REVIEW

Summer 2: Learning and revision skills to maximise potential.

New beginnings – college and beyond.





Summer 1: Evaluate ways in which behaviours influence peers, including gangs. Supporting younger students. Stress management.



Spring 1: Development of empathy and understanding. Recognising when people need help and where to get help. Balancing time online. Celebration of diversity in gender identity. Time To Talk Day – Thurs 2 Feh



Spring 2: Reliable health advice, cancer screening, industries and advertising. Pregnancy and choices. How to revise. World Sleep Day – 15 March





Autumn 2: Study and employment skills – strengths and areas for development.
College application, cv skills, opportunities.
Coping strategies and signs of health concerns. Unhealthy coping strategies.
Where to get support.







Summer 2: Fertility. Miscarriage and support. The development of a baby. Online relationship dangers. Revision of first aid.



Autumn 1 : Positive relationships. Sexualised images. Abuse in relationships and the law. Recognising unwanted attention (stalking). Strategies to manage strong emotions. Where to get support.



Counsellor Doctor Journalist Nurse Police



KINDNESS

CURRICULUM

Mental Health Awareness May Summer 1: Media and body shapes and images. Mental and emotional health concerns. Cosmetic and aesthetic procedures (tattooing etc), advertising can influence health and harmful behaviours.





FRIDAY 17 MARCH



Spring 1: Warning signs of mental and emotional health concerns. Common triggers. Substance use and mental and physical health. Recognising when people need help.



Spring 2: Consent and the law. STIs and where to get help. How to access health care. Personal health and hygiene revision.





Autumn 2: Developing assertiveness and resilience. Promoting emotional wellbeing. Some relationship dos and don'ts. Consent.



Autumn 1: Physical, mental and emotional and social health. Healthy eating and exercise. Effects of poor diet. 5 ways to wellbeing. Social health.





HEALTH AND WELLBEING - RELATIONSHIPS - WIDER WORLD

'Try to be a rainbow in someone else's cloud.'

MAYA ANGELOU