

| Year group                               | 7   | 8  | 9                                       | 10   | 11  |
|--|---|--|---|--|---|
| <b>Wednesday<br/>31<sup>st</sup> Jan</b> | <b>R = relationships = green</b><br><b>H+W = health and wellbeing = blue</b><br><b>LWW = Living in the wider world = yellow</b> |  |   |  |   |
| <b>Session 1</b>                         | Signs and effects of bullying including online  | Elevate<br>'Study skills kick start'<br><b>speaker</b> | Setting goals                           | Extremism  | <b>speaker</b><br><br>Respect Me:<br>Abusive behaviour                    |
| <b>Session 2</b>                         | Media and body image  |  | Transferable skills                     | Substance use and assessing risk                                   |   |
| <b>Session 3</b>                         | Promoting inclusion and diversity in our society<br>LGBTQ<br><b>speaker</b>   | Money management                                       | Knives<br><b>Police outside speaker</b> | Valuing diversity  | Self examination and screening  |
| <b>Session 4</b>                         | What is mental health?  | Communication skills                                   | Sleep                                   | Road Safety:<br>Cheshire fire and rescue<br><b>Outside speaker</b> | Communicating assertively and sexual harassment<br><b>Outside Speaker</b> |