

Year group	7	8	9	10	11
Tuesday 12th March	R = relationships = green H+W = health and wellbeing = blue LWW = Living in the wider world = yellow				
Session 1	Changes to reproductive health through life	Alcohol Up front theatre company	Respect Me: Relationships and sex	Elevate 'Student elevation' seminar	Elevate 'Ace your exams' workshop
Session 2	Diet and food groups – keeping healthy	Caffeine and prescription drugs			
Session 3	Food labels and health hazards	Sleep	Healthy versus unhealthy relationships	Mental health: Reframe negative thinking	Self examination and screening
Session 4	Exercise: links to mental health	Tobacco and vapes	Contraception and STIs	Happiness	Post-18 pathway