



Life Beyond School

10.9.23 – Suicide Prevention Day November – November
 13.11.23 – Anti Bullying Week
 6.2.24 – Children's Mental Health Week
 May – Stress Awareness Month
 13.6.24 – Loneliness Week

- How to ask for support with mental health.
- Why do I feel overwhelmed in year 11.
- Coping with exams.

Year 11

Whole School Events

Respect

Form Time

- * Social anxiety
- * Suicide
- * Grief and bereavement
- * Social Media and mental health
- * Sleep hygiene.

PAUSE

- *What is depression?
- *The body language of success.
- *Is medicine always the answer?
- *Removing the stigma.
- *What are personality disorders? What is OCD?

- * What is anxiety?
- * The effect of drugs and alcohol on mental health
- * Self Harm
- * Managing Stress
- * Eating Disorders.

Year 10

Form Time

Whole School Events

Become a Mental Health Champion?

Courage

- *What is PTSD?
- *Healthy body = healthy mind.
- *Learning to live with grief.
- *The physiology of anger.
- *Understanding phobias.
- *Who are the Samaritans?

Year 9

Whole School Events

Form Time

Generosity

- *Body image
- * The effects of social media
- * Mindfulness
- * Emotional Literacy
- * What is empathy?
- * Body image in the media.

Honesty

- *Fake it 'til you make it...how to look confident.
- *What does grief feel like?
- *Breathe yourself calm.
- What are panic attacks and how can I help others?
- *Who are Kooth?

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Year 8

Supporting Others

Form Time

Whole School Events



Resilience

Honesty

Understanding

Tolerance

- *Managing anger
- * Healthy body = healthy mind
- * What is depression?
- * How to increase resilience
- * Self-esteem
- * Confidence
- * Endorphins

- *Why it's good to talk
- *What is 'normal' anyway?
- *What is anxiety?
- *How to show empathy.
- *How to have a difficult conversation.
- *What is cognitive overload?.

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Whole School Events

Resilience

Form Time

Year 7

What is Mental Health?

Turves Values