

# Learning for Life Days - Year 7

	Day Theme	Sessions			
<b>L4L Day 1</b>	<b>Healthy Lifestyles</b>	Physical Activity	Balanced Diet	Personal Health	The Media
<b>L4L Day 2</b>	<b>Self-Concept</b>	Getting to know me	A question of character	Preparing for life after Priory	Under my control
<b>L4L Day 3</b>	<b>Medical Care</b>	Physical Health and The Recovery Position		CPR and Bleeding	
<b>L4L Day 4</b>	<b>Social Influences</b>	Social Risks	Squads and Gangs	Recognising Abusive Behaviours	Keeping yourself safe
<b>L4L Day 5</b>	<b>Financial Choices</b>	Financial awareness	Use of money	Debt	Gambling

# Learning for Life Days - Year 8

	Day Theme	Sessions			
<b>L4L Day 1</b>	<b>Mind Development</b>	All mixed up!	Healthy or unhealthy... You decide	Balanced is good!	Sanity!
<b>L4L Day 2</b>	<b>Media Literacy and Digital Resilience</b>	Cyberbullying	Digital Footprint	Internet Safety	Social Networking
<b>L4L Day 3</b>	<b>Diversity and Equality - Disabilities</b>	Disability and Bullying	Challenging discrimination	Diversity	Equal rights
<b>L4L Day 4</b>	<b>Diversity and Equality - Beliefs</b>	E Safety Radicalisation	Prevent extremism	Radical groups and cults	Religious prejudice
<b>L4L Day 5</b>	<b>Democracy and Community</b>	Democracy in the UK	Democracy in the rest of the world	Public spending	Volunteering

# Learning for Life Days - Year 9

	Day Theme	Sessions			
L4L Day 1	Positive Relationships	Media and relationships	Relationships and the law	Different types of relationships	Relationship and self esteem
L4L Day 2	Diversity and Equality - Gender	Sexuality Equality and challenging negative behaviours		Gender Identity Equality and challenging negative behaviours	
L4L Day 3	Addiction - Knowledge	Alcohol and drug abuse - Facts	Alcohol and drug – Side effects	Debate	Legal Substances
L4L Day 4	Intimate Relationships inc. Consent	Wise choices - Consent and Sexting		Vulnerability and the law	
L4L Day 5	Sexual Health - Prevent	What are STIs?	Preventing STIs	Prevent Pregnancy	Contraception Safe Use

# Learning for Life Days - Year 10

	Day Theme	Sessions			
<b>L4L Day 1</b>	<b>Unhealthy Relationships</b>	Relationship Abuse - Recognition, impact, risk		Consent/Actions - Strategies, support	
<b>L4L Day 2</b>	<b>Addiction - Impact</b>	Risks (to others, self, socially and professionally.)		Strategies for dealing with addiction	
<b>L4L Day 3</b>	<b>Pregnancy</b>	Revisiting contraception	Unintended pregnancy	Young parenthood	Lifestyle choices and other issues
<b>L4L Day 4</b>	<b>Life Beyond Priory</b>	Speed Networking with Employers		Employer Interviews	Careers and World of Work
<b>L4L Day 5</b>	<b>Personal Safety</b>	Gangs and peer pressure	Minimising risks out and about	Car safety	Online safety

# Learning for Life Days - Year 11

<b>L4L Day 1</b>	<b>My Money</b>	Understanding & Managing Debt		Money and Work	
<b>L4L Day 2</b>	<b>Financing my life</b>	Risk, Borrowing, Saving & Interest		Fraud Prevention & Security	
<b>L4L Day 3</b>	<b>Health Related Decisions</b>	Health and Wellbeing		Personal and Social Responsibility	Cosmetics and Aesthetics
<b>L4L Day 4</b>	<b>The Law Home and Abroad</b>	Human Rights	Equal Rights in the UK	How does the law affect me in the UK?	How does international law affect me?