:**

“When something doesn’t quite feel right, it usually isn’t right and if your ‘Spider sense’ tingles – remember, great power and great responsibility – then say no, and don’t dive in.”

# Sleep is so important for you to stay well



It will help you:

- Feel good
- Concentrate
- Learn better
- Improve your memory
- Stay fit and healthy.

## Be kind to yourself and others

If you wouldn't say something to someone in person then don't write it down.

Just be kind, be sensible and talk.



**“Try to be a  
rainbow in  
someone’s  
cloud.”**

**Maya Angelou**

American singer, dance, actor,  
writer, poet and activist

## Be patient and keep the faith

- Give new things a chance.
- Don't give up.
- Embrace new opportunities.