

BODY and MIND



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- Coping with change
- Emotions
- Healthy lifestyles
- Neurodivergence
- Trauma
- Puberty
- Respecting yourself
- Consent
- Harassment
- Physical respect for others
- Growing up gay

PD day – All about me

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- Coping with change
- Peer pressure
- Vaping
- Alcohol risks
- Drugs and mental health
- Online gambling

PD days - Prison me? No way!
Mental health/wellbeing

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- Coping with change
- Science of learning
- Retrieval and revision
- Practice
- Good habits
- Wellbeing and stress
- STIs
- Self examination
- Fertility and infertility
- Pregnancy choices
- Menopause
- Strategies for managing anxiety
- The fear of moving on

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- Regulating your emotions
- Types of mental illness
- Signs of poor mental health
- Impact of physical health
- Making good health choices

PD day – Staying safe

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- Coping with change
- Dark side of social media
- Body positivity
- Role models
- Sexting
- Identifying coercion
- Self harm