

## Lesson 1- Year 7- Community and Connectedness

NEED MORE INFO?

HELP

SUPPORT

ADVICE

GUIDANCE

### Google- THE SPARK- Starting secondary school

<https://thespark.org.uk/starting-secondary-school-tips-for-young-people/>

### Google- Anna Freud- School transition

<https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>

### Google- Young Minds- Find your Feet

<https://www.youngminds.org.uk/professional/consultancy-and-service-design/case-studies/find-your-feet/>

## Lesson 1- Year 8- Legal Drugs

NEED MORE INFO?

HELP

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ADVICE

GUIDANCE

Remember, if you are concerned or have questions, there is always someone you can speak to.

Speak to your tutor, head of year or other trusted member of staff in the school.

For accurate, reliable health information, visit  
[www.nhs.uk](http://www.nhs.uk)  
[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

Contact Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

Visit [www.talktofrank.com](http://www.talktofrank.com)

[National Association for children of alcoholics](http://www.nacaa.org.uk)

# Lesson 1- Year 9- Peer Pressure

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Remember, if you are concerned or have questions, there is always someone you can speak to.

Speak to your tutor, head of year or other trusted member of staff in the school.

For more information visit...

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>

<https://www.youngminds.org.uk>

<https://www.themix.org.uk>

## Lesson 1- Year 10- Relationship Positivity

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**Remember, if you are concerned or have questions, there is always someone you can speak to.**

**Speak to your tutor, head of year or other trusted member of staff in the school.**

Teen dating abuse helpline -

<https://www.thehotline.org/news/new-national-teen-dating-abuse-helpline/>

Refuge - <https://www.refuge.org.uk/get-help-now/for-teenage-girls/>

NHS - <https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

## Lesson 1- Year 11- Sleep and Stress

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HELP

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Remember, if you are concerned or have questions, there is always someone you can speak to.

Speak to your tutor, head of year or other trusted member of staff in the school.

You can also call Childline on 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk)

<https://www.teenhelp.com/stress-anxiety/what-is-teen-stress/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

## Lesson 1- Year 12- Pregnancy and Parenting

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Remember, if you are concerned or have questions, there is always someone you can speak to.

Speak to your tutor, head of year or other trusted member of staff in the school.

For more information visit...

NHS Teenage Pregnancy Support

<https://www.nhs.uk/pregnancy/support/teenage-pregnancy>

More on Fertility Awareness...

<https://kidshealth.org/en/teens/contraception-rhythm.html>

<https://www.who.int/health-topics/stillbirth>

## Lesson 1- Year 13- Respect or Red Flag?

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**Remember, if you are concerned or have questions, there is always someone you can speak to.**

**Speak to your tutor, head of year or other trusted member of staff in the school.**

Teen dating abuse helpline -  
<https://www.thehotline.org/news/new-national-teen-dating-abuse-helpline/>

Refuge - <https://www.refuge.org.uk/get-help-now/for-teenage-girls/>

NHS - <https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>