

Mental health: How you think, feel, and cope with things in your life.

Wellbeing: Feeling happy, healthy, and comfortable in your body and mind.

Grief: A very sad feeling when someone or something important is gone.

Loss: When you no longer have someone or something you care about.

Control: Being able to manage your actions, feelings, or what you do.

Pressure: A feeling that you must do something or act in a certain way, even if it's hard.

Online safety: Staying safe on the internet, like protecting your personal information and telling a trusted adult if something feels wrong.

- How can you take care of your mental health?
- How can you manage feelings of grief?
- What can I do to stand up for myself and others?
- How can you make safe and responsible choices online?

