

Secondary Menu - Young People

The following RSE sessions are available - minimum 1-hour session:

Healthy Relationships and consent are discussed in all sessions (apart from Emotional and Mental Wellness session).

- **Emotional and Mental Wellness:**
Top tips for self-care, including the Department of Health 5 ways to wellbeing, your glitter mind and when and where to get help. Recommended for KS3.
- **Puberty:**
The changing body, physical and emotional. Key factors about the menstrual cycle and menstrual wellbeing.
- **Introduction to Sexual Health:**
What is a sexual relationship? Sex and the Law, myth busting, sexuality and where to get help if you need it, an early introduction to contraception.
- **STIs:**
Signs and symptoms of the most common, how they are treated and where to get help.
- **Healthy Relationships:**
Including pornography, peer on peer abuse and sexual exploitation.
- **Consent and Consequences:**
A more in-depth look at consent and what are the consequences when sex goes wrong.
- **Coping with Exams:**
Recognising stress and how it affects you plus our top tips to help.
- **Your Health, Your Responsibility:**
Including self-examination, pregnancy choices and looking after your own emotional wellbeing. Recommended for Year 11.

Assemblies

- Feeling Good: Aimed at transition.
- Being You: Building self-esteem.
- Your Health Your Responsibility: An edited version suitable for a whole year group.
- Coping with Exam Stress: An edited version suitable for a whole year group.

Workshops

- Dealing with Exam Stress: Up to 8 students for an in-depth look at coping with exams, covering the principals of CBT and challenging unhelpful thoughts - giving practical strategies and resources to use in the future.

Parents & Carers

- **1:1 Session with Parents:** Discussing any issues or concerns they may have about their child. We will complete a full health assessment then either refer on where appropriate or offer suggestions and strategies. A follow up session will be offered as needed.
(Maximum 2 sessions)
- **Parent Clinics:** Covering subjects such as sleep, healthy relationships and managing your child's emotions, followed by a consultation as required.
- **Meerkat or Grizzly:** Which is your child? Our top tips for taming both! - a 1 hour session for parents looking at emotional regulation and offering practical strategies for parenting an anxious and/or angry child.