

Autumn 1 THEME: BODY AND MIND			Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Wellbeing	Managing puberty	Mental health awareness	Peer pressure, alcohol, drugs	Health including mental health	Self esteem and stress
6/9/2021	New year new me	What are Tricks?	Coping with change	Coping with change	Coping with change	Coping with change	Coping with change
13/9/21	Jeans for Genes 14 th - 19 th Emotions	Confidence	Talking about your emotions - uncertainty	Healthy lifestyle looking after yourself emotions	Peer pressure	16th September Opening WEX with EBP booked in.	Strategies for dealing with pressure
20/9/2021 Bi Visibility day International day of sign language	European day of languages 26th	Calm	Happiness and how it links to connections with others	Common types of mental illness	The effects of smoking and how to quit	Mental illness focus on anxiety – importance of sleep	Maintaining self esteem under pressure
27/9/2021 The big draw art education month	Art for wellbeing	Communication	Healthy lifestyle general inc eating	Recognising early signs of poor mental health	Alcohol legal limits and risks	Importance of friendship in managing mental health	The impact of ‘bad’ relationships on your mental health
4/10/202	How physical health related to your mental health	Creativity	Puberty – body changes	How your physical health can impact your mental health	The links between drugs and mental health	How stereotypes can be damaging	What constitutes sexual harassment and violence
11/10/21	Routines	Character	Good hygiene routines	Understanding how what you do can impact your health	Online gambling, legalities and risks	Stigmas surrounding health issues	Coercive control
17/10/2021	Self care	Self assess	Good self-care routines inc sleep	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share