

# Life Beyond School

Personal Development



**ST EDWARD'S COLLEGE**  
LIVERPOOL



MAKING A POSITIVE DIFFERENCE

# Health and Well-Being

Personal Development

## ADULT HEALTH & LOOKING AFTER YOURSELF

Session 5: Love and abuse are not the same  
ABUSIVE | RELATIONSHIP

Session 3: Cervical, breast and ovarian cancer  
RISK | SELF-EXAMINATION

Session 1: Organ donation and donating blood  
STEM CELL | MEDICAL ETHICS

Session 4: Fertility and what it impacts  
PARENTHOOD | IVF | FERTILE

Session 2: Testicular and prostate cancer  
RISK | SYMPTOMS

Session 1: Child Abuse  
LAW | SEXUAL ABUSE

Session 3: Common types of mental health  
MENTAL ILLNESS | HELP

Session 5: Promoting emotional wellbeing  
LIFE | STRATEGIES

Year 11

## MENTAL HEALTH & WELL-BEING

Session 2: Screen time and safe mobile phone use  
SOCIAL MEDIA | TECHNOLOGY

Session 4: Self-harm and suicidal thoughts  
COMMUNICATE | DIFFICULT

Session 5: Healthy lifestyle  
WELLBEING | PREVENT

Session 3: HBT Bullying  
EVALUATE | FEELINGS

Session 1: Self-esteem changes  
EXPLORE | IMPACT

Year 10

## BODY CONFIDENCE

Session 4: Dealing with grief and loss  
SUPPORT | COPING

Session 2: Body image, Airbrushing & Self-esteem  
EDITING | POSTIVITY | BEAUTY

Session 2: Stress Management  
SENSES | STRESS

Session 4: Healthy eating & cholesterol  
DIET | GOOD + BAD CHOLESTEROL

Year 9

## PHYSICAL HEALTH & WELL-BEING

Session 3: Positive body image  
BODY IMAGE | IMPACTS

Session 5: Child abuse + types of bullying  
CONSENT | SUPPORT | DISCRIMINATION

Session 4: Personal hygiene and oral hygiene  
DIET | EXERCISE | SLEEP

Year 8

Session 1: Health & well-being + Mental health  
HABITS | POSTIVE | UNHEALTHY

Session 5: Assertiveness consent and hormones  
BOUNDARIES | SELF-ESTEEM

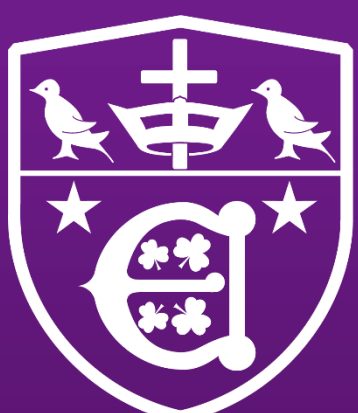
Session 2: Puberty in girls  
MENSTRUAL CYCLE | FEMININE PROTECTION

