

MALVERN COLLEGE LIFE SKILLS – ALL YEAR GROUPS

Autumn 1 Health & Wellbeing	Autumn 2 Living in the wider world	Lent 1 Relationships	Lent 2 Health and Wellbeing	Summer 1 Relationships	Summer 2 Living in the Wider world
<p>Autumn Term LS Project Life Skills Champions: Elizabeth Needham Ben Polack Imogen Round Libby Jackson</p>		<p>Life Skills champions Choose project: Organ Donation</p>		<p>Culture Week – beginning of May – organised by Chapel prefects [marketing and filming opportunity] Life Skills Champions Choose project: i.e. poverty</p>	

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FY	<p>Study Skills Seminar</p> <p>Workshops on:</p> <p>Elevate Education Study Skills</p> <p>OneNote Teams Note taking Research</p> <p>3.1 / 2 / 3/ 4 / 5 Healthy and unhealthy friendships</p>	<p>,</p> <p>8.3 Being assertive and dealing with pressure</p> <p>8.4 Bullying</p> <p>8.7 FGM</p> <p>Assessment</p> <p>Make an information film</p>	<p>3.1 What are the different types of relationships</p> <p>3.2 What is a healthy relationship</p> <p>9.4 Gender identity Sexual orientation HBO Bullying</p> <p>Assessment</p> <p>Quiz</p>	<p>Diet, exercise, lifestyle balance and healthy choices</p> <p>First Aid</p>	<p>4.1 choices around sex</p> <p>4.2 Pornography and sexting</p> <p>4.3 Sex and the law</p> <p>4.4 Conception, pregnancy and birth</p> <p>4.5 What is contraception</p> <p>4.6 What are STIs</p> <p>Assessment</p> <p>Quiz</p>	<p>Set of resources from the Times and the the Sunday Times</p> <p>Online presence and how to recognise fake news</p> <p>4 x lessons</p> <p>Assessment Create a newspaper</p>
Talks	Elevate Education	Loudmouth production Bullying TIE to include Bullying / cyber / HBO	Self Esteem Team		Amy from IT Happens for FY *either start of term or end of half term. She comes in for one day and sees all year groups	

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Remove	<p>How we will work together [1.1]</p> <p>Elevate Education Study Skills Note Taking Using technology effectively</p> <p>Emotional Wellbeing 5.1</p> <p>Dealing with Stress 5.2</p> <p>5 / 6 lessons</p>	<p>Facing Challenges 5.4</p> <p>Work Life Balance 5.5</p> <p>Bereavement 5.6</p> <p>Assessment</p>	<p>Consent [3.1]</p> <p>Sexual Relationships [3.2]</p> <p>Sexual Health [3.3]</p> <p>Pregnancy choices [3.4]</p> <p>Pornography [3.5]</p>	<p>Influences on health [media / social marketing][6.1]</p> <p>Planning healthy meals and being active [6.2]</p> <p>Being health aware (self- screening) immunisation and vaccination [6.3]</p> <p>Pressures and influences [body image] 5.3</p> <p>Mental health and emotional Wellbeing, including body image and healthy coping strategies</p>	<p>Individual Family and Community Values [8.1]</p> <p>Diverse and conflicting values [8.2]</p> <p>Gender ID and Transgender [8.3]</p>	<p>What do I want to do? [10.1]</p> <p>Types of employment and employment trends [10.2</p> <p>Marketing yourself and personal branding [10.3]</p> <p>10.4 Rights and responsibilities at work</p>
Talks	<p>Elevate Education</p>		<p>Amy from IT Happens for Remove</p> <p>Self Esteem Team</p>	<p>Talk from nurses</p>		<p>Employment Talk</p>

