

PUPIL SESSIONS · PSHE

Workshops for pupils

Speaking directly to children about their development, the issues affecting their lives and the information that can support them is a crucial part of what we do.

Children are the main stakeholders in their own lives and need to be informed, equipped and confident to make age-appropriate positive decisions. The most common topics are listed below; sessions can also be tailor-made to meet the needs of the school community or a specific group of pupils.

Primary school

- | | |
|---|---|
| ● Managing school friendships | ● Understanding and managing my behaviour |
| ● Getting to grips with worry and anxiety | ● Understanding puberty and its effects |
| ● Managing strong emotions | |

Secondary school

- | | |
|---------------------------------------|---|
| ● Gaining and giving respect | ● Foundations for positive mental health |
| ● Boosting confidence and self-esteem | ● Understanding and managing anxiety |
| ● Responding to peer pressure | ● Handling negative emotions and low mood |
| ● Managing anger and strong emotions | ● Positive revision and exam preparation |
| ● Managing life online | |