Year 7

## PUBERTY & BODY DEVELOPMENT

Session 1: Introduction to puberty and hormones  
SUPPORT | DEVELOP

Session 3: Puberty in boys  
PHYSICAL | EMOTIONAL CHANGES



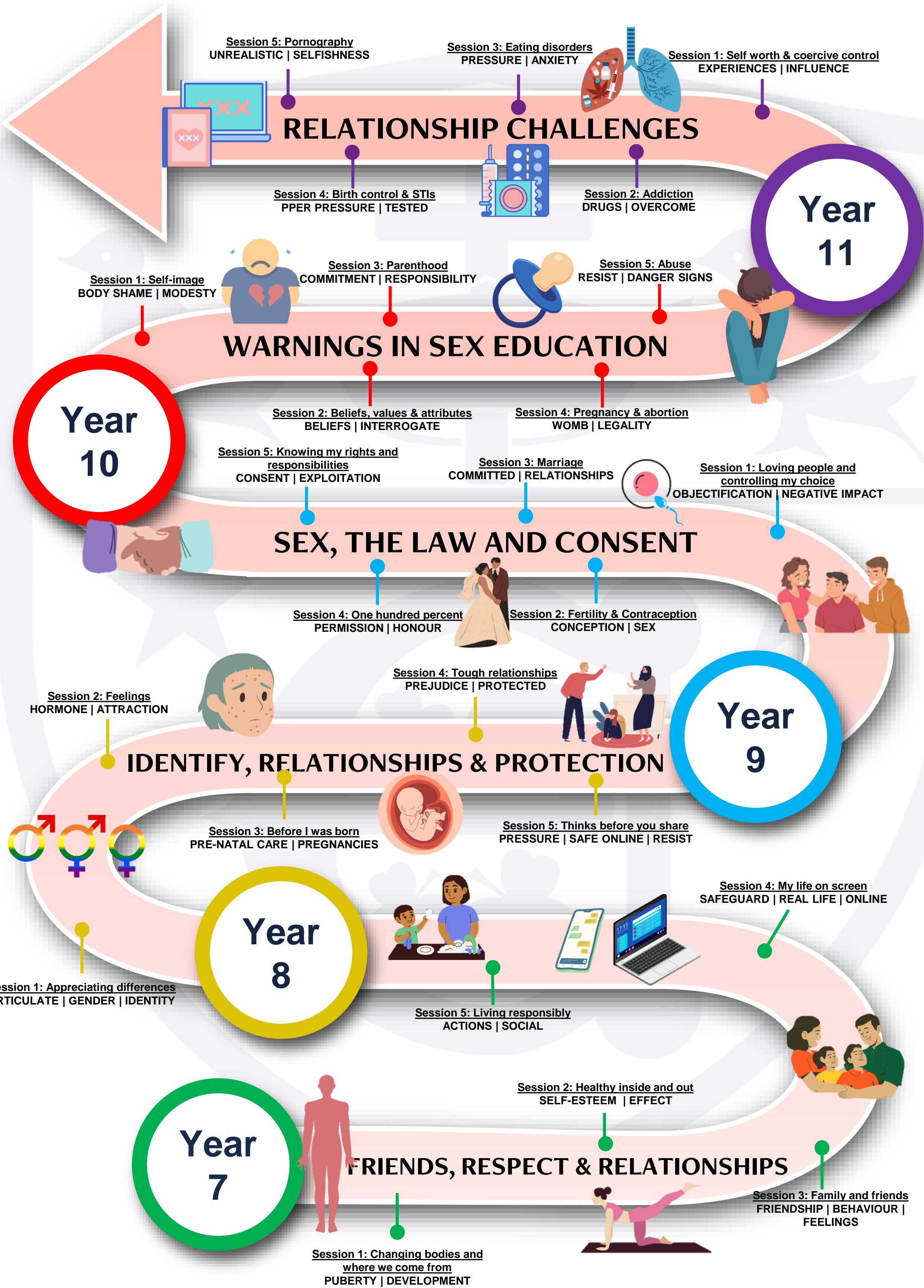
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# Relationships & Sex Education

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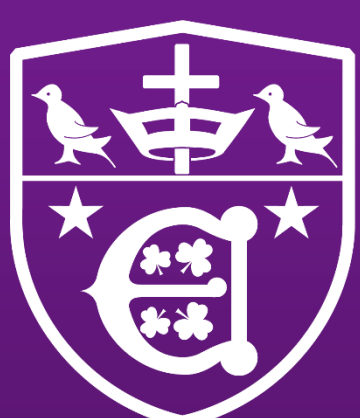
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# Rights and Responsibilities

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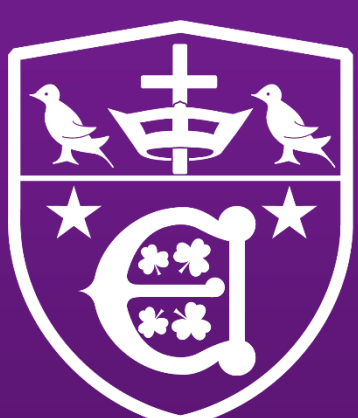
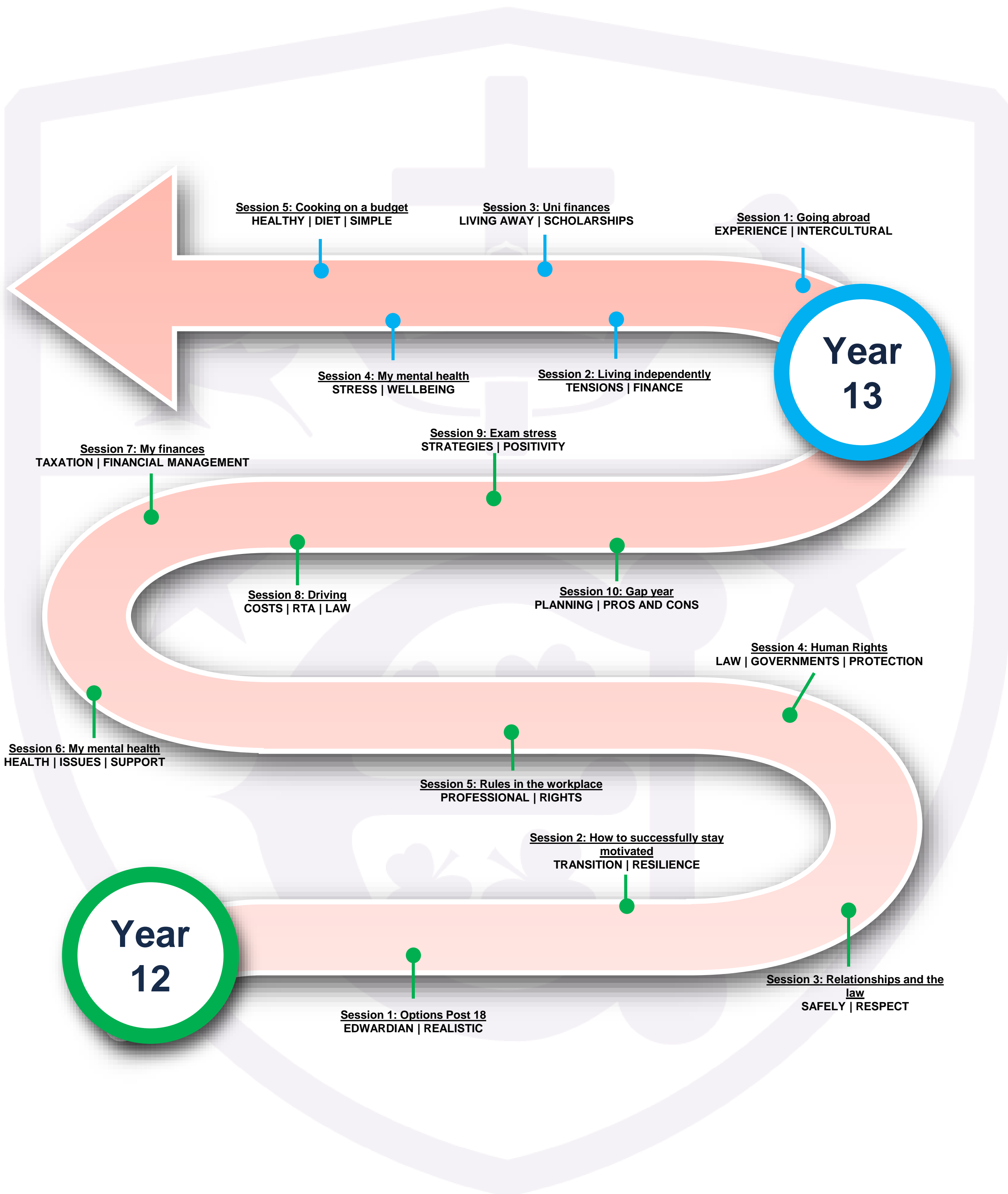
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# Sixth Form

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