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100	<p>Elevate Education Study skills Research skills Preparing properly for assessments and exams</p> <p>Drugs 4.1</p> <p>Alcohol 4.2</p> <p>Addiction and dependency 4.3</p> <p>5/ 6 lessons</p>	<p>The teenage Brain 7.1</p> <p>Rights and Responsibilities online – when things go wrong online 7.2 / 7.3</p> <p>Make a public information film</p> <p>Assessment</p>	<p>Relating to others [2.1]</p> <p>Skills for successful relationships [2.2]</p> <p>Parenting skills and family life [2.3]</p> <p>Exploitation and Abuse in relationships [2.4]</p> <p>Help and support for relationships [2.5]</p>	<p>Alcohol Tobacco and other drugs</p> <p>Drugs 4.1</p> <p>Alcohol 4.2</p> <p>Addiction and dependency 4.3</p>	<p>The Equality Act and Hate Crimes [9.2]</p> <p>Discrimination through invisibility [9.3]</p> <p>Challenging Discrimination [9.4]</p> <p>Democracy and Voting [9.5]</p>	EXAMS
Talks	<p>Penny Bijl Stress management School Councillors?</p>	<p>Careers Talk – choices Sixth Form Team</p> <p>Elevate Education – preparation for Examinations</p>	<p>Amy from IT Happens</p> <p>Self Esteem Team</p>	<p>Drugs talk for the 100 Amy IT Happens</p>	<p>Discrimination / Racism Talk</p>	

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L6	<p>Introduction to Life skills</p> <p>Road Safety Talk</p> <p>Seminar discussions – what to do if you have an accident.</p> <p>Flat tyre</p> <p>Buying a car</p> <p>Insurance / black box</p>	<p>Addiction: Patrick Foster</p> <p>To manage alcohol and drug use in relation to immediate and long term health</p> <p>How alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking</p>	<p>Talks followed by seminar sessions</p> <p>Relationships talk:</p> <p>Reproduction v pleasure Understanding intimacy Becoming sexually active Complex consent / green flags / red flags Being a bystander / upstander</p> <p>Seminar sessions:</p>	<p>Talk: Doctors / Med Cen</p> <p>Sexual Health how to access resources</p> <p>Seminar session – Q&A</p> <p>Talk: Doctors / Medical centre.</p> <p>for monitoring personal health, sun safety, breast awareness / testicular self-examination and cervical screening</p>	<p>Relationships the good the bad the difficult. 2.1</p> <p>Consent 2.2</p> <p>Pressures and expectations 2.3</p>	<p>Finance and money 11.1</p> <p>Bills Bills Bills 11.2</p>
Talks	<p>Police road safety team</p>	<p>Patrick Foster – Addiction</p> <p>Bereavement - Tom Newman (Catch-up)</p>	<p>IT Happens Education Amy Forbes-Robertson</p> <p>Self Esteem Team</p>	<p>Medical Centre doctors</p>		<p>Richard Howitt / Michelle Nardone</p>

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U6	<p>Road Safety Talk (Catch up from last year)</p> <p>Emotional wellbeing and mental health</p> <p>Seminar Sessions</p> <p>5.1. 5.2 5.3</p>	<p>Meditation workshop</p> <p>Sleep workshop</p> <p>Bereavement talk</p>	<p>Seminar sessions:</p> <p>Let's talk about sex / what is sexuality 3.1</p> <p>Contraception and parenthood 3.2</p> <p>Talk IT Happens: Your body and your future Menopause and male fertility Productions, choices and myths</p> <p>Pregnancy – Keeping a baby Choices and terminations Sexual health / contraception</p> <p>Accessing support away from home</p> <p>Followed by seminar sessions</p>	<p>How to register with and access health services in new locations</p> <p>To recognise illnesses that particularly affect young adults, such as meningitis and 'freshers flu'</p> <p>How to maintain a healthy diet on a budget</p> <p>Maintain work life balance</p>	<p>Talk:</p> <p>Moving on</p> <p>New relationships Positive and healthy relationships Intimacy coercion and manipulative behaviour Reporting and support services</p> <p>Followed by:</p> <p>Seminar sessions</p>	EXAMS
Talks	Talk: Rachel Graff – Mental Health	Talk: Tom Newman – Bereavement	<p>IT Happens Education</p> <p>Families and Fertility</p> <p>Self Esteem Team</p>		<p>IT Happens Education</p> <p>Moving On</p>	

