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| **STOP morning dates** | **Year 7** | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| **Tuesday 11th Oct P1-3** | Health and wellbeing: transition and safety  H1 H2 H30 H33 R13 L1 L2 | Relationships: discrimination  **RESPECT ME antibullying BOOKED**  R39-43 R3 R4 | Health and wellbeing: peer influence  H24 H25 H27 H28 H29 R1 R20 R37 R2 R44-47 | Health and wellbeing: mental health  H2 H5-10 | Health and wellbeing: building for the future  H2 H3 H4 H8 H12 L22 |
| **Session 1** | First aid and basic life support | Respect me **outside speaker**  **Antibullying theme** | Alcohol and cannabis **outside speaker** | New challenges | Internet 3 sides to every story |
| **Session 2** | Friendships | Group think | Promoting emotional wellbeing | Internet citizens: fact versus fiction |
| **Session 3** | Personal safety including road safety | Inclusivity and diversity | Knives | Recognising mental health and getting help  **Outside speaker** | Exam stress **outside speaker** |
| **Session 4** | Study skills | Challenging stereotypes | Organised crime | Reframe negative thinking | The sleep factor |