

Year group	7	8	9	10	11
Monday 2nd October	R = relationships = green H+W = health and wellbeing = blue LWW = Living in the wider world = yellow				
Session 1	Respect me 'Self esteem'	Challenging racism	Diet and exercise: impact on physical and mental health	Elevate 'Study sensei' Workshop	Elevate 'Study sensei' Seminar
Session 2		Gender and sexual identity	Mental health: managing anxiety		
Session 3	Friendships	Developing self-worth and confidence	Alcohol and cannabis	Police law: illegal financial activities	Revision linked to careers
Session 4	Personal safety	Contraception and STIs	Being an upstander	Gambling and debt	Gender and sexual